

Houston Hearts: New Book Details Houston's History of Cardiovascular Surgery and Medicine



W. L. Winters Jr.,
M.D.

William Winters, M.D., a cardiologist for nearly 50 years with Houston Methodist Hospital and executive editor of the *Methodist DeBakey Cardiovascular Journal*, has published *Houston Hearts, A History of Cardiovascular Surgery and Medicine and the Methodist DeBakey Heart & Vascular Center at Houston Methodist Hospital*. Written with Betsy Parish, a former columnist with the *Houston Post*, the book details the story of how Houston became synonymous with heart care and became known as the "heart capital of the world."

"The book looks at the vast history of Houston Methodist's leadership in the field of cardiovascular surgery, research, and clinical care," says Winters. "We cover everything from the rise of great surgeons like Dr. Michael E. DeBakey to the pioneering studies, experiments, and groundbreaking surgeries that have made Houston Methodist a world leader in cardiovascular care."

Winters came to Houston in 1968 and saw Houston Methodist take the lead in heart transplantation, open heart surgery, and vascular repair.

"In 1968 at the Texas Medical Center, we performed nearly one-third of the heart transplants in the country, and nearly one-fifth of the open-heart procedures," Winters said. "Dr. DeBakey and his team of surgeons at Houston Methodist would sometimes perform up to 12 successful surgeries a day. It was a great time to be a new cardiologist in this city."

Houston Hearts covers the history of the hospital, surgeons, and cardiologists from the early 1900s through 2014 and highlights the stories of the many men and women who helped create and nourish the pioneering advances made in cardiovascular care that people around the world have access to today. *Houston Hearts* is available in hardcover at Amazon and the River Oaks Bookstore and electronically through Kindle.

Williams L. Winters, Jr., M.D., Receives the ACP Mastership Award

William L. Winters, Jr., M.D., editor-in-chief of the *Methodist DeBakey Cardiovascular Journal*, is a 2015 recipient of the ACP Mastership Award, the highest award bestowed by the American College of Physicians. Since 1923, the ACP Mastership Award has been granted to highly accomplished fellows who

are distinguished by the excellence and significance of their contributions to the field of medicine. Chosen from a rigorous confidential nomination process, recipients are ultimately selected for their personal character, positions of honor, contributions towards furthering the ACP's mission as well as recognition in practice or medical research, and contributions towards the art and/or science of medicine.

For the past four decades, Dr. Winters has been a highly respected leader both in Houston Methodist Hospital's cardiology service and on a national scale. He established the first echocardiography lab in the Southwest United States in 1969 and helped usher in the era of noninterventional cardiology. In addition to a busy clinical practice, he has served in leadership positions both locally and nationally, including past president of The Houston Methodist Hospital Medical Staff; president and founder of the Houston Cardiology Society; president of the American Heart Association, Texas Affiliate; Governor of the ACP South Texas chapter; and past president of the American College of Cardiology (ACC). In addition, Dr. Winters serves as Emeritus Trustee of the ACC and is named an ACC Master. He also is a 2011 recipient of the prestigious Texas ACP Laureate Award and was the first recipient of the George P. Noon, M.D. Award, which honors individuals who have a relationship with The Houston Methodist Hospital and who, through leadership, service, and lifelong commitment, have made significant contributions towards advancing the field of cardiovascular disease.

Currently, Dr. Winters holds the John S. Dunn Foundation Chair for Clinical Cardiovascular Research and Education at Houston Methodist Hospital and is director of the Houston Methodist Hospital Education Institute. In addition to his editorial role with the journal, he has published more than 120 articles, book chapters, and abstracts and has recently authored a book, *Houston Hearts: A History of Cardiovascular Surgery and Medicine and the Houston Methodist DeBakey Heart & Vascular Center at Houston Methodist Hospital*.

In his nomination letter, which was supported by four other Masters of the ACP, Dr. Robert E. Jackson, M.D., FACP, Governor of the Texas ACP Southern region, wrote "I can think of no other person more deserving. Dr. Winters has had an illustrious career in research, education, and leadership...but what makes Dr. Winters an extraordinary candidate is his wonderful demeanor. He has been a mentor for hundreds of students, residents, and fellows and was awarded the prestigious John W. Overstreet Award... the highest award bestowed by the Houston Methodist Hospital medical staff for honesty, integrity, and extraordinary leadership."