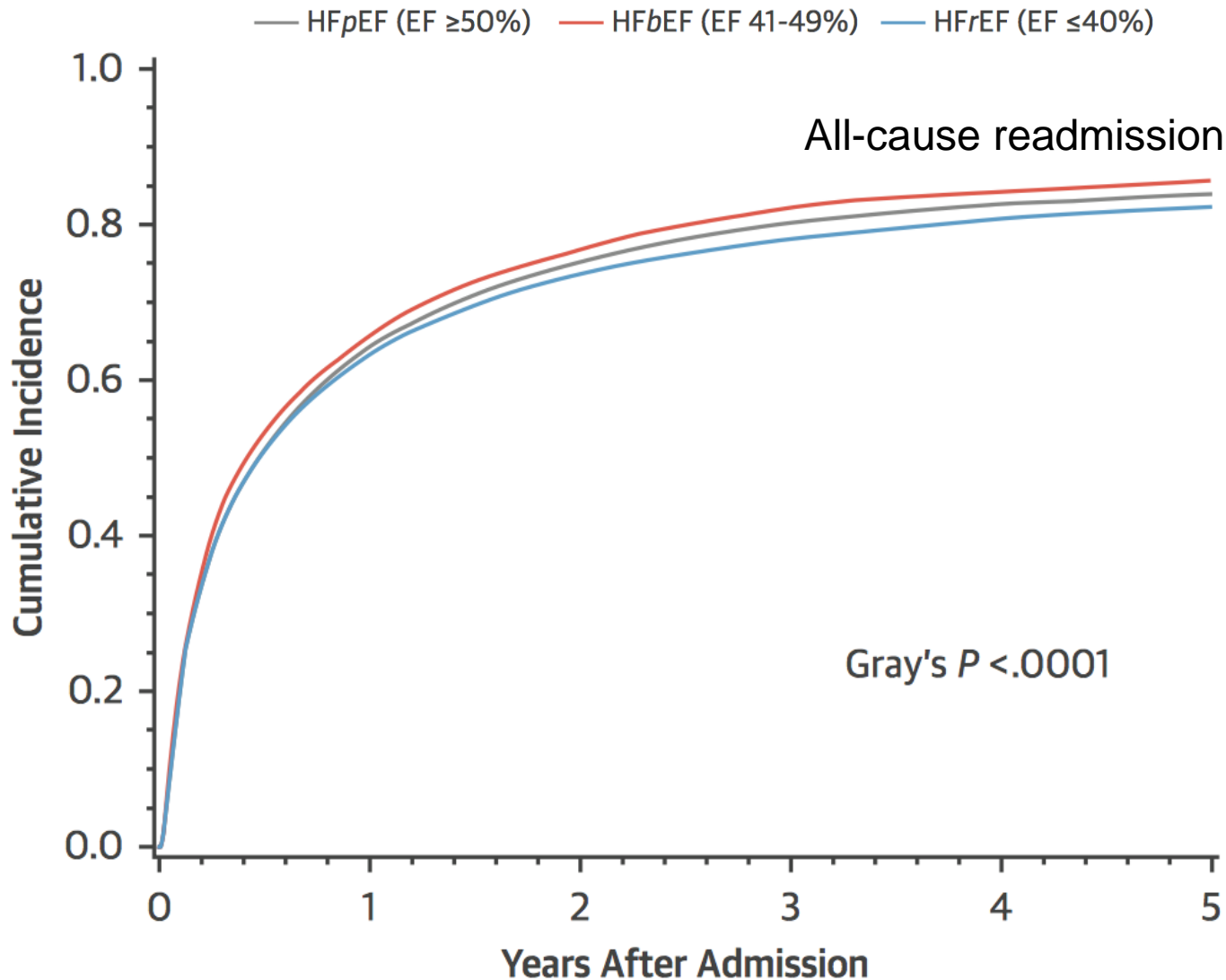


# Leveraging Clinical Responsibilities Toward Advancing your Research Career

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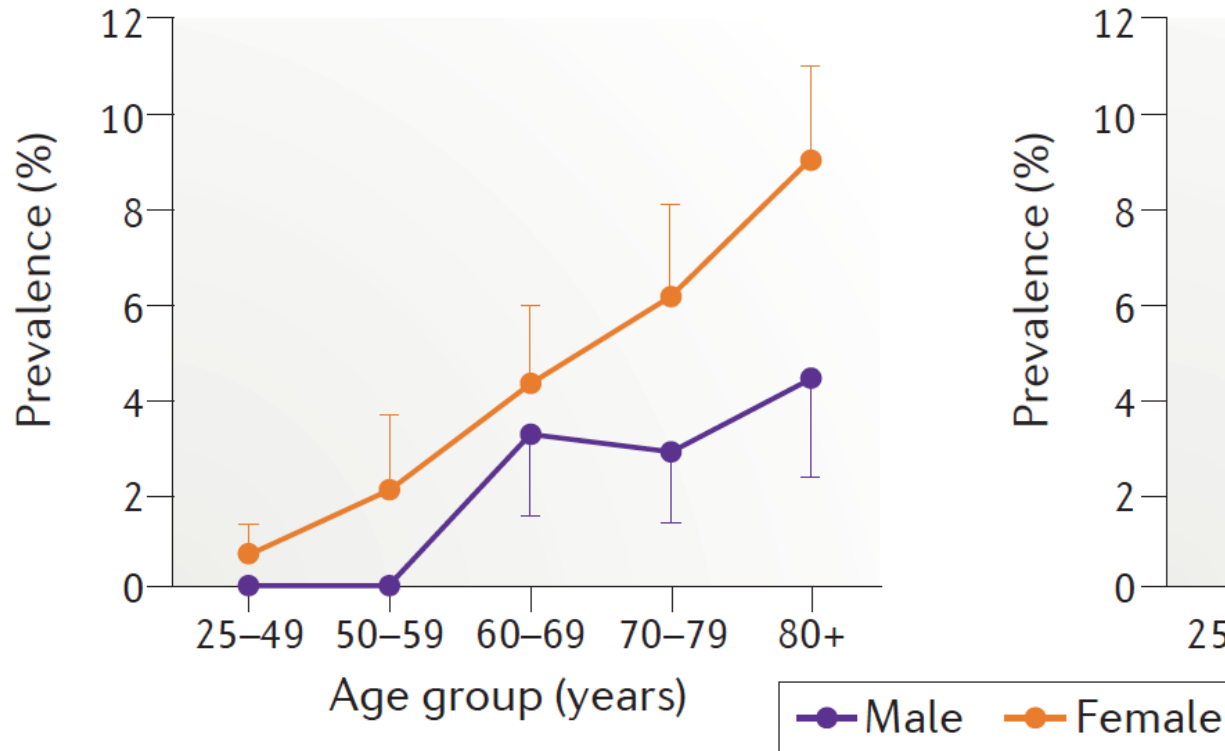
Parag Goyal MD, MSc  
2017 GEMSSTAR Scholar; 2020 Beeson Scholar  
Assistant Professor of Medicine  
Director, HFpEF and Cardiac Amyloidosis Program  
Division of General Internal Medicine  
Division of Cardiology  
Weill Cornell Medicine  
pag9051@med.cornell.edu

# Early Interest in Readmissions

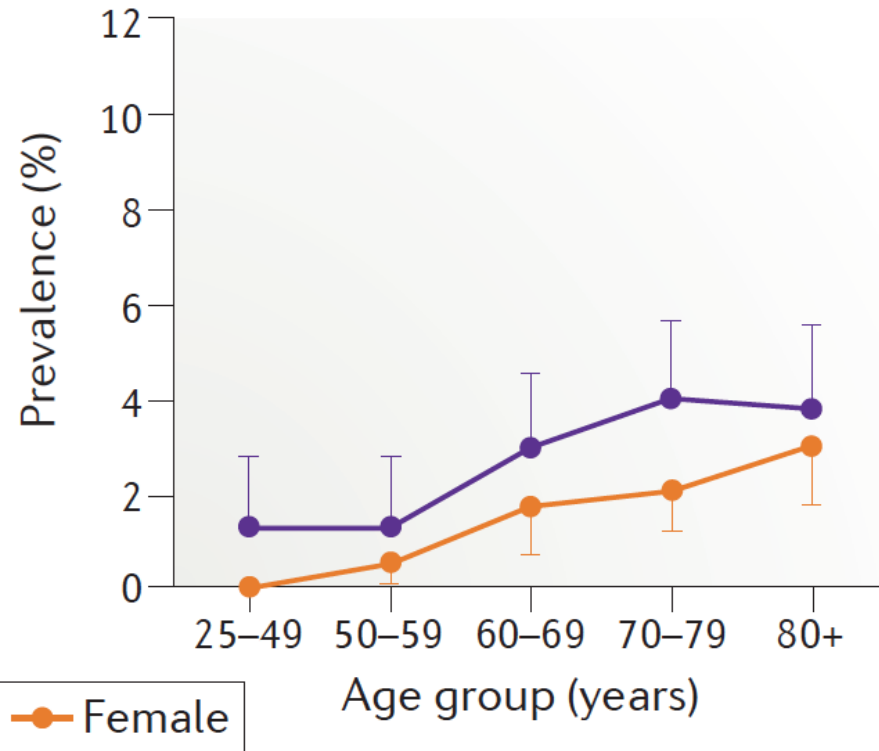


# Fundamental Observation: Most Patients with HF are >70 years old

**a** HFpEF

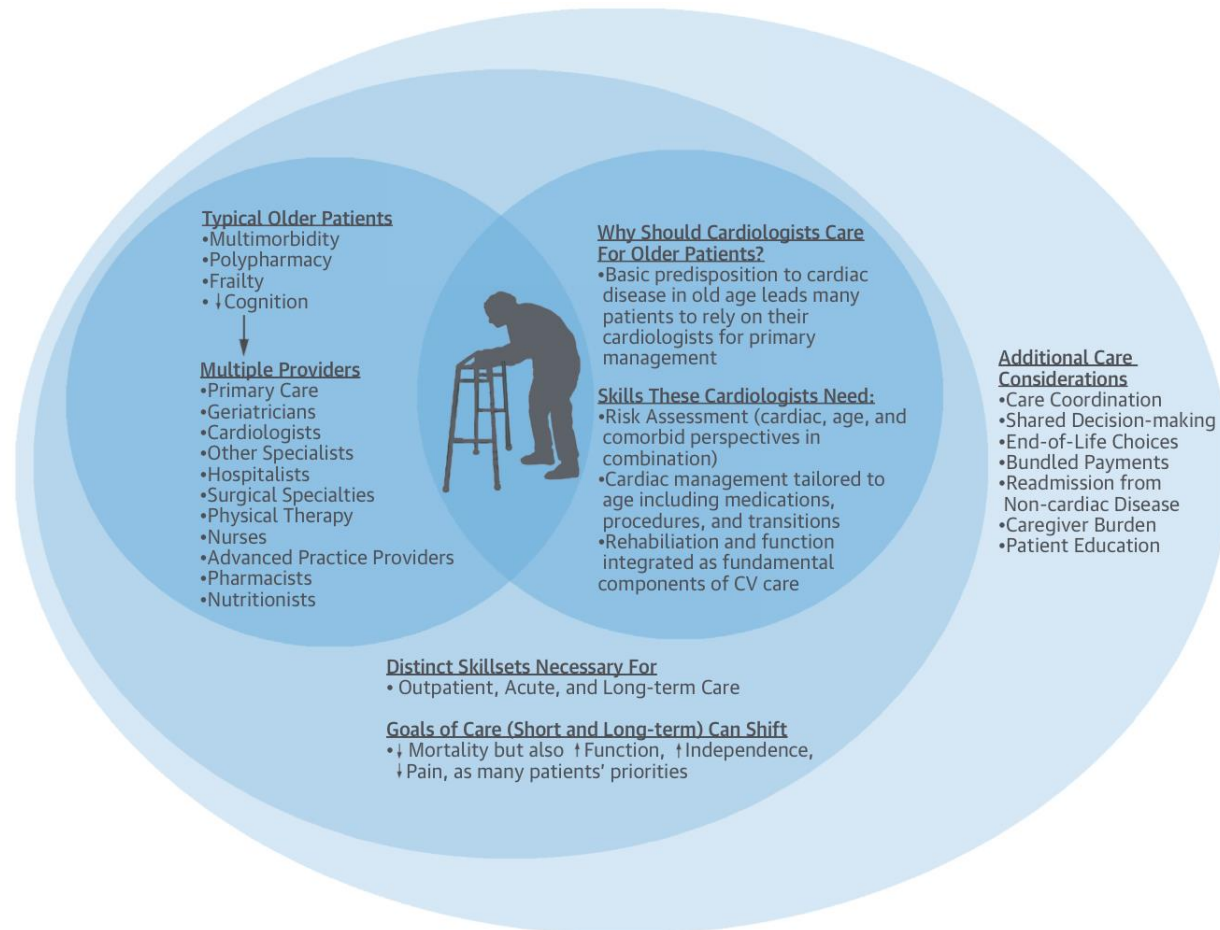


**b** HFrEF



# Discovery of Geriatric Cardiology

## What to Expect From the Evolving Field of Geriatric Cardiology



# GEMSSTAR Specific Aims

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**AIM 1:** To **describe** medication prescribing patterns at discharge after a heart failure hospitalization.

**AIM 2:** To test the **association** of polypharmacy with adverse post-hospitalization outcomes at 30 and 90 days.

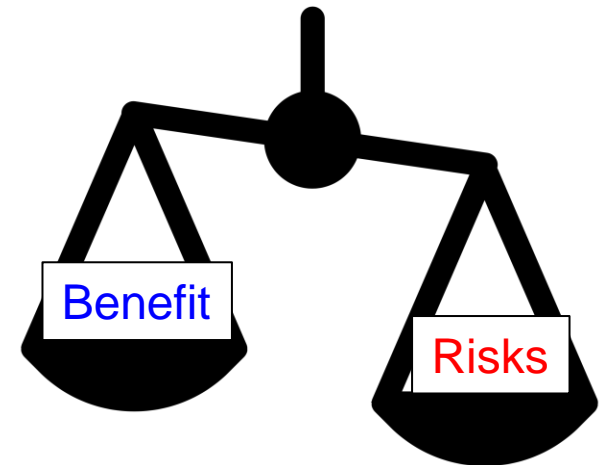
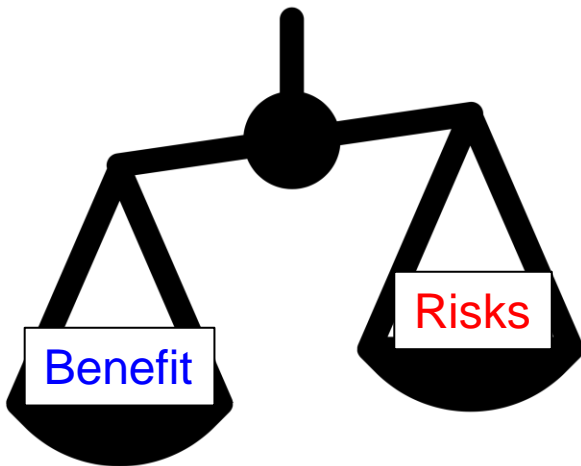


National Institute on Aging

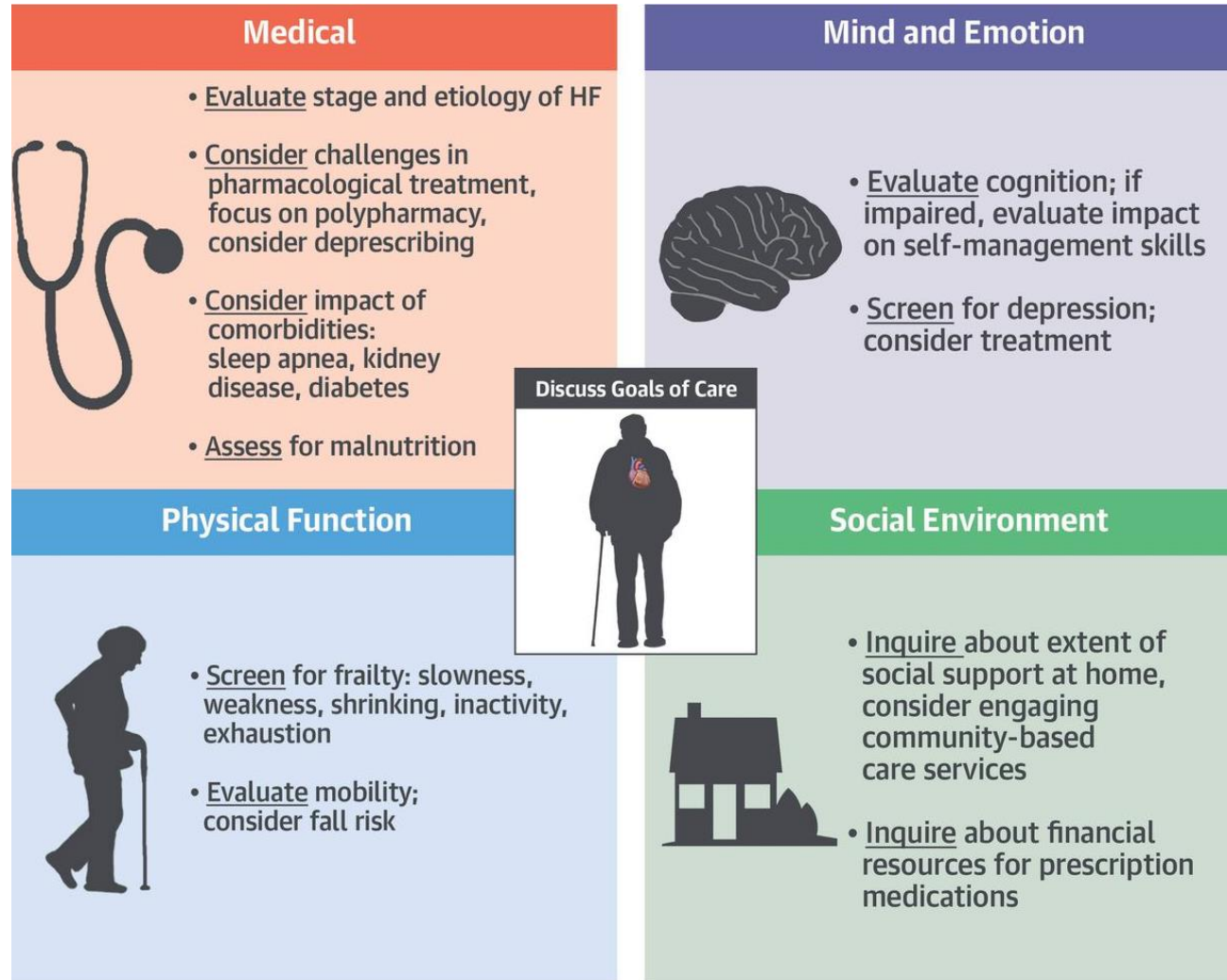
# Optimizing Medication Regimens

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- Prescribe agents whose benefits  $>$  risks
- Deprescribe agents whose risks  $>$  benefits



# A Paradigm to Caring for Older Adults with HF

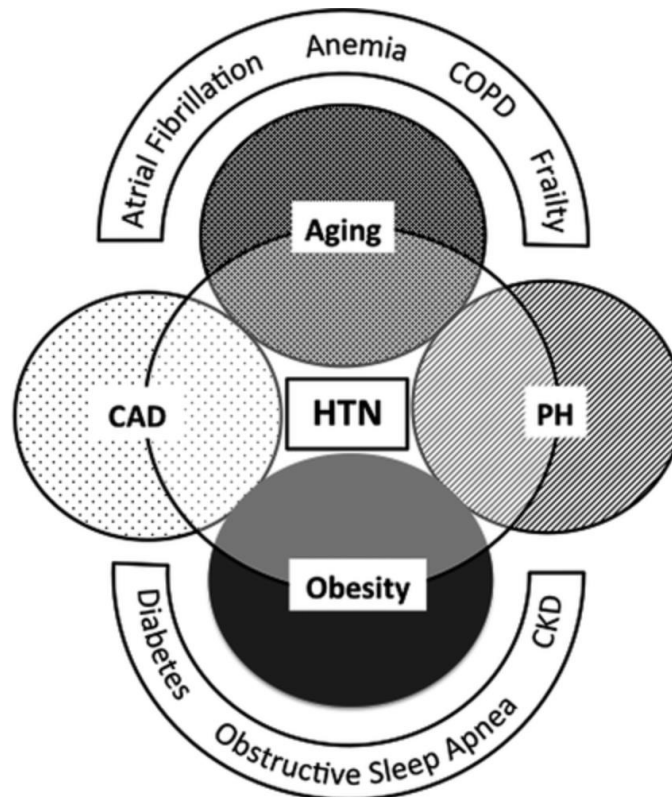


# An Opportunity: Complexity of HFpEF

## Clinical Phenotypes in Heart Failure With Preserved Ejection Fraction

Rohan Samson, Abhishek Jaiswal, Pierre V. Ennezat, Mark Cassidy, and Thierry H. Le Jemtel 

Originally published 25 Jan 2016 | <https://doi.org/10.1161/JAHA.115.002477> | Journal of the American Heart Association. 2016;5:e002477



# HFpEF Program for the Aging

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## HFpEF Program

A Dedicated Program for  
Patients with Heart Failure with  
Preserved Ejection Fraction



The Fan Fox and Leslie R.

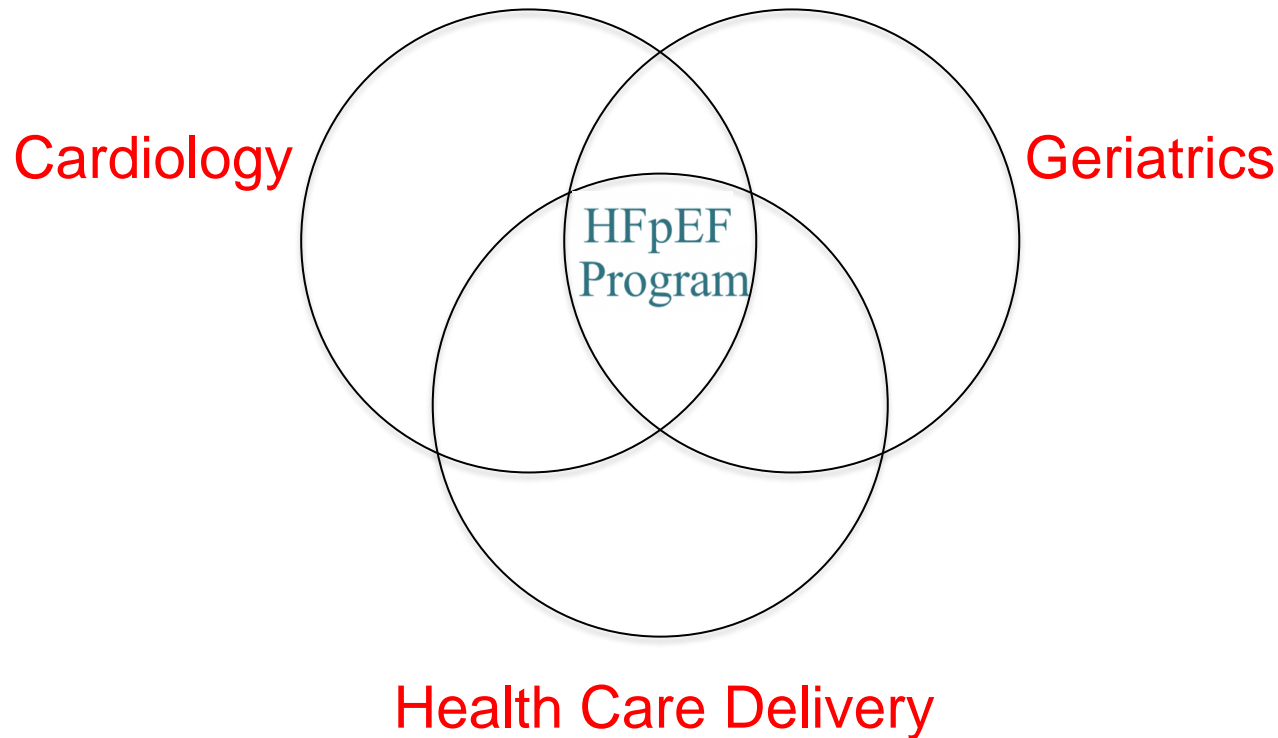
Samuels Foundation Inc.

Heart failure with preserved ejection fraction makes up half of all heart failure cases in the United States. If you have been diagnosed with this type of heart failure, you can benefit from our comprehensive management program, where we tailor therapy to your unique needs.



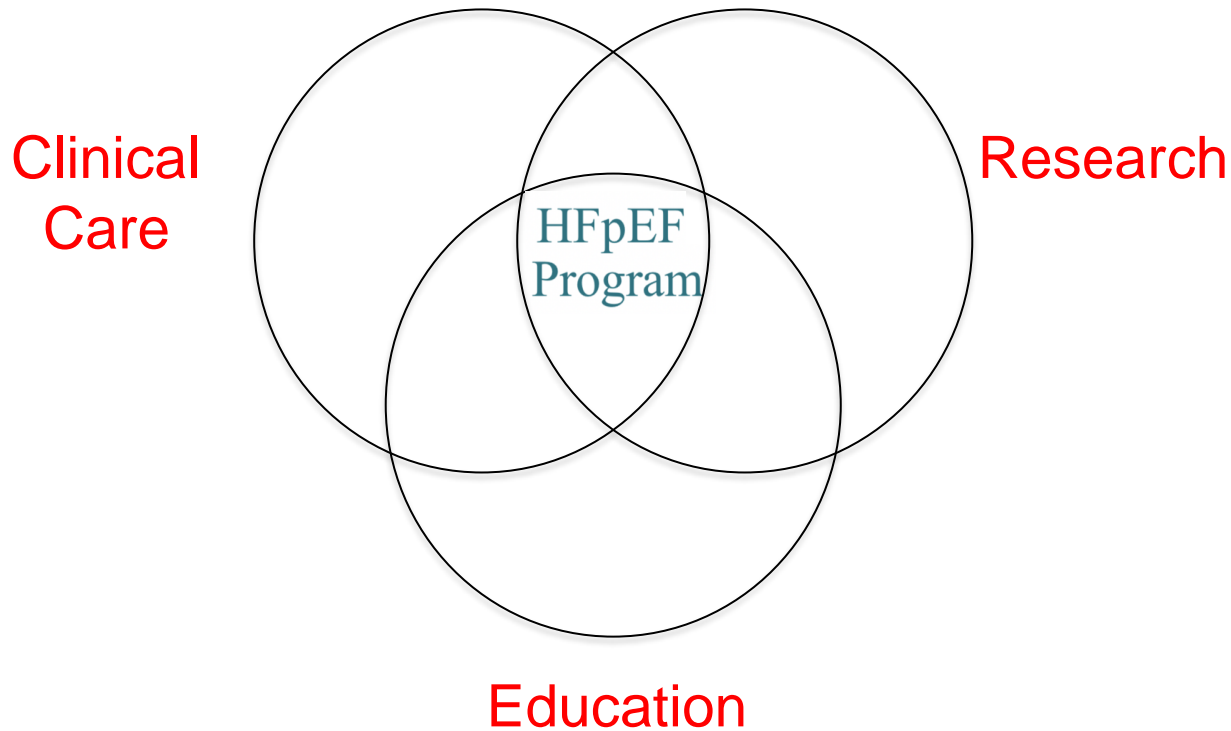
# Overlapping Circles I

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# Overlapping Circles II

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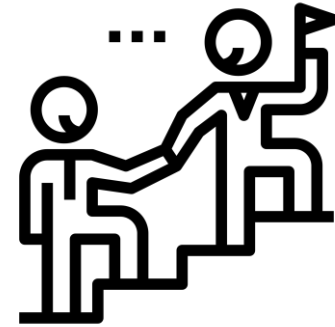


# Resulting Opportunities

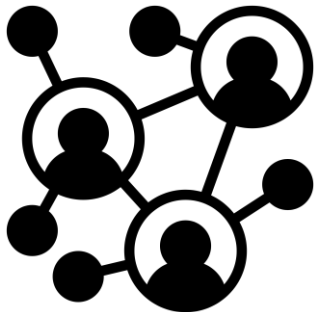
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Clinical Innovation



Leadership Development



Network Building



Preliminary Data

# Recommendations

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- Find your niche
- Find your overlapping circles
- Find some money, resources, personnel
- Find mentors and an environment that will invest in you

# Thank you

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