

Monica Aggarwal, M.D.

Mercy Medical Center, 301 St. Paul Place, Baltimore, MD

Employment **The Heart Center at Mercy, Mercy Medical Center, Baltimore, MD, January 2010-present**

Noninvasive Cardiologist specializing in clinical cardiology, nuclear cardiology, transesophageal echocardiography and women's health; Strong interest in end stage heart failure/transplant; interest in obesity/nutrition and diet modification

HPV Heart, PA, Columbia, MD, January 2008-December 2010

MidAtlantic Cardiovascular, Baltimore, MD, August 2006-December 2007

Education University of Maryland, Baltimore, MD, July 2003-June 2006 Cardiology Fellowship

New England Medical Center, Boston, MA, July 2000-June 2003
Internal Medicine Residency

Medical College of Virginia, Richmond, VA, July 1996-May 2000
Degree: Doctor of Medicine

University of Virginia, Charlottesville, VA, August 1992-May 1996
Degree: Bachelor of Arts
Major in Religious Studies, Minor in Biology

Certification and Licensure

2007 Board certified, Nuclear Cardiology
2006 Board certified, Cardiovascular Disease
2003 Board certified, Internal Medicine

National Presentations

"The Efficacy of Real-Time 3-Dimensional Echocardiography for Right Ventricular Biopsy."
Abstract # 1053-77, poster presentation
American College of Cardiology, Orlando, FL, March 2005

"Is There Consistency in the Benefit from Disease Management Across Subgroups of Patients with Heart Failure? The Span-CHF Trial"
Abstract # 3213, oral presentation
American Heart Association, Anaheim, CA, November 2001

Presentations

"Heart pumps and Transplant: The Next Step after Failed Medical Therapy," University of Maryland, Cardiology, December 2004

"Cardiac Replacement with the Total Artificial Heart," University of Maryland, Cardiology, September 2004

"Asian Indian, A Risk Factor for Heart Disease," University of Maryland, Cardiology, July 2004

"Heart Disease and its Implications in Pregnancy" University of Maryland, Cardiology, March 2004

"Univentricle and the Fontan Procedure. Congenital Heart Disease in the Adult Patient" University of Maryland, Cardiology, October 2003

“N-Terminal Pro-BNP in Relation to Inflammation, Myocardial Necrosis, and the Effect of an Invasive Strategy in Unstable Coronary Artery Disease” University of Maryland, Cardiology, December 2003

Research

Department of Cardiology, December 2004-2006
University of Maryland, Baltimore, MD

Participating in a prospective trial to determine the efficacy of real-time 3D echo versus Fluoroscopy in right ventricular biopsy for heart transplantation; Participating in research investing the metabolic syndrome in East Asian Indians; IRB protocol on intrarenal nesiritide use and effects on renal function

Department of Cardiology, December 2000-June 2003
New England Medical Center, Boston, MA

Participated in a two-year investigation, The Specialized and Networked Care in Heart Failure (SPAN-CHF) trial, which examined the effects of a heart failure disease management program in reducing hospitalizations due to heart failure; project involved data review and biostatistical analysis; analyzed the patient population by subgroup to determine whether individual characteristics of a population affected the responsiveness to disease management intervention and, as a result, decreased hospitalizations due to heart failure; presented an abstract on the subset analysis at the American Heart Association

Reviewed literature on the quality of care in patients with heart failure; contributed to a review article on this topic, published in *Cardiovascular Reviews and Reports*

Department of Cardiology, September 1999-June 2000
Johns Hopkins University, Baltimore, MD

Analyzed the risk factors of hyperlipidemia and its associated treatment goals; contributed to a review article on this research, which was published in *Chest*, 2001

Examined the cost-effectiveness of lifestyle modifications and medication management in prevention of coronary artery disease (CAD); performed a cost analysis of medications used in CAD to make physicians aware of discrepancies in prices and lack of insurance coverage of certain medications; recommended using the least costly medications when class-effect is evident; also discussed whether prescribing lower priced medications improves patient compliance; wrote a review article on this research which is pending submission, 2002

Department of Plastic Surgery, June 1994-May 1996
University of Virginia, Charlottesville, VA

Studied ethical issues facing today's physicians; analyzed the function of charities in society; wrote review articles on these subjects, which were published in the *Journal of Emergency Medicine* and *Academic Emergency Medicine*, 1995-1996

Examined the biochemical performance of surgical gloves via clinical trials; contributed to two articles on this subject, which were published in the *Journal of Emergency Medicine* and the *Journal of Long Term Implants*, 1995

Honors

Invited reviewer for the ACCSAP 6, 2005

Bravewell Collaborative Scholarship, two-year scholarship for education in alternative medicine

Resident, Thomas Jefferson's Exclusive Academic Village Lawn, September 1995-May 1996
University of Virginia, Charlottesville, VA

Selected as one of twenty-four students from a class of 4,000 people to participate in Thomas Jefferson's vision of students and professors living and learning together

Recipient, Award For Scholastic Merit, May 1994
University of Virginia, Charlottesville, VA

Service

Reporter and Consultant, International Society of Heart and Lung Transplant Conference, April 2005

Member, Women in Cardiology, American College of Cardiology, October 2004-present

Co-Director of Women's Heart Program, Sinai Hospital, 1/2007-present

Publications

Aggarwal M, Mehra M. Natriuretic Peptides and Renal Insufficiency: Unraveling the Controversy. **New Developments in Cardiovascular Diseases**, 2005; 2(1): 1-5.

Aggarwal M, Drachenberg C, Douglass L, DeFilippi CD. The Efficacy of Real-Time 3-Dimensional Echocardiography for Right Ventricular Biopsy. **J Am Soc Echocardiogr**. 11/2005; 11:1208-12

Miller M, Rhyne J, Beach V, Ericson R, Aggarwal M, Misra A. The APOC3 Promoter Polymorphisms T-455C and C-482T are associated with the Metabolic Syndrome. **ACC 2005, Abstract # 802-6, pending publication.**

Aggarwal M, Khan I. Hypertensive Urgency/Emergencies. **Cardiology Clinics of North America**, 2/2006; 24(1): 135-146.

Aggarwal M, Miller M. Should Greater Emphasis be Placed on Triglycerides in CHD Risk Assessment? **Chronicle of Cardiovascular & Internal Medicine**, 4/2005

Konstam MA, Aggarwal M. Quality of Care for Patients with Heart Failure. **Cardiovascular Reviews and Reports** 2003.

Aggarwal M, Kimmelstiel CD, Levine D, Perry K, Patel A, Forman D, Gorham N, Cunnie P, Cotter L, Albright P, Duggan L, LaBresh K, Brill D, Rand W, Gregory D, Lorell B, Konstam MA. Is There Consistency in the Benefit from Disease Management Across Subgroups of Patients with Heart Failure? The Span-CHF Trial. **AHA 2001, Abstract #3213.**

Braunstein J, Cheng A, Cohn G, Aggarwal M, Nass C, Blumenthal R. Lipid Disorder: Justification of Methods and Goals of Treatment. **Chest** 2001; 120:979-988.

Aggarwal M, Edlich RF. God must be a high-level quad! **Acad Emerg Med** February 1996; 3(2): 175-7.

Aggarwal M, Manson TT, Van Meter BH, Thacker JG, Edlich RF. Biomechanics of Glove Growth. **J Long-Term Effects Medical Implants** 1995.

Edlich RF, Aggarwal M. Physician's Transformation from Hero to Lover, **Acad Emerg Med** September 1995; 2(9): 845-7.

Aggarwal M, Edlich RF: Charities: A Solution or Problem? **J Emerg Med** June 1995; 13(3):389-92.

Van Meter BH, Aggarwal M, Thacker JG, Edlich RF. A New Powder-Free Glove with a Textured Surface to Improve Handling of Surgical Instruments. **J Emerg Med** June 1995; 13(3): 365-8.