News from the American Association of Cardiologists of Indian Origin

1999

MARCH ~~1998~~ NEWSLETTER

WORLD CONGRESS ON NON-INVASIVE AND INVASIVE CARDIOLOGY

December 24 - 26, 1999
Rajkot, Gujarat, India

President: Dr. Satyavan Sharma, Cardiologist, Bombay Hospital, Bombay. Patron: Dr. B.K. Goyal, Bombay. International President: Dr. Navin C. Nanda, University of Alabama at Birmingham, Birmingham, Alabama. Secretaries: Dr. Gautam Dave (Rajkot) and Dr. Rajendra Goyal, Bombay.

A large gathering of Indian and overseas cardiologists is planned in the magnificent city of RaJkot. The conference is under the auspices of the University of Alabama at Birmingham, Association of Physicians of India, Indian Medical Council and Bombay Hospital.

Faculty consists of prominent USA cardiologists and cardiac surgeons including Drs. K. Ramaswamy, Madhukar Deshmukh, Behzad Pavri, Pramod Mohanty, Vibhuti Singh, Tamanna Nahar, Gulshan Sethi. R. Vqayanagar, Mino Zanchi and Navin Nanda.

EMINENT AMERICAN CARDIOLOGISTS OF INDIAN ORIGIN

BY IVAN D'CRUZ, M.D.

About fifty years ago the stream of ambitious Indian medical graduates, which used to head en masse to Britain, began to divert westward to start clinical and research training in American centers, It is perhaps fitting that we take note of those of us who have achieved distinction here, not only because all of us benefit from this reflected glory, but also because of the encouragement to the newer Indian generation now in medical schools or residencies here.

Of all the physicians of Indian origin in the USA, there are more of eminence and high achievement in cardiology than in any other specialty, in cardiology they are more numerous in echocardiography than in other cardiac sub-divisions. Thirty years ago, Pravin Shah, then at Rochester, New York, initiated contrast echocardiography, validating the imaging of aortic valve and later with Dr. Navin Nanda imaging of the pulmonary valve. Ever since then, he has been continuously in the forefront of echo research and teaching, his steady flow of original work covering a broad range, including hypenrophic cardiomyopathy, TEE, and various aspects of valvar and ventricular function. He is now a highly respected senior statesman in the higher circles of American cardiology, conducting courses and meetings with skill and benign dignity.

Dr. Navin Nanda did important pioneering work in congenital heart and fetal echocardiography, right ventricular infarction and tissue characterization and he invented treadmill exercise echocardiography. His move to Bimmingham, Alabama in 1984 from Rochester, New York coincided with the advent of color flow Doppler, and Navin was the first to blaze new trails with this new technique, discovering new diagnostic features, in particular the quantitation of valvar regurgitations. He has been in the vanguard of all new refinements of cardiac ultrasound and at present is preparing an atlas on 3-D echocardiography. He has authored or edited more books and videotexts on echocardiography than anyone else on earth. As Editor-in-chief of Echocardiography: A Journal of Cardiovascular Ultrasound and Allied Techniques since 1989, and by presiding, organizing or speaking at countless meetings, symposia and courses all over the USA as well as Europe and Asia, he has maintained a leadership persona on the world scene. Apart from his prolific scientific accomplishments, he has had a vital though unobtrusive role as guiding spirit of the American Association of Physicians from India (AAPI) and American Association of Cardiologists of Indian Origin (AACIO) organizations, and since 1991, of the International Society of Cardiovascular Ultrasound which he founded. He was President of the 2nd World Congress of Echocardiography and Vascular Ultrasound held in China in 1996 and 3rd World Congress held in Brazil in 1998.

Natesa Pandian, an incredibly dynamic researcher and teacher is not only at the cutting edge of echocardiographic technology but often in advance of it. He was one of the first to study TEE, intravascular ultrasound, 3-D echo and all the electronic sophistications the echo equipment industry devises to enhance images. He is featured at courses everywhere, and has a new abstract or paper nearly every month.

Sanjiv Kaul is widely recognized as a leading authority in the currently blossoming field of contrast echo, a reputation achieved by virtue of brilliant sustained hard work over a decade or more. Bijoy Khandheria has risen rapidly within the Mayo Clinic establishment to be one of its stars, a master of TEE and a gifted speaker.

Many other Indian echo-cardiologists are well known for first class contributions to echocardiography: mention may be made of Ramesh Bansal and Ramdas Pai in California, Kiran Sagar in Milwaukee, Krishnaswamy Chandrasekaran in Oklahoma.

Kanu Chatterjee, Lucie Stem Professor of Cardiology at the University of California San Francisco, has long been one of the leading lights of West Coast (and national) cardiology. His research has centered on the hemodynamics and management of coronary disease, heart failure and acute cardiac care. He has authored a large textbook of cardiology and 95 chapters in a variety of books. His long string of awards for excellence in teaching and visiting lectureships attest to the magni-

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EDITOR'S PAGE

MADHUKAR M. DESHMUKH, MD,FRCP

Once again we are looking forward to the Spring Meeting of AACIO to be held in New Orleans, La. on the evening of Sunday, March 7,1999 during the 48th Annual Scientific Session of American College of Cardiology. It is a great opportunity to mingle with friends, enjoy dinner, and get acquainted with the current state of the association and community of Indian-American cardiologists. To infuse vigor in the organization the list of office-bearers has been expanded .

Going through the ACC "Program-At-A-Glance " and Abstracts I was enormously pleased to read many Indian- sounding names in the list of Young investigator Awards conferred by the ACC . These awards are given to any physician/scientist who is currently in a residency or fellowship training program or who had been in such a program within the past three years . Medical students as well as Ph.D. candidates are also eligible for the competition.

This year's Indian-American awardees are:
Amit Rakhit, Childrens Hospital, Harvard Medical School, Boston, MA
Shanti Adimoolam, Stanford University, CA
Debabrat Mukherjee and Subha Sen, Cleveland Clinic Foundation and University of Nebraska, Omaha.

We all should be proud of their achievement and congratulate them .

Also, of the 2258 abstracts accepted for presentation there are approximately 145 names of Indian Americans and many of them are principal or co-authors of more than one abstract .

Specific data regarding the health concerns of the Indian American community was submitted to Health and Human Service Department by AAPI . Major credit for this goes to our AACIO members Drs. Enas Enas, Abhimanyu Garg, Salim Yusuf, Jawahar Mehta, and others . Their initiative is to be commended so that we may be able to obtain necessary funding for the research activities from the HHS department and other government agencies.

AACIO has a booth in the Exhibition Hall of ACC and members are requested to visit the booth . This is a nice place to meet with each other and discuss the ideas, give suggestions, and make comments . We also have a Web site www.aacio.com .

Please do not be a no show and return your RSVP promptly, which is in this newsletter .

EMINENT AMERICAN CARDIOLOGISTS OF INDIAN ORIGIN

FROM COVER PAGE

tude of his academic prestige.

Another Californian, Prediman Shah, also has an endowed chair (at University of California-Los Angeles and Cedars-Sinai) and has also done outstanding work on various clinical aspects of myocardial infarction and heart failure; he has recently focused on the "hot" topic of vascular biology, and has already made significant advances in it.

Yet another Californian, Bramah Singh, at the University of Los Angeles-Wadsworth VA the last 20 years, arrived there by an unusual route, having sailed brilliantly through medical school and residency in New Zealand, then spells in research at Oxford, England and at Harvard. He is founding editor and chief editor of the Journal/ of Cardiovascular Pharmacology and Therapeutics a fitting role for one who has played a leading part in many important clinical trials, in particular he has long held an authoritative position with referral to drugs for cardiac arrhythmias.

Jawahar Mehta of the University of Florida is widely recognized as a prime researcher on platelet function and dysfunction and thrombosis, a field to which he has made plenty of contributions over the last two decades. He was the first to describe platelet activation in atherosclerotic arteries as a basis of clot formation in unstable coronary syndromes. He has worked intensively on experimental thrombosis and ischemic-perfusion injury. He has recently ventured into the exciting experimental territory of vascular biology, exploring the interaction between endothelium, smooth muscle, lencocytes, erythrocytes and platelets.

Sanjeev Saksena in New Jersey is a distinguished electrophysiologist who has published copiously on pacemaker therapy, mechanisms and therapy of ventricular tachyeardia and various other aspects of arrhythmias.

Prakash Deedwania, in Fresno, California, has been one of the foremost investigators of sudden death, its predictors, diagnostic factors and management. He has been academically active too in various other aspects of cardiology.

Salim Yusuf, Director of Cardiology at McMaster University, Ontario, Canada, has had a brilliant career which started in Bangalore, then went on to Oxford (on a Rhodes Scholarship) where he launched into his special area of endeavor of large clinical trials and epidemiologic projects, Later continued for several years at the U.S. National institutes of Health. He is a leading exponent of the metanalysis approach. He was coordinator and project officer of ISIS-I, SOLVD, DIG and post-CABG studies, and is chair of the Medical Research Council of Canada's Committee on clinical trials. Recently he has become much involved in investigations in Canada, India and 37 other countries as to why people of different ethnic origins experience different heart disease rates, a topic of great interest to the AAPI membership. This ties in with the valuable work of Enas Enas, an Indian cardiologist in Illinois, as well as more recent work by Dr. Navin Nanda and his colleagues from the University of Alabama at Birmingham on the prevalence of coronary disease and risk factors in Indian Americans.

Bodh Jugdutt, at Edmonton, Alberta, is another Canadian whose research projects and lab have been a power house of investigation into myocardial infarction mechanics, at clinical, experimental, cellular and molecular levels, in particular LV remodeling and its amelioration by pharmacological agents, especially ACE-inhibitors. As with several other physician scientists of Indian origin, Dr. Jugdutt's career has spanned several continents, having started in Mauritius, then Glasgow, Scotland, then Alberta, Canada, then a 3 year stint at Johns Hopkins and back to Alberta.

Udho Thadani, of the University Oklahoma Health Sciences Center, went to England from Delhi in 1966. After 9 years there and 5 years at Queens University, Ontario, he moved to Oklahoma. He is renowned, among other accomplishments, for research into the drug therapy of angina, nitrates in particular. Dr. Naranjan S. Dhalla is a Distinguished Professor and Director of the institute of Cardiovascular Sciences, University of Manitoba, Winnipeg, Canada. His expertise lies in the area of subcellular basis of heart function and his basic work in this field has important therapeutic implications.

Dr. Venkata S. Ram, Dallas, Texas, has made valuable contributions in the field of systemic hypertension He lectures world-wide on various approaches used in the assessment and management of hypertension and he is a popular and gifted speaker and teacher.

In this article I have attempted to briefly summarize the contributions of some distinguished Indian-American cardiologists, touching on the originality of their research, renown as teachers on a national level, and ascent to high academic prestige on the American and international scene. Most of them have had honors and awards bestowed on them by the dozen, and long lists of publications running into several hundred each. There are very likely many others not mentioned here or not cited in as much detail as they deserve. To them apologies are due as we have been constrained by limitations of space and inability to obtain comprehensive biodata.

The author of the above article, Dr. Ivan D'Cruz, is a Professor of Medicine at the University of Tennessee, Memphis, Tennessee. He himself is a pioneer echocardiographer and cardiologist who has contributed immensely to further understanding of the role of echocardiography in the assessment of mitral annular caldfication and pericarditis. He has authored two books on echocardiography. - Editor

PLAN FOR MEDICAL CENTER AT PATIALA

Tribune news item from Chandigarh

Government Medical College, Patiala Alumni Association plans to set up a Research Foundation in the region . Harry Sahota, MD President of the North American unit of the association declared that the main objectives of the foundation are to give boost to the research related activities and help in the upgradation of the knowledge of the Indian medical community by close association with their foreign counterparts . Dr. Sahota is known for the " Sahota Balloon " which has been approved by the FDA and is widely used all over the world .

Dr. Sahota and his colleagues Drs. K.V.Shrinath and Vinod Singhi are in practice in Bellflower, CA.

DATA ON HEALTH CONCERNS OF INDIAN-AMERICANS

The Health and Human Services Department has initiated the campaign " Healthy People 2010 " to set national health goals to be met by the year 2010 and eliminate ethnic and racial disparities in health . in response to this a report was compiled by Drs. Enas Enas and Abhimanyu Garg on coronary artery disease among Indian Americans. They have been involved in this project for more than a decade along with other investigators. They found that immigrant Indians are more prone to CAD than the whites in spite of the lack of traditional risk factors associated with this disease. Their initiative through AAPI is to be welcomed so that more funding for research activities can be obtained from HHS and other government health care agencies.

ALASKA CRUISE CARDIOLOGY CONFERENCE

Scheduled for July 4th, weekend

A comprehensive CME conference concerning important topics in the field of cardiology has been scheduled for June 28'h to July 4th, 1999 on the Holland America ship m.v.Veendam. The conference is jointly sponsored by the University of Alabama at Birmingham, Indian Medical Association of California, and Bombay University Medical Association . The faculty consists of leading Indo-American cardiologists: Navin C. Nanda (Conference Director), Romesh Japra, Manjit S. Bains, Ramesh C. Bansal, Prakash C. Deedvania, Pramod K. Mohanty, Dayan Naik, Golshan Sethi, Vibhuti N. Singh, Satinder Swaroop, and R. Vijayanagar.

CME Registration fee: $ 250 • CME Credit: 12 Hours of Category A • Cruise Price: $ 1678.50 per person

For further information contact: Lindy Chapman / Martha Mann

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SOUTH AFRICAN CARDIOLOGY CONFERENCE

A very successful international Conference on Update and Recent Advances in cardiology was jointly sponsored in July 1998 by the South Africa Cardiac Society and the University of Alabama School of Medicine at Birmingham . Drs. Navin C. Nanda from the U.S. and Pravin Manga President of the South Africa Cardiac Society were the organizers Dr. Nanda, who was born in Kenya, and is at present Professor of Medicine and Director of Heart Station at University of Alabama Medical School at Birmingham is the Chairman of " Visiting Professor Program " of the Association of Black Cardiologists Inc. USA . Many members of the AACIO were part of the faculty . The meetings, which were well attended were held at Cape Town, Durban, and Johannesburg. Dr. Nanda was presented with an autographed copy of President Nelson Mandela 's autobiography " Long Walk To Freedom."

YOUNG INVESTIGATORS AWARDS

The winners of this award are:

Dr. Abhash C. Thakur of the University of Alabama at Birmingham, Alabama .

" Transesophageal Echocardiographic Diagnosis of Proximal Coronary Artery Stenosis in Patients with Ischemic Stroke ".

Dr. Annapoorna Kini of Mount Sinai School of Medicine, New York

" Cardio-protective Effect of Beta-blocker Therapy in Reducing CK-MB Release after Coronary Intervention ".

PEOPLE IN THE NEWS

Jawahar L. Mehta, MD,Ph.D, Professor of Medicine and Physiology, University of Florida, was invited by the organizing committee of the Fourth International Fibrinogen Symposium on Fibrinogen and Cardiovascular Diseases held in Paris, France, February 3 5 ,1999. The meeting was sponsored by the International Society on Thrombosis and Hemostasis of AHA, International Fibrinogen Research Society, and the European Society of Cardiology. His topic was " Should we monitor fibrinogen, fibrin monomers and Ddimers in the acute coronary syndromes ? " The gist of the talk was - Although fibrinogen and split products have been shown to be markers of evolution of coronary disease in healthy subjects as well as indicators of prognosis in acute coronary syndromes, lack of data on fibrinogen-lowering therapy in reducing cardiac events makes it premature to use fibrinogen as a marker of outcome ."

B. Waine Kong, Ph.D,J.D. - Chief Executive Officer, Association of Black Cardiologists, Inc. will be our Honored Guest. Dr. Kong is trained as a lawyer as well as an educational psychologist . He was Director of the Urban Cardiology Research Center in Baltimore and Assistant Professor of Human Development at the University of the District of Columbia . Dr. Kong has pioneered many innovative programs to combat cardiovascular diseases in the Afro-American community .

It will be a pleasure to listen to Dr. Kong and explore with him the ways in which our two associations can cooperate in promoting mutually beneficial activities.

AMERICAN ASSOCIATION OF CARDIOLOGISTS INDIAN ORIGIN

cordially invites you to the

SPRING DINNER MEETING

Sunday, March 7th, 1999

at

THE RIVERSIDE HILTON

29th Floor, Horizon Room
2 Poydras Street, New Orleans, Tel. 504-561-0500

6:00 pm - 6:30 pm Executive Committee Meeting
6:30 pm - 7:15 pm Reception
7:15 pm - 8:00 pm Grand Rounds - Mandeep Mehra, MD, Assistant Professor of Medicine at LSU, Chief of Heart Transplantation & Cardiomyopathy, Oschner Clinic, New Orleans, LA .
"Beyond Transplantation: emerging options for advanced heart failure therapy."
8:00 pm - 8:20 pm Grand Rounds - Samuel Matthew Kallarickal, MD, Chief of Cardiology, at Apollo Hospital, Chennai."
Current Status of Interventional Cardiology in India .
8:20 pm - 8:45 pm Presentation of Awards
8:45 pm Dinner

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