

# Cardiac Amyloidosis Program

## A Dedicated Program for Patients with Cardiac Amyloidosis

Amyloidosis is a clinical disorder that occurs when a misfolded protein called amyloid builds up in various organs in the body. When amyloid deposits in the heart it interferes with normal cardiac function and causes the disease cardiac amyloidosis.



To schedule an appointment or for more information, call (646) 962-7571.  
We accept all major insurance plans.



The new HFpEF program – the first of its kind in New York – is led by Parag Goyal, MD, MSc, an advanced heart failure physician and geriatric cardiologist, and includes a nurse practitioner and social worker who specialize in the care of heart failure patients.

## **What is heart failure with preserved ejection fraction (HFpEF)?**

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Unlike other types of heart failure where the heart pump is damaged, HFpEF is a heart condition in which the heart pump is fairly normal (preserved). However, stiffening of the heart muscle and abnormalities in the blood vessels can still cause heart failure symptoms, including shortness of breath, fatigue, swelling, and limitations in exercise.

## **Why do we offer a program specializing in HFpEF?**

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### **To Ensure an Accurate Diagnosis**



Diagnosing HFpEF can be challenging. It cannot be determined by a single blood test. Our program provides a comprehensive evaluation where we assess cardiovascular function, identify other chronic medical conditions, and evaluate for age-related concerns such as frailty and cognitive impairment.

### **To Develop an Optimal Care Plan**



We will individualize therapy based on your unique cardiovascular and medical profile. We hope to provide a treatment plan that can help relieve your symptoms, improve your quality of life, and preserve your independence.



### **To Offer Access to Newest Therapies**

There are many new strategies under development to treat HFpEF. We offer some of the newest state-of-the-art therapies in our program. You will also have the opportunity to participate in clinical trials if you are interested.



### **To Provide Education**

We will help you to understand how HFpEF affects you and provide you with the knowledge and tools to best manage this condition with the help of our team.



### **To Help Patients Take Control**

We want our patients to take part in decision-making about their care. We believe that in order to make the best medical decisions, it is important that we understand your value system and collaborate with you to help you reach your health goals.

## **What can I expect at my first appointment?**

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Your visit will take about one hour. In addition to seeing our cardiologist, you may also meet other team members who will help us collect the information necessary to provide you with the best possible care.

Your appointment will include:

- Detailed interview about your medical conditions and medications
- Comprehensive assessment of your function, mobility, and cognition
- Physical exam
- Blood tests
- Additional diagnostic testing as needed

## **Our Services**

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- Evaluation of cardiovascular function
- Confirmation and explanation of an HFpEF diagnosis and how it may affect you
- Careful review and improvement of medication regimen
- Individualized treatment strategies
- Education on best strategies for self-care
- Coordinated care and communication with your other doctors



## Meet Our HFpEF Team

**Parag Goyal, MD, MSc**, is a board-certified cardiologist specializing in advanced heart failure, particularly in older adults.

**Christina Ramasami, AGNP-BC**, is a Nurse Practitioner specializing in cardiac care.

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**(646) 962-7571**

HFpEF and Cardiac Amyloidosis Program  
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The HFpEF Program is offered by the Division of Internal Medicine and the Greenberg Division of Cardiology of New York-Presbyterian/Weill Cornell Medical Center and its affiliated medical school, Weill Cornell Medicine. New York-Presbyterian Hospital is ranked New York's #1 hospital and our cardiology and heart surgery program is ranked #4 in the nation according to the *U.S. News & World Report* survey of America's Best Hospitals. The doctors and scientists of Weill Cornell Medicine are engaged in world-class clinical care and cutting-edge research that connect patients to the latest treatment innovations and prevention strategies.