

In This Issue: • Introducing Dr. Gibreal • PAD Facts • Fall Recipe Made Easy!

Hamilton Cardiology is Pleased to Welcome Mohammed Gibreal, MD!

Hamilton Cardiology welcomes Mohammed Gibreal, MD. A graduate of the University of Damascus School of Medicine, Dr. Gibreal later completed an internship and residency at the George Washington University Medical Center. Dr. Gibreal then completed his cardiology fellowship at the George Washington University Medical Center where he obtained level II training in echocardiography and nuclear cardiology as well as level I training in cardiac magnetic resonance imaging.

Dr. Gibreal's clinical interests include cardiac critical care, electrophysiology and noninvasive cardiology (3D echocardiographic imaging and nuclear cardiac imaging). His research focuses on coronary artery disease, infections of cardiac devices and treatment/ablation of cardiac arrhythmias (atrial fibrillation).



Fluent in Arabic and English, Dr. Gibreal is of Palestinian ancestry and was born and raised in Syria. His empathy and compassion compelled him to assist tragically sick patients within the community, leading Dr. Gibreal to the medical specialty of cardiology. He is caring, realistic, optimistic and is a true believer in the balance between clinical judgment and up-to-date medical opportunities and procedures. Following in his footsteps, Dr. Gibreal has two siblings who share his passion for medicine and caring for others; one a dentist and the other an ENT surgeon.

Apart from writing an intriguing novel founded on historic biblical stories, Dr. Gibreal also enjoys watching foreign movies and going to outdoor classical music concerts. He engages in daily exercise to maintain a healthy work/life balance and aspires to play the piano.

Dr. Gibreal is enthusiastic to join Hamilton Cardiology and building a long-lasting career bringing his expertise to cutting edge medicine and to one of the most current evidence-based practice.

PAD Facts Cheat Sheet!

ABOUT 8 MILLION PEOPLE IN THE UNITED STATES HAVE PAD

PAD FACTS

Peripheral Artery Disease



1 IN 20

Americans over the age of 50 has PAD

Untreated PAD can increase a person's risk for heart attack or stroke.

RISK FACTORS



Smoke or used to smoke



High blood pressure

>50

Over the age of 50



Have diabetes



High cholesterol

SIGNS and SYMPTOMS



Poor wound healing



Cold legs



Pain during exercise, which is relieved during rest



Constant leg pain, tingling, burning or loss of sensation

Talk with your health care provider to find out if you should be screened.

froedtert.com/pad
1-800-DOCTORS

Sources: Centers for Disease Control; National Heart, Lung and Blood Institute

Enjoy Heart-Healthy Pumpkin Banana Bread!

Pumpkin Banana Bread

Makes 1 Loaf

INGREDIENTS

- 1½ cups white whole-wheat flour
- 1 teaspoon ground cinnamon
- 1 teaspoon baking powder
- ½ teaspoon baking soda
- ¼ teaspoon salt
- 1 cup canned unseasoned pumpkin puree
- 1 medium ripe banana, mashed (½ cup)
- ½ cup light brown sugar
- ¼ cup melted butter
- ¼ cup orange juice
- 2 large eggs, lightly beaten
- 1 teaspoon vanilla extract
- ½ cup bittersweet chocolate chips (optional)
- 1 tablespoon milk



INSTRUCTIONS

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Whisk flour, cinnamon, baking powder, baking soda and salt together in a medium bowl.
3. Whisk pumpkin puree, mashed banana, brown sugar, butter, orange juice, eggs and vanilla together in a large bowl. Add the dry ingredients and stir with a wooden spoon until just combined. Fold in chocolate chips, if using.
4. Transfer the batter to the prepared loaf pan. Bake until a toothpick inserted into the center of the loaf comes out clean, 45 to 55 minutes. Let cool in the pan on a wire rack for 10 minutes. Remove from the pan and let cool for at least 20 minutes more before slicing.
5. To make ahead: The loaf will keep, well wrapped, at room temperature for up to 4 days or in the freezer for up to 4 months.

recipe link: <http://www.eatingwell.com/recipe/267764/pumpkin-banana-bread/>



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