NEWS FROM THE AMERICAN ASSOCIATION OF CARDIOLOGISTS OF INDIAN ORIGIN

March 1998

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Semi-Annual Dinner

LETTER FROM THE EDITOR

On behalf of the executive committee of the AACIO, it is my pleasure to invite you and your colleagues to the Spring meeting of the AACIO to be held in Atlanta on Sunday March 29, 1998 at the Heera of India Restaurant, which is located in the downtown area, in close proximity to all the major hotels, and is in walking distance, or a short taxi ride. Please send your RSVP's as soon as possible, so that arrangements for the meeting could be planned. Bring a friend, and if he / she is not a member, make him / her a member / life member.

During the past several meetings, I have observed that the attendance at the AACIO meetings has been rather disappointing, and I do not know what is the exact reason for this. It is possible that the purpose and the goals of the Association have not been adequately explained. About 14 years ago, the Association started as an informal meeting of friends during the annual scientific sessions of the American Heart Association and American College of Cardiology. Since then, the organization has grown both in its membership, as well as in the projects it has started and committed to.

Recognizing and honoring cardiologists- those working in basic cardiovascular research, in clinical cardiology, as well as cardiac surgeons of Indian Origin for their academic achievements and social and community services is one of the primary goals of the Association. These individuals have been awarded with the purpose of honoring them, as well as for creating a role model for our younger colleagues, who have just started their career in cardiology in the U. S. A list of members who have been honored in the past is given in this newsletter.

The Young Investigator's Award was started in 1995 and carries with it a plaque and a cash honorarium of $500. The purpose of this award is to encourage medical students, cardiologists in training, and basic scientists to get involved in research projects and to ask them to present their work at the Association meetings. All members and their younger colleagues are encouraged tc submit their original work to **Jawahar Mehta, MD PhD**, who is the Chairperson of the selection com mittee, at Box 100277, J. M. H. Health Center University of Florida, Gainesville, FLA 32610 0277, Tel. 352-379-4159, FAX 352-379-4161.

The Association is well aware of the healtl problems amongst the folks from the Indian Sub continent, who have settled in the U. S. In earl 1990's one of our members, Enas Enas, MD single handedly started the CADI (Coronary Ar tery Disease among Indians) project, and th AACIO, despite its meager financial positior made a small contribution of $4000 towards thi project. The preliminary results of this study wer published in the October 1992 issue of America Journal of Cardiology, and in the Autumn 199 issue of the AsianAmerica and Pacific islande Journal of Health. The authors of these article were **Enas Enas, MD, Jawahar Mehta, MD PhD, Yusuf Salim, MD, and Prabhal Jha, MD** Now, our Vice President and President- Elec **Atul R. Laddu, MD, PhD**, has obtained a signi cant commitment of $115,000 from the Brist Myers Squibb Company to evaluate the cardi vascular risk factors in the community from th Indian subcontinent (ISCAT trial). Dr. Laddu w present the details of the project during the fort coming meeting.

Whatever progress we have made, clea was because of enthusiasm and hard work of tl members of the AACIO. However, much wo needs to be done both in academic as well as the social and community areas. This is a di cult time for American medicine with proliferati of managed care and rapidly shrinking medic economic conditions. We, the cardiologists fro the Indian subcontinent, will be facing increasi competition in both medical practice a academia, and it is all the more important to de onstrate our strength in numbers by keep united in an organized manner.

Ma... Edi... ...hukar Deshmu... ...or, the AACIO Ne...

[illegible] NEW [illegible] 1998-2000

The current President, **Raja Dhurandhar, MD** and his team worked very hard during the past 2 years. The Executive Committee of the AACIO sincerely thanks Raja for all the help, guidance and encouragement give to the Association. Thanks, Raja, we could not have done this without you !

It is that time that a new committee needs to be elected. The proposed names are :

Atul R. Laddu, MD, PhD - President

Satinder Swaroop, MD - Vice Pres. / President Elect

Sukh Dev Sharma, MD - Secretary

Rama Gopal Mudumbi, PhD - Treasurer

If there are additional nominations for any of the above posts, they should be sent in writing to Satinder Swaroop, MD at 714-751-3540 / FAX 714-751-5626 prior to March 22, 1998.

LIST OF PAST AND CURRENT PRESIDENTS

1. Navin Nanda, MD	1986-1988
2. Pravin Shah, MD	1988-1990
3. Gopal Lalmalani, MD	1990-1992
4. K. Ramaswamy, MD	1992-1994
5. Madhukar Deshmukh, MD	1994-1996
6. Raja Dhurandhar, MD	1996-1998
7. Atul R. Laddu, MD, PhD	1998-

DR. KULKARNI TO SPEAK ON LDL

Krishnaji Kulkarni, PhD, Assistant Professor of Medicine at University of Alabama at Birmingham will speak on "LDL and atherogenic lipoprotein profile in migrants from the Asian Subcontinent". Dr. Kulkarni graduated (M. Sc.) from the Karnataka University in 1975, and did his PhD from the Southern Illinois University in 1987. Dr. Kulkarni has developed a new technology called "vertical autoprofile II", which measures lipoproteins using only a small amount of plasma, and is currently examining lipoprotein subclasses and insulin resistance in people from the Asian subcontinent, as well as the interplay of genetic and environmental factors in the development of atherosclerosis.

NAMES IN THE NEWS

Jawahar Mehta, MD, PhD, FACC was invited to give a Plenary Lecture on "Advances in cardioprotection : present and future" at the 6th Annual meeting of Cardiovascular Pharmacology in Beijing in September 1997.

Jawahar Mehta, MD, PhD, and **Bramah Singh, MD, PhD** were elected to the prestigious Association of University Cardiologists, which consists of a total membership of 125 prominent cardiologists throughout North America. Congratulations Jawahar and Bramah for this achievement!

Jawahar in the past has also been able to raise funding for the AACIO activities from Pfizer, and Astro-Merck. Thanks Jawahar for the help !

Navin Nanda, MD, the founding member and the past-president, has organized a conference at the III World Congress Echocardiography and Vascular ultrasound to be held at the Intercontinental Hotel, Rio de Janeiro, Brazil, from April 23-25, 1998 (see details in this newsletter).

The members of the AACIO continue to be visible as authors in peer reviewed journals. In the Winter 1998 issue of ACC Educational Highlights, two of the four papers cited were authored by our members : **Jawahar Mehta, MD, PhD** on "Antioxidents and vitamins in your patients with coronary artery disease" and **Ramdas Pai, MD** on "Advanced doppler hemodynamics with examples of catheter correlation". This latter paper was discussed during the "Echo San Diego : Advanced Interpretation with the experts" course in June 1997, directed by our past President, **Pravin M. Shah, MD**.

III WORLD CONGRESS OF ECHOCARDIOGRAPHY AND VASCULAR ULTRASOUND

AACIO is a co-sponsor of the III World Congress Echocardiography and Vascular ultrasound to be held at the Intercontinental Hotel, Rio de Janeiro, Brazil, from April 23-25, 1998. The conference will be immediately preceding, and in cooperation with the XIII World Congress of Cardiology.

The Scientific Committee has put together 3 days of comprehensive educational sessions. More than 200 speakers from different countries will share their experience in the field of cardiovascular ultrasound. For further information, please contact Navin Nanda, MD, [illegible] President of the Congress at the University [illegible] Birmingham, Heart Station SW / S102 [illegible] 35233, Telephone 205-934-8256 [illegible] email : nanda@uab.edu.

YOUNG INVESTIGATORS AWARDS

The Young Investigators Awards (YIA) were awarded to the following members during the November 1997 Orlando meeting of the AACIO : **Krishnakutty Sudhir, MD** from the University of California at San Francisco, for his presentation on "Effects of DHEA on coronary circulation" and to **Ravi B. Marala, PhD** from East Carolina University School of Medicine, for his presentation on "Regional ischemia and protein Kinase C : differences in myocardial and coronary responses". Congratulations to both ! The YIA awards were sponsored by the Bristol Myers Squibb Company.

LIST OF PAST HONOREES

Chatterjee,Kanu,MD
Dhalla, Naranjan, PhD
Enan, Enas, MD
Laddu, Atul R., MD, PhD
Mehta, Jawahar, MD, PhD
Pandian, Natesa, MD
Parthasarathy, Sampath, PhD
Ram, Venkata C., MD
Rao, Syamasundar C., MD
Reddy, P. Sudhakar, MD
Saksena, Sanjeev, MD
Singh, Brahma N., MD, PhD
Somani, Pitambar, MD, PhD
Subramanian, V. A., MD
Zachariah, Zachariah A., MD

DIRECTORY OF INDIAN CARDIOLOGISTS AND CARDIOTHORACIC SURGEONS IN U. S. A.

Drs. Dayan Naik of New York City and Navin Nanda of Birmingham are working to prepare a comprehensive directory of Indian Cardiologists and Cardiothoracic Surgeons settled in this country. Please support this effort by sending the required information as soon as possible to Dr. Dayan Naik, 688 White Plains Road, Suite 210, Scarsdale, NY 10583, FAX 914-723-3692.

EDITOR'S REQUEST

Gathering news for the newsletter is a difficult and time consuming task, and I am sure I must have missed some important newsworthy items. I earnestly request all the members to send me any news about yourself or a colleague of yours, to be included in the future news letters. Please direct the correspondence to Madhukar M. Deshmukh, MD, 1151 Old White Plains Road, Mamaroneck, NY 10543, Tel 914-698-6830.

INTERNATIONAL CONFERENCE ON UPDATE AND RECENT ADVANCES IN CARDIOLOGY AND SAFARI OF SOUTH AFRICA AND VICTORIA FALLS

An International Conference on Update and recent Advances in Cardiology and Safari of South Africa and Victoria Falls will be held in South Africa and Zimbabwe from July 10-26, 1998. The conference director is **Navin Nanda, MD,** and the conference co-directors are **Farooq Chaudhry, MD, Dayan Naik, MD,** and **Ashvin Patel, MD**. A total of 18 CME credit hours will be awarded through the University of Alabama. Travel will include such cities as Cape Town, Simon's Town, Swaziland, Pretoria Johannesburg, etc. For further information, please contact **Navin Nanda, MD,** International President of the Congress at the University of Alabama at Birmingham, Hear Station SW / S102, Birmingham, AL 35233, Telephone 205-934-8256, FAX 205-934-6747, email : nanda@uab.edu For information regarding travel, please contact Indira Pate at Sun-Land Travel & Tours, Inc., 2374A Jericho Turnpike Garden City Park, NY 11040, Telephone 516-741-9555 FAX 516-741-9098.

MESSAGE FROM THE PRESIDENT, RAJA W. DHURANDHAR, MD, FACC

I will be finishing my two year term as your Presiden and I want to thank all of you for allowing me to serve i this capacity. I want to thank particularly Dr. Atul Ladd who has been the driving force in conducting the activitie of AACIO. Atul for a long time has been responsible fc making sure that an adequate balance in the bank is mair tained, has taken care of the tax filing, arranged the mem bership list in a manner which is easy to operate, and re cently received a grant from the Bristol Myers Squibb Com pany for $115,000 to study the high risk patients from th Indian Subcontinent (the ISCAT trial). For the organizatio to remain an effective voice of cardiologists of Indian or gin, it is vital that we attract younger physicians, includir those who have been born and brought in the United State It is equally important that the senior members of the a sociation, many of whom have made important contrib tions to the advance of cardiology, remain active in th affairs of the association. We have to make every effort guard against discriminatory regulations and practices; is important that we support young cardiologists of Ind origin to assist them establish themselves in the pra of cardiology.

I hope to see you all on M[illegible]ch 29, 1998 in during the semi-[illegible] of AACIO.

THE AMERICAN DIASPORA

By Ivan A. D'Cruz, MD, FRCP(London & Edinburgh), FACC
Professor of Medicine
University of Tennessee, Memphis, TN

Large migrations of human populations, from one country or continent to another, have swept across the pages of history since prehistoric times. The Diaspora of the Jews, from Biblical years onwards, carried them to all parts of Europe, and even Asia and Africa. The massive though protracted migration of Europeans to North and South America continued over centuries. Early in this century, Indians in their thousands sailed to East Africa, the Caribbean, and even across wide oceans to islands such as Fiji and Mauritius. We ourselves are part of the million or so Indians in North America, immigrants over the last three or four decades.

The impetus to migration has always been either flight from misery, in the form of famine or persecution, or alternatively a rush forward to freedom, the prospect of affluence or at least a higher living standard. However, the Diaspora I discuss now is not from one continent to another, or even from country to neighboring country, but the interminable movement of people within this large country, from one part of it to another, on a large scale and usually more than once in their lifetimes. Webster's dictionary informs us that Diaspora means dispersion, a word formed by the confluence of two Greek words meaning "through" and "to scatter." I feel justified therefore in using the term "Diaspora" to signify the movement of physicians and other professionals from one town to another every few years, within the United States. Once they find a location where their careers thrive, or prosperity takes vigorous root, they may settle in that congenial town for the rest of their lives. There their children grow into adults, and the latter again begin the migratory cycle of college education, professional training, and then professional careers, in a series of new locations.

The following sequence of events occurs in hundreds of thousands of American households every fall: Teenagers who embark on a college education prepare their applications in their final year of high school, seldom applying to colleges in their home town, even when the institutions do exist there. Provided their high school grades and S.A.T. or A.C.T. scores are high enough, they seek admission in a college situated in a town other than the one they live in. The financial incentive to enter a state-supported university in the home state is powerful, so that many end up in such an institution, within driving distance of home. Others, blessed with affluent parents, look toward universities of high prestige, academic magnets whose powerful attraction extend from coast to coast.

It is interesting that, in this respect, the East Coast, the West Coast, the Midwest, the Southeast and Texas are perceived as separate entities. Most students set their sights on the best college or colleges in their own section of the USA, a country divided into these broad regions, by boundaries not of maps or state lines, but of regional culture.

Apart from those rare instances of extremely brilliant students whose surpassing academic performances and matching ambition carry them forward and upward, deservedly, to the best colleges in the nation, is it really necessary for all the others to apply to many colleges, often very expensive and often vastly distant from their homes? It is necessary, of course, for the financial health of the airline industry, the hotel industry, and the oil companies selling gasoline, for hundreds of thousands to make millions of trips each year to check out colleges and then, after admission, to make several round trips between college and home. In this free country, students and their parents pursue their right to free choice, to send overambitious applications to the most prestigious institutions of higher learning and aspire to ivy-league citadels, ignoring the monotonous progress of mediocrity that marked their previous careers.

One must concede that parents, while theoretically in control, are in actual fact usually powerless in these matters. College students want to do what their classmates do, to migrate to dorms or apartments of distant university towns, rather than be home-based and attend a college in town, even when a good university does exist within reasonable commuting distance. Parental prudence and frugality are vanquished by filial insistence to do "what everyone is doing", to ignore consideration of economy and wise reason, to revel in opportunities of social freedom, of partying and dating, of casting aside all constraints on which friends to mingle with, how much beer to imbibe and how late to stay out at night.

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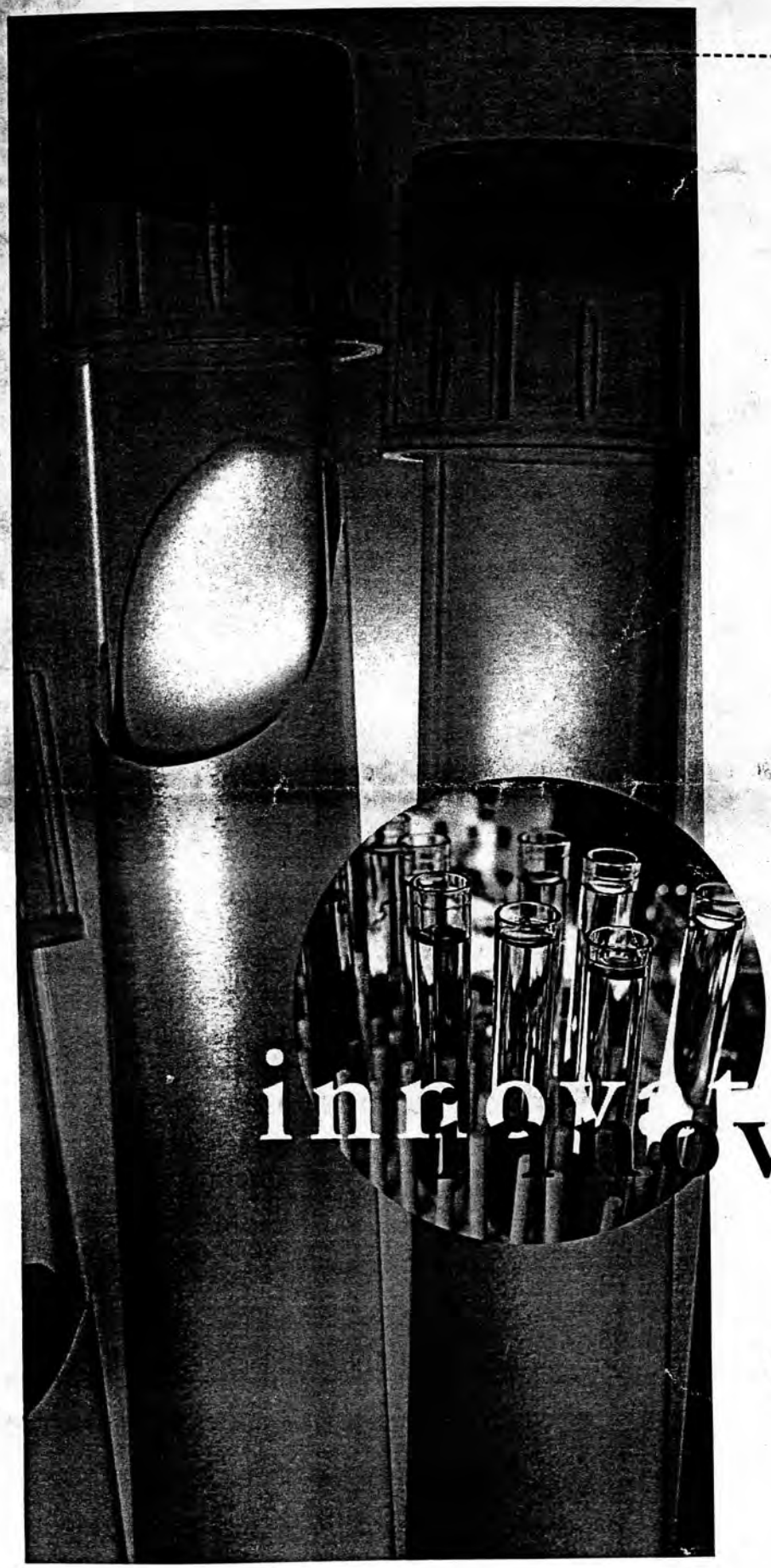

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FOR YOUR FINANCIAL SECURITY

AACIO is proud to announce a presentation by **Bob Suri**, First Vice President, Investments at Smith Barney on a very interesting topic "The professional investment management for larger size portfolios", an exceptional investment discipline based on the research by the noble prize winner **Dr. Harry Markowitz**, with main emphasis on reducing risk and still attaining more desirable results.

Mr. Suri has business experience of over 20 years. His clients comprise of corporations, business executives, and private business owners. In his present capacity, Bob works with over 200 physicians. Bob has been a guest speaker at several Medical College Alumni meetings.

We are sure our members and their guests will enjoy this presentation.

SMITH BARNEY

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To the parents, to the families concerned, the loss is not only to their bank balance, a recurrent financial hemorrhage that could have been avoided or minimized had the student stayed near home. There is a more important loss, the severance or dissolution of family coherence, of guidance and support, even of succor in times of crisis, that older family members give the younger generation. Most of us tread paths of virtue not because of pious devotion to spiritual aims, but because we dread living in the shadow of a reputation lost, of the opprobrium of moral transgressions that would damn and stigmatize us in the eyes of all the rest of the family.

By migration to distant towns, the isolation or disconnect of our youth from the benign nurturing of their parents and perhaps other relatives, from avuncular advice and encouragement, from decent honorable patterns of behavior, renders them susceptible to deleterious habits and practices that pervade the permissive mores of this country.

I am writing, of course, about ourselves (Indian physicians) and our offspring, growing up in an environment in which temptations lurk everywhere in the guise of social "fun", a contemporary liberal life-style, a preoccupation totally in oneself and at most a circle of like-minded hedonistic friends. Before their families realize what has happened, some of these young people have forsaken "old fashioned" ties to their families have cast themselves adrift on the perilous waters of an unstable society, a society pleasurable and stimulating when things are going well, but friendless and hazardous in adversity.

Some of our younger generation, by virtue of strength of character and purpose, remain gratifyingly impervious to the blandishments college or yuppie life have to offer. Such young men and women are indeed fortunate, as are their parents. But for others, who moved away from their families, geographically as well as metaphorically, one must hope, against disconcerting odds, that neither they nor their families will live to regret it.

There is much to be said for implanting deep roots in one place, ensuring stability, strength and a sure sustenance, intellectual and emotional. From this secure haven, one may venture far and long if work or expediency beckons, but to one's roots one must frequently return to reinforce one's sense of identity and belonging.

AACIO SEMI-ANNUAL MEETING

SUNDAY MARCH 29, 1998 AT 6 PM

ATLANTA, GA

The AACIO will have its semi-annual meeting/dinner at the **Heera of India Restaurant** (595 Piedmont Avenue at Rio Mall, JCT North Avenue and Piedmont Avenue, Telephone 404-876-4408) on Sunday March 29 1998 at 6 p.m.

Mr. Ramana Annamraju of International Physicians Resources in Atlanta has kindly agreed to sponsor the entire dinner function.

Heera of India Restaurant is a few minutes of walking, or about 5 minutes taxi ride from most of the downtown hotels. In order to make it easy for the members and guests to arrive at the meeting, AAACIO will take care of the taxi ride to the restaurant. Just pick up a Checker Cab from the downtown area, and produce the receipt to the Manager of Heera of India Restaurant for a refund. When ordering, please make sure that you order the Checker Cab.

For those who are driving in car, the restaurant has ample free parking.

The AACIO invites its member and guests to the semi-annual meeting to be held at the Heera of India Restaurant, Atlanta, GA, on Sunday March 29, 1998.

Place : The Heera of India at Piedmont Avenue at Rio Mall, JCT North Avenue and Piedmont Avenue, Telephone 404-876-4408.

Program :

7 — 7:30 PM	Executive Committee meeting
7:30 — 8:15 PM	Presentation by Krishnaji Kulkarni, PhD, on "LDL and atherogenic lipoprotein profile in migrants from the Asian Sub continent".
8 : 15 — 8 : 45 PM	Presentation by Bob Suri, First Vice President, Investments at Smith Barney on "The professional investment management for larger size portfolios."
8:45 PM	Dinner

Please send information about your attendance to: Atul R. Laddu, MD, PhD, FACC, 1216 North Claridge Way, Carmel, IN 46032, 317-580-1241, FAX 317-580-1245

Name _____ Number of people attending _____

Address (if changed**) _____

** *Please inform AACIO of your change of address via fax by using this form .*

Telephone _____ FAX _____