AMERICAN ASSOCIATION OF CARDIOLOGISTS OF INDIAN ORIGIN

MARCH 1995 NEWSLETTER

MESSAGE FROM THE PRESIDENT

It is with great pleasure that I invite you to attent the Spring Semi-annual Meeting of A.A.C.I.O. on March 19th, 1995, at the Hyatt Regency Hotel, New Orleans, LA. By now you must have received the invitations, and I personally urge you to attend and send your RSVP soon. This meeting has special significance for all of us because we will be celebrating the 10th Anniversary of the formation of AACIO.

During the past ten years we achieved a lot but more needs to be done. We have to expand our membership and get younger Cardiologists of Indian origin who are completing their fellowships or starting their careers in academic cardiology or community medicine to participate in our activities.

We also have to build our bank balance and towards this end I request as many of you as possible to become life members. Thanks to our past treasurers, we do have a modest bank balance, but we are still not in a position to offer research grants, travel assistance or fellowship support. As an initial endeavor we have started a Young Investigators Award. Jawahar L. Mehta, M.D., Ph.D., is the Chairman of the Awards Committee and further details regarding the awards are in this bulletin. I urge my colleagues in academic cardiology to spread the news about the awards and help their junior colleagues to submit their work. Currently our resources are limited but we hope to increase the prize amount in the future.

Several years ago one of our distinguished members, Dr. Ivan A. D'Cruz, wrote an article on "Our Cardiology Heritage: Pioneers in Bombay", in which he mentioned about the lack of awareness of the great Cardiologists and Cardiac Surgeons of the past, not only in Bombay, but also in other cities in India. A case in point is that of Dr. P.K. Sen. Dr. Sen was the Chairman of the Department of Surgery at the G.S. Medical College and K.E.M. Hospital in Bombay. He was a pioneer Cardiac Surgeon. In the mid-sixties on the basis of comparative anatomy of the snake's heart, where the heart muscle is perfused directly from the chamber of the heart into the network of sinusoids between the arterial and venous phases of coronary circulation, he hypothesized that similar sinusoids exist in the human heart, and devised a method of promoting blood flow from the left ventricle to the network of intramyocardial sinusoids, creating transmural channels by needle puncture. He called this operation "Transmyocardial Acupuncture." Experimental and clinical studies were published in several publications in the late sixties. With the advent of coronary arteriography and direct coronary revascularization, with saphenous vein and internal mammary artery, Dr. Sen's procedure remained in abeyance. There is renewed interest in his concept of myocardial revascularization in patients where the CABG procedure is not possible. With the recent advances in technology, a carbon dioxide laser is used to punch holes in the myocardium in place of a needle and the procedure is called Trans Myocardial Laser Revascularization (T.M.R.). Phase II clinical trials of this procedure are in progress in several US Hospitals. Reading published reports one realizes that little credit is given to the originator of this concept and Dr. Sen's pioneer work appears to be ignored.

Elsewhere in this bulletin, Dr. M.S. Valiathan, the Vice Chancellor of Manipal Academy of Higher Education and who, in his own right, is an innovative Cardiac Surgeon, will introduce Dr. Sen to our members. Dr. Valiathan has given me two of his articles on Dr. Sen and for the sake of brevity permitted me to condense these.

I encourage our members to publish their reminiscences about other notable Cardiologists and Cardiac Surgeons, they have been associated with for publication in future bulletins. I myself, along with Dr. Pravin Shah and Dr. Navin Nanda, have been fortunate in working closely with Dr. Sen during our days in Bombay.

We will soon be meeting on March 19th, 1995, in New Orleans, LA. Please make every effort to attend and bring your ideas and suggestions with you.

Madhukar M. Deshmukh,
M.D., F.R.C.P. (Edin.)

Minutes Of The Fall Meeting

The fall biannual meeting of the AACIO was held on November 13, 1994 at Loew's Anatole Hotel, Dallas Texas. The meeting was well attended compared to the meetings previously held during the American Heart Associations Scientific sessions. The minutes of the previous meeting held at ATlanta, Georgia during the ACC session of April 1994 were unanimously approved. The topic of Young Investigators award was discussed during the general body meeting and a committee under the chairmanship of Jawahar Mehta, M.D., PhD, was formed to give this topic a further momentum.

Following persons were recognized for their achievements:

1. Jawahar L. Mehta M.D., PhD for Scientific Achievements for his outstanding basic and clinical work in the field of thrombosis and hemostasis.
2. Atul R. Laddu M.D., PhD for his hard work as a treasurer of the AACIO, and his contribution in making the association financially sound.
3. C. Venkata S. Ram M.D. for being a gracious host during many of the meetings held in Dallas.

The dinner was followed by a Scientific lecture by Nisha Chandra, M.D."Research Happens with Everyday Practice"

The meeting ended after an entertainment provided by Mr. Nitin Nevrekar and party.

Future Meetings Sponsored By International Society Of Cariovascular Ultrasound (ISCU)

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International Society of Cardiovascular Ultrasound (ISCU)

September 14-17, 1995
International Meet - Cardiology in 90's. (September 14, 1995 Echocardiography Workshop). Bombay, India. President: Dr. B.K. Goyal. International Director: Dr. Navin C. Nanda

December 9-10, 1995
Symposium on Echocardiography. Vina-Velmar, near Santiago, Chile. Cosponsored by the Chilean Society of Cardiology and Cardiovascular Surgery; Director: Dr. Cesar Carranza. (Immediately following the XV Inter-American Congress of Cardiology, December 6-9, 1995, Santiago, Chile)

December 22-24, 1995
World Congress on Clinical Cardiology and Workshop in Echocardiography (Worldcon '95 and Echovision '95), New Delhi, India. President: Dr. (Col) K.L. Chopra; Vice President: Dr. K.K. Aggarwal; International Director: Dr. Navin C. Nanda

May 24-26, 1996
II World Congress of Echocardiography and Vascular Ultrasound, Beijing China. Cosponsored by the Chinese Medical Association

April 23-25, 1998
III World Congress of Echocardiography and Vascular Ultrasound, Rio de Janeiro, Brazil (prior to XIII World Congress of Cardiology, April 26-30, 1998). Cosponsored by the Brazilian Society of Echocardiography. President: Dr. Fernando Machado

For further information on any of these meetings contact: Dr. Navin C. Nanda, University of Alabama at Birmingham, Heart Station SW/S102, Birmingham AL 35233. Phone: (205) 934-8256; fax (205) 934-6747

Coronary Artery Disease And Its Risk Factors In First Generation Immigrant Indians To The U.S.

Enas A. Enas, M.D., F.A.C.C., Abhimanyu Garg, M.B.B.S., Michael Davidson, M.D., Vinod M. Nair, M.D., Beverly A. Huet, M.S., Salim Yusuf, F.R.C.P., D.Phil.

This was an observational study to compare prevalence of coronary artery disease (CAD) and its risk factors in first generation Asian Indian immigrants to the US. to the Caucasian population.

1688 Asian Indian physicians and their family members (1131 men and 557 women, age > 20 years) attending national medical conventions, completed a questionnaire and in 580 subjects serum lipoproteins were determined.

Results: The age-adjusted prevalence of myocardial infarction and/or angina was approximately three times more frequent in Asian Indian men compared to men from the Framingham Offspring Study (7.2% vs. 2.5%; P < 0.0001) but was similar in women (0.3% vs. 1.0%, P=0.64). Asian Indian men, compared to the Framingham population, had higher prevalence of non-insulin-dependent diabetes mellitus (NIDDM; 7.6% vs. 1%; P< 0.0001) and obesity (8.8% vs. 22%; P < 0.0001). The prevalence of hypertension was lower in Asian Indian men (14.2% vs. 18.1%; P < 0.008) but was similar in women (11.2% vs. 11.4%). Asian Indians had lower prevalence of high total cholesterol (>6.4 mmol/1; 16.5% vs. 20.5%; P=0.094 in men and 15.3% vs. 20.1%; P = 0.031 in women). High-density lipoprotein (HDL) cholesterol levels were lower in younger (20-39 y) Asian Indian men (mean: 1.00 vs. 1.20 mmol/L; P < 0.01). The prevalence of hypertriglyceridemia was similar in men (> 2.8 mmol/L; 12.0% vs. 11.3%), but higher in Asian Indian women (10.6% vs. 4.1%; P = 0.01). The prevalence of CAD was similar in vegetarians and non-vegetarians. Analysis of a subgroup of men showed high rates of exercise (> 1 hour/week = 80%), high waist to hip ratio (> 0.85 = 75%) and high percentage of people with elevated serum levels of lipoprotein (a) (> 30 MG/dl = 25%).

Conclusions: The first generation immigrant Indian men to the US have high prevalence of CAD compared to the Caucasian population. NIDDM, low HDL cholesterol levels and possibly hypertriglyceridemia, all of which have "insulin resistance" as a common pathogenetic mechanism seem to be the most important CAD risk factors. This may be mainly due to lifestyle changes in the setting of a genetic predisposition mediated through high levels of lipoprotein (a).

PORTRAIT OF DR. P.K. SEN

"Don't Think, Try and Experiment"
"The Snake Heart Affair"

The following is based on the above publications by Dr. M.S. Valiathan* who kindly permitted me to condense these articles for this bulletin.

Prof. P.K. Sen was a scientist par excellence, who was condemned to the practice of surgery. A descendant of Keshab Chandra Sen, he matched his predecessor in synthesizing the best of the East and West. A product of Indian and American training he combined easily their traditions of learning and action. He was a surgeon extraordinaire, a master teacher, and trained a generation of eminent surgeons who carried his legacy wherever they went.

Dr. Valiathan compares Dr. Sen to John Hunter, the 18th Century English Surgeon who ushered experiments into surgery to discover the unknown, or to confirm what has been discovered before. Like John Hunter, Sen recognized no barriers between surgery and basic sciences. Dealing with segmental occlusion of the aorta and its branches, and ischemic myocardium, he re-phrased the clinical problems into an experimental question, and sought to bring back the answers from the laboratory to the bedside.

Occlusive disease of the aorta and its branches was not rare in India when Sen started his surgical career. The only treatment available was lumbar sympathectomy and vasodilator drugs. Most of the cases were lumped together as atherosclerosis or Burger's disease. Takayasu's description of pulseless disease was no more than a curiosity. Dr. Sen made a systematic study of occlusive disease of the aorta and its branches, and provided impetus to improve the departments of cardiac pathology and vascular radiology at the K.E.M. Hospital, Bombay. Along with the pathologist, Suman Kinare, M.D., they postulated a link between tuberculous infection and aorto-arteritis and sought its proof in an experimental model. He developed surgical procedures for bypassing the vascular obstruction, and K.E.M. Hospital became a referral center not only for patients from all over India, but also from neighboring countries. His monograph published in 1972 on aortoarteritis is a monument to his many years' work in this area.

He adopted the same approach to the treatment of ischemic heart disease. In early 1960 the surgical treatment of coronary heart disease was implantation of the internal mammary artery in the myocardium, known as Vineberg's procedure. Taking an analogy from the snake's heart, Dr. Sen tried to re-vascularize the myocardium from the left ventricular cavity, by making direct punctures through the left ventricular wall. While this technique never gained widespread acceptance and was even condemned, his theory that the vast sinusoidal system of the snake's heart existed in dormant mode in the human myocardium, and that it could be fed under given conditions, continues to intrigue and fascinate investigators. The recent effort to activate the sinusoidal system from the ventricular chamber by the use of laser probes testifies to the vitality of Sen's concept which might transform the field of myocardial revascularization.

Dr. Sen was also an avid painter and had many exhibitions of his painting in the art galleries of Bombay.

Sen, P.K., Nonspecific Aortoarteritis. Tata McGraw-Hill Publishing Co. Ltd., Bombay (1972).

Sen P.K., Udwadia T.E., Kinare S.G., Parulkar G.B. - Transmyocardial Acupuncture. J. Thorac. Cardiovasc. Surgery 50: 181, 1965.

Sen P.K., Daulatram J., Kinare S.G., Udwadia T.E., Parulkar G.B. Further studies in multiple transmyocardial acupuncture as a method of myocardial revascularization. Surgery 64 : 861-70, 1968.

* Dr. M.S. Valiathan is Vice-Chancellor at Manipal Academy of Higher Education. He is an eminent cardiac surgeon and a recipient of numerous awards and honors. He is a Fellow of Royal College of Surgeons of England, American College of Cardiology, Indian Academy of Sciences. His awards include Prakash Bhasin National Award, Dhanwantari Prize of the Indian National Science Academy, Basanti Devi Amirchand Prize of the Indian Council of Medical Research, and the Padma Bhusan. He had been Hunterian Professor of the Royal College of Surgeons of England. He is Professor and Director of the Sree Chitra Tirunal Medical Center and Visiting Professor in Biomedical Engineering at the I.I.T., Madras.

His honors and publications are too numerous to be detailed here.

ANNOUNCEMENT OF RESEARCH INVESTIGATOR AWARD

The American Association of Cardiologists of Indian Origin announces a Research Investigator Award for trainees in cardiovascular disease.

Eligibility: Current trainees or Assistant Professor level individuals who accomplished the work during their training. The applicant must be of Indian subcontinent origin. The work may have been conducted inside or outside India, and may relate to any domain of the cardiovascular system including physiology, pharmacology, pathology, medicine, or surgery.

Award: The first, second, and third prizes will include a cash award of $500.00, $250.00 and $100.00 and a plaque of recognition. The applicants will be invited to present their work at the annual meeting of the AACIO in conjunction with the American Heart Association meetings in Anaheim, CA in November 1995.

Submission of Abstract: All abstracts should be submitted in AHA abstract format in triplicate to:

J.L. Mehta, M.D., PhD
Professor of Medicine and Physiology
University of Florida College of Medicine
Box 100277 JHMHC
Gainesville, FL 32610

All submissions must be made prior to August 15, 1995. The cover letter should include the applicant's current address, and phone and fax numbers. For further information, please contact Dr. J.L. Mehta (fax #904-374-6113).

American Association of Cardiologists of Indian Origin invite you to join us for a Combined Cardiology Conference and Safari to Kenya and Tanzania.

JULY 17-30, 1995

CME PROGRAM WILL INCLUDE CONFERENCE IN NAIROBI, KENYA, PLUS SCIENTIFIC SESSIONS THROUGHOUT THE STAY IN KENYA AND TANZANIA, AS WELL AS A VISIT TO A NAIROBI HOSPITAL. THERE WILL BE VISITS TO MANY WILD LIFE AREAS INCLUDING THE WORLD FAMOUS MASAI MARA GAME RESERVE IN KENYA AND LAKE MANYARA NATIONAL PARK IN TANZANIA.

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M.M. DESHMUKH, M.D.
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