



# American Association of Cardiologists of Indian Origin

MARCH 2000 NEWSLETTER

## President's Message

This will be my last report to the members of the AACIO as your president. The Association has made significant progress: we have expanded the Young investigators Awards, we have arranged more scientific talks from distinguished speakers, and finally we now have received a true non-profit status from the IRS.

Last year, at the time of the AHA meeting held in Atlanta, Madhukar Deshmukh very graciously agreed to continue the editorship of the AACIO Newsletter. I am sure it will continue to do well under his able leadership. He has asked me to request the members to provide him with newsworthy items, articles, etc. Good job, Madhukar!

Jawahar Mehta continues to do an excellent job at the Young Investigators Award (YIA) forum. Again, Jawahar will appreciate a better support from the members of the association, who should recommend their fellows to submit their work to be considered for the YIA award.

Navin Nanda, who is one of the founding members and past president of the AACIO, continues to create exciting CME credit

programs, which many of us have found to be very useful. I would like to express my sincere appreciation to Navin for all his teaching efforts.

The treasury is under the able hands of Ramagopal Mudombi. He reports a handsome balance in the treasury. Please see the treasurer's report elsewhere in this newsletter.

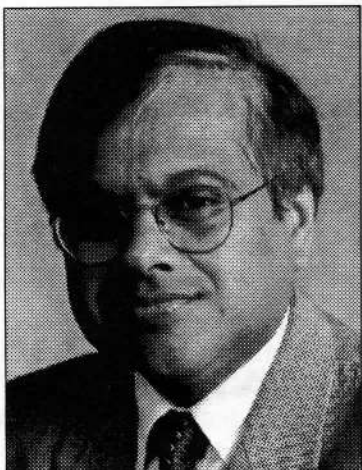
The AACIO wants to thank Monarch Pharmaceuticals, inc., Bristol, TN for their generous support which made this function possible. Thanks also to Geoff Kailish, MD, Health Care Communications, Inc. who assisted in getting the support from Monarch Pharmaceuticals.

We will soon hand over the charge to the team of Drs. Satinder Swaroop (President) Sukh Dev Sharma (Vice-President), Dayan Naik, Rajat Sanyal, and others. I must say that it has been a pleasure working with the team, and I look forward to even more exciting events in the years to come.

Atul Laddu, MD, PhD, FACC

## Honoree: Dr. Salim Yusuf, D.Phil, FRCPC

Dr. Salim Yusuf is a graduate of St. John's Medical College, Bangalore University, India. He was awarded a Rhodes Scholarship which took him to Oxford and subsequently obtained his DPhil at Oxford, working with Prof. Peter Sleight and Prof. Richard Peto. During that period, he developed the concept of "large, simple trials" and was Coordinator of ISIS-1. He underwent clinical training in cardiology in Oxford at the Harefield Hospital under Prof. Magdi Yacoub and, in 1984, moved to the National Institutes of Health as a scientific project officer. He became Acting Chief of the Clinical Trials Branch of the NHLBI, and held a number of appointments at the Uniformed Services, University of Health Sciences, including that of Clinical Professor of Medicine since 1991. At the NIH, he became project officer of several landmark studies (SOLVD, DIG and the post CABG studies) and was Chairman of the working group on the clinical trial on Women's Health. Dr. Yusuf has been the recipient of several international awards for his



research contributions, with his interests being in the areas of thrombolysis, antithrombotics, prevention of vascular diseases, congestive heart failure and meta-analytic approaches to the evaluation of clinical trials. More recently he has been conducting studies in Canada, India and 37 other countries examining why individuals of different ethnic backgrounds experience different heart disease rates. He is increasingly devoting more time to health problems of developing countries and developing a clinically useful approach to evidence based medicine. In September 1992, Dr. Yusuf took up the position of Director of the Division of Cardiology, McMaster University, and Director of the Preventive Cardiology and Therapeutics Program, Hamilton Civic Hospitals Research Centre; he also holds the title of Professor of Medicine. He has a joint appointment in the Department of Medicine and the Department of Clinical Epidemiology and Biostatistics. In July 1994, he received an MRC Scientist Award from the Medical Research Council of Canada for five years. Dr. Yusuf is Chair of the Medical Research Council of Canada's Committee on Clinical Trials and Chair of the Canadian Cardiovascular Society's Selection Committee for the Young investigator Award. In 1997, Dr. Yusuf was awarded an Endowed Research Chair by the Heart and Stroke Foundation of Ontario. Dr. Yusuf has published over 300 papers, edits the Journal of Evidence-Based Cardiology and Textbook of Evidence-Based Cardiovascular Medicine.

# World Congress on Non-Invasive and Invasive Cardiology and Special Workshop in Echocardiography

The Congress was held in Rajkote, Gujarat, India from Dec. 24th to 26th, 1999. It was attended by academic as well as practicing cardiologists from many countries. Many members of the AACIO participated as faculty: Madhukar M. Deshmukh and Tamanna Nahar (New York, N.Y.), K. Ramaswamy (Boston, MA), Satindra Gupta (Dayton, Ohio), Behzad Pavri and Manisha Ashar (Philadelphia, PA), Pramod Mohanty (Richmond, VA), Vibhuti Singh (Tampa, FL), and Kishor Harjai (New Orleans, LA).

The Congress was sponsored by University of Alabama, Birmingham, International Society of Cardiovascular Ultrasound, U.S.A., Indian Academy of Echocardiography, Medical Council of India, Cardiology Education and Research Foundation, Rajkote, H.S.Doshi Hospital Medical Research Foundation, Rajkote, and Bombay Hospital Institute of Medical Sciences, Mumbai. Satyawar Sharma, MD was the President, Navin C. Nanda, MD International Director, Drs. Rajendra Goyal and Gautam Dave were the organizing secretaries. The meeting was held in the beautifully constructed Municipal Auditorium. The multimedia audiovisual equipment was state of the art and functioned throughout the conference without a glitch.

Practically all aspects of cardiovascular disorders were discussed during the meeting and the material presented by our Indian colleagues represented the current state of the art practice of cardiology, both in terms of clinical as well as technological aspects.

The congress ended with presentation of awards and musical program by the famous playback singer Mr. Udas. Dr. Nanda was one of the recipients. The Mayor of Rajkote, Manjulaben Patel, presented him with the Key to the city of Rajkote and Dr. Vallabhai

Kathiria, the Indian Minister of State for Heavy Industries, presented Lifetime Achievement Award for his pioneering contributions in the field of echocardiography and educational activities all over the world.

Rajkote is the largest city in Saurashtra and near to many historical sites and the famous Gir Forest, where the animals including lions live in their natural habitat. It is a friendly city and we were literally overwhelmed by the hospitality bestowed upon us by the organizers of the congress.



Picture shows Dr. Navin Nanda (center) being presented with the key to the City of Rajkot by Hon. Mayor, Mrs. Manjulaben Patel and Dr. Vallabhbhai Kathiria the Indian Minister of State for Heavy Industries. On the extreme left is Hon. Manoharsinhji Jadeja, the erstwhile king of Rajkot state and on the extreme right is Mr. Maganbhai Doshi, a well known Rajkot industrialist and philanthropist.

## Editor's Page

The first meeting of the AACIO to be held in the new century will take place at the Anaheim Marriott on Sunday March 12th, 2000. Soon you will receive the invitation and you are requested to return the RSVP promptly. Please, attend the meeting, do not make any excuses, and bring a friend and guest.

Looking back over the years our achievements have been commendable. Our program of recognizing eminent cardiologists for their academic as well as community and social achievements is firmly established, and the Young Investigator Award is gaining ground. In spite of these achievements much needs to be done. We need a wider participation by the members in the activities of the association. Time and again we see the same faces on the stage and some members have commented that we are promoting these people in these columns. The reason for this is that they are the only ones who provide us with the news of their activities. It is therefore requested that more members should inform the editor about newsworthy items relating to their own activities or of their friends and colleagues, so that they can be published in the newsletter.

Atul Laddu, our current president, will be handing over the reins to the President Elect, Dr. Satinder Swaroop from July 2000. Dr. Laddu is to be congratulated for the contributions he has made over the years. He was the de facto treasurer for many years, even when he was secretary and vice-president, and was responsible for the financial stability of the association.

Our next president, Satinder Swaroop, is the chairman of cardiology at the Fountain Valley Regional Hospital and Medical Center, Fountain Valley, CA. He was a pioneer in organizing the Indian medical community in southern California. He was the founding member of the Indian Medical Association of Southern California and now is its Patron. In 1993 he was invited by the White House to Washington to be a spokesperson for the Indian community at the Health Care Forum focusing on health care reforms. I am confident that in the coming year the fate of the association will be secure in his able hands.

During the Fall meeting of the association in Nov. 1999 in Atlanta I requested that I should be relieved of the editorship of the newsletter and some young enthusiastic member should take over. I agreed to carry on until we find somebody to take my place. I thank many members who have helped me in this work, particularly Dr. Ivan D. Cruz who has been a regular contributor to these columns with his beautifully written essays. We invite other members to follow his example and contribute their thoughts and opinions and step forward to take an active role in our affairs.

Madhukar M. Deshmukh, MD, FRCP



# AACIO Account Summary

as of January 31, 2000

Checking Account	Credit	Debit	Balance
1/1/99			\$45,365.74
Membership Dues	\$11,160.00		
Member Donations	\$2,125.00		
Pharmaceutical Donations	\$12,717.31		
Miscellaneous	\$780.00		
Honorarium: Dr. N. Kaplan		\$1,500.00	
Reimbursements: Trophy, postal, etc.		\$712.48	
Reimbursements: Spring (ACC-99) Mtg.		\$9,651.53	
Reimbursements: Fall (AHA-99) Mtg.		\$3,816.61	
Young Investigator Awards		\$2,000.00	
Bank Charges		\$186.83	
Spring Newsletter (printing & mailing)		\$624.10	
AACIO - 1999 Directory (printing & mailing)		\$20,113.81	
Total	\$26,782.31	\$42,103.84	\$30,044.21
Beginning (1/1/1999)			\$45,365.74
Credits	\$26,782.31		
Debits		\$42,103.84	
Ending (1/31/2000)			\$30,044.21
Northern Funds (US Govt. Select)			\$11,145.20
Certificate of Deposit			\$9,843.77

Ramagopal Mudumbi, Ph.D., Treasurer

## The Rising Generation: Are they different and will they fare differently from us?

During the nineteen-nineties, the persona of the American doctor of Indian origin has undergone a radical change. Looking at those who came to this country in the nineteen sixties and seventies, it is obvious that baldness, graying and other unavoidable marks of age, have steadily increased. For them, seniority in the profession and the fruits of prosperity that it usually brings are some compensation for the waning of youthful energy and the onset of chronic ailments of late middle age.

The next younger crop of medical immigrants, now in their late thirties or forties, are still in their prime and busy making their vigorous way up the ladder of academic or professional success. Even younger than them are the graduates of Indian Medical Schools (now a dwindling number) who are in the situation that we seniors were 20 or 30 years ago, except that they have even more hurdles to surmount and more constraining coils of red tape to disentangle, to obtain suitable residencies and specialty training.

My focus today is not on the A.A.C.I.O. categories mentioned above, but on the American citizens of Indian parents who were born here or came here in early childhood, from about 1965 onwards, so that their entire education, from kindergarten to M.D., was American. They are now medical students, residents, Fellows, junior faculty or junior physicians in practice. In medical schools, or in associated teaching hospitals, we, their seniors or teachers, constantly encounter them in elevators, hallways or cafeterias, and may have closer interaction with some of them as our students, housestaff or research associates.

They are different from the earlier generation of "foreign" medical graduates of our vintage, though not in features or outward appearance. Until they speak, they would be indistinguishable from their kinsmen or

kinswomen in Bombay, Hyderabad, Delhi or Trivandrum. But with the first sentence they utter, there is no mistaking the American grown product from the Indian grown variety. Their accent is perfectly American, not only in the way they enunciate English words, but in the idioms and colloquial slang scattered through their speech. These come easily and naturally to their voices, as do the nuances of local pronunciation. Not only is their talk typically American, but even their walk and "body language" may conform to that of their American classmates or housestaff colleagues.

In addition to all these attributes, there is usually something more that distinguishes them from what we were, when we first arrived here a quarter-century ago. I refer to their personalities, their general attitude or demeanor, there is an air of confidence or self assurance, implying that they are at least as good as their American classmates or peers. There is little or no conceit or arrogance in this quality; rather, it is an amiable, unobtrusive but unmistakable realization of their own abilities and potential.

It is my personal impression that, in general, these American medical graduates of Indian ancestry are smart, reliable, ambitious, diligent and industrious. They exhibit a strong work ethic; their character and behavior indicate possession of the "right stuff." They tend to be more independent than we were, to follow their own inclinations more than we did, to be condescending in conversations with Indian elders, to be less pervious to parental advice. In this respect, they may reflect the common American heritage of social or cultural values assimilated over their many years in school, college and clinical training.

The important issue that faces them now, as the century turns, is that of the extent of their future suc-

cess. What will the next decade bring, for their new generation, raised and educated in this country, who stand now at the threshold of their careers? Will the playing field be level for them, as minorities always hope, and as politicians (inside and outside the medical world) always promise? As for those who intend launching into private practice, will they be welcomed into practice groups as readily as their classmates from the same U.S. medical schools, of different ethnic origins? For those of outstanding achievement in medical school, who choose an academic or research track, will the top institutions they aspire to give them an equal chance against other American applicants for residency, fellowship or junior faculty positions?

That many of them who do enter the system, especially in prestigious medical institutions, will distinguish themselves and soon make their presence felt at national level, is almost certain. But will they then gain promotion and ascend the rungs of the academic hierarchy as fast as their other American contemporaries do? Will some of these, in due course, become chiefs or chairpersons of major university departments, a distinction achieved by almost none of the earlier (immigrant) generation, even though the latter included Indians with important and enduring research accomplishments, renowned here and internationally as teachers and leaders in their special fields?

To us, who came to the land of opportunity decades ago, the past has been exacting and arduous but rewarding, the present prosperous or at least satisfying. How shall fare the next generation, who carry with them our genes, our heritage and our hopes?

Ivan A. D'Cruz, M.D., F.R.C.P.  
Professor of Medicine, University of Tennessee  
and V.A. Medical Center, Memphis, TN.

# Minutes of the Board Meeting

The Executive Committee of AACIO held a meeting at Haveli Restaurant in Atlanta, Georgia on November 7, 1999 at 6:30 p.m.

Present at the meeting were: Drs. A. Laddu, S. Sharma, N. Nanda, M. Deshmukh, V. Ram, R. Dhurandhar, J. Mehta, G. Lalimalani, G. Mudumbi.

The meeting was called to order by the President of AACIO, Dr. A. Laddu. The following subjects were discussed:

1. Minutes of the last meeting of March 6, 1999 were approved as submitted by Dr. Sharma.
2. The financial report was presented by Dr. Mudumbi, our Treasurer. This report was discussed and approved. It was decided that we should have this report audited annually and should be co-signed by the AACIO Treasurer and joint Treasurer. The expenses and the sources of contributions for the new AACIO Directory were discussed. It is expected that the total expenses for printing would be met with the contributions made for this Directory.
3. Dr. A. Laddu discussed the status of the research grant that AACIO has received in the past two years. He was advised to write a letter to the Research Department of Indiana University asking for the current status of the research project. Dr. Laddu will communicate their response to the AACIO Board Members.
4. The quality of the November, 1999 newsletter has improved

and the Board applauded Dr. Deshmukh's efforts. He was unanimously elected to be the Editor of our newsletter. It was also decided that all correspondence of the AACIO activities to other organizations should be sent through the Editor of our newsletter.

5. Dr. Enas Enas had requested AACIO's endorsement for the research project, "Coronary Artery Disease Amongst Asian Indians". This matter was discussed and an Ad Hoc Research Committee involving Drs. N. Nanda, V. Ram, J. Mehta, G. Lalimalani was formed. This committee will review this project as well as other future projects for approval.

6. Dr. Laddu, President of AACIO, was recognized for his untiring efforts in arranging this meeting at Haveli Restaurant.

There being no further topics of discussion, the meeting was adjourned and was followed by a dinner meeting of the general membership. This program included a lecture by our guest speaker and presentations by the young investigators for the award. In addition, the awards for two distinguished cardiologists for excellence in science were presented.

Thank you very much. I look forward to seeing you in the next millennium in March, 2000 at the ACC convention in Anaheim.

Sukh Dev Sharma, M.D., F.A.C.C., Secretary, AACIO

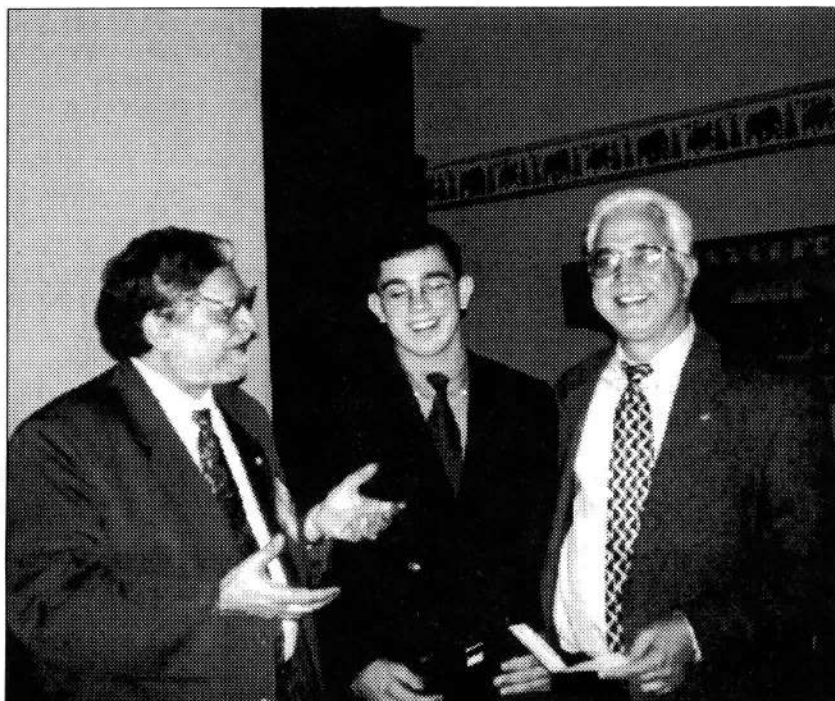
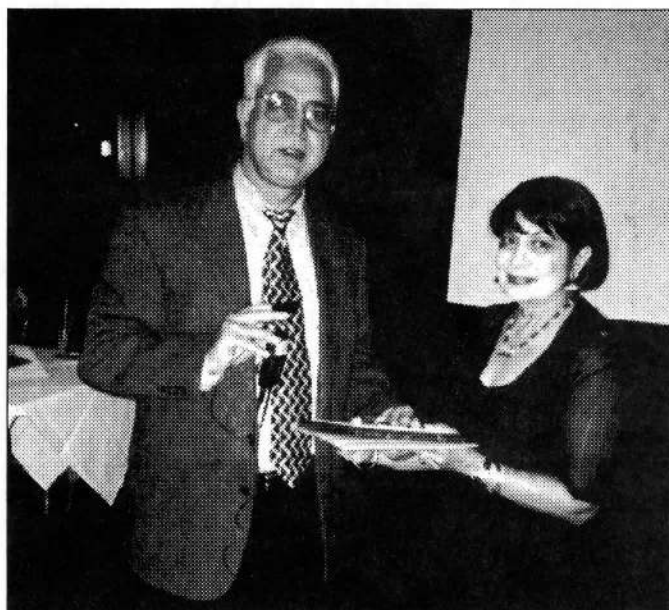
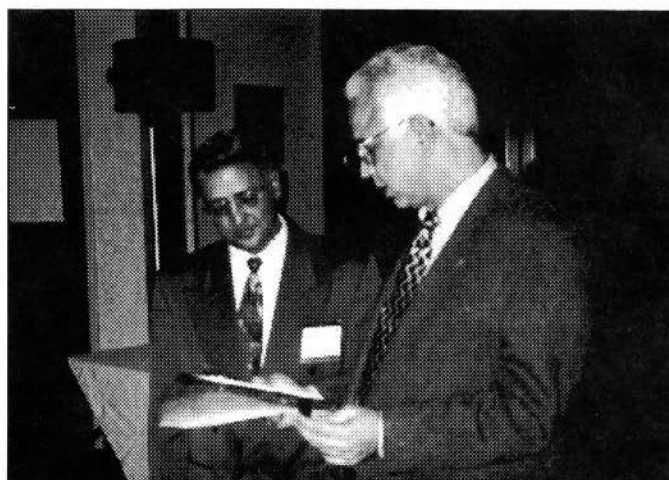
## Highlights of the November 1999 Meeting in Atlanta

Clockwise from right:

Dr. Jawahar Mehta presenting award to Dr. Bodh Jugdutt

Dr. Jawahar Mehta presenting award to Dr. Saroja Bharati

Young Investigator Awardee Jason Mehta with  
Drs. Jawahar Mehta and Naranjan S. Dhalla





# Fourth World Congress of Echocardiography and Vascular Ultrasound Cairo, Egypt - January 19-21, 2000

The congress was held in Cairo, Egypt from Jan. 19 to 21 with Dr. Osama Abdel-Aziz as the Congress President and Dr. Navin C. Nanda as the International President. The Patron of the congress was Dr. Ismail Sallam, the Minister of Health, Government of Egypt. The participants came from 74 countries and numbered approximately 2000. The congress was sponsored by International Society of Cardiovascular Ultrasound (ISCU), World Heart Foundation, Association of Black Cardiologists Inc. (who gave CME - credit to the U. S. registrants) Egyptian Society of Atherosclerosis, Egyptian Society of Cardiothoracic Surgery, and Mediterranean Society of Cardiology and Cardiovascular Surgery. The Congress was held on the site of the famous Great Pyramid of Giza. The opening plenary session included the prominent speaker Dr. Harvey Feigenbaum, who can be considered as the father of echocardiography in the U. S. He presented an overview of the history and evolution of the science of echocardiography. There were five simultaneous sessions, luncheon panels, and workshops to keep the attendees busy during the whole day. The topics presented during the meeting covered the role of echocardiography in the entire spectrum of cardiovascular diseases. The recent developments of Myocardial Perfusion Imaging, Tissue Doppler Echocardiography, Three-Dimensional Echocardiography, and Quantitative Stress Echocardiography generated immense interest.

Many scientific Abstracts were unique and thought-provoking and highlighted the utilization of varied resources depending on the country of origin. Some utilized older simpler techniques while others displayed more complex high-tech techniques. Despite these differences the end results were rewarding and scientifically valid. The congress awarded prizes for the best abstracts in various categories.

Besides the excellent scientific sessions, the Congress President, Dr. Osama Abdel-Aziz, had arranged a variety of social and cultural events: a cruise on the Nile, Egyptian Folk Dancing in the Cairo Opera House, trips to Alexandria, Red Sea, pyramids, sphinx, Cairo Museum of History where the remains of King Tut are kept, etc.

The final day ended with an evening Gala Banquet which was attended by the most outstanding echocardiographers of the world.

In an impressive convocation type ceremony Dr. Nanda inducted Dr. Osama Abdel-Aziz as a Fellow of the International Society of Cardiovascular Ultrasound, an honor given to only two other ISCU members. Dr. Nanda received a Special Award presented by His Excellency Dr. Ismail Sallam, Minister of Health of the Government of Egypt, for his "pioneering contributions in echocardiography and for promoting the growth of ultrasound throughout the world". Dr. Nanda is one of our founding members and the AACIO is proud to have him one among us.



*Picture at the Gala Banquet of the 4th World Congress of Echocardiography and Vascular Ultrasound. From left-to-right, front row: Drs. Mai Salama (First prize winner), Antoine Pezzano (Founder, Italian Society of Cardiovascular Echography), Osama Abdel-Aziz (Congress President), Navin C. Nanda (Congress International President), Fernando Machado (President 1998 Congress in Brazil), Natesa Pandian (USA), Harvey Feigenbaum (USA), Satish Parashar (President 2002 Congress in India), Sameh Arab (Egypt). Back row: Drs. Jos Roelandt (Netherlands), Luis Amuchastegui (President 2003 Congress in Argentina), Jamil Tajik (USA), Giuseppe Gullace (President, Italian Society of Echography), Jong-Hoa Bae (President 2001 Congress in Korea), Xin-Fang Wang (President 1996 Congress in China).*

## Dr. Mehta presents at the V International Meeting on New Perspectives in Ischemic Heart Disease, Heart Failure, Atherosclerosis and Hypertension in the Beginning of the New Millennium.

Dr. J.L. Mehta, University of Florida Research Foundation Professor of Medicine at the University of Florida was invited to address the V international Meeting on New Perspectives in Ischemic Heart Disease, Heart Failure, Atherosclerosis and Hypertension in the Beginning of the New Millennium. He spoke on February 23, 2000 and his topic was "Inflammation, Free Radicals and Atherosclerosis." The essence of his lecture was as follows:

"Infectious basis of inflammation has also been proposed as a

mechanism of atherosclerosis, but the precise infectious agents remains unclear. It is likely that a common bacteria, such Chlamydia pneumoniae, becomes a pathogen in the presence of traditional risk factors in some genetically-prone individuals, and leads to inflammation, release of ROS, intravascular thrombosis. These factors collectively lead to atherosclerosis and its sequelae. Precise understanding of steps in this process and methods to identify various factors in specific patient populations may lead to targeted therapy."

# AMERICAN ASSOCIATION OF CARDIOLOGISTS OF INDIAN ORIGIN

cordially invites you to the  
**SPRING DINNER MEETING**

Sunday, March 12th, 2000

at

## **ANAHEIM MARRIOT**

700 West Convention Way, Anaheim, CA - Tel.: 714-750-8000)

5:30pm - Governing Body Meeting

6:30 pm - Reception

6:50 pm. Introductions

7:00 pm - "Re-emergence of ACE inhibitors in Cardiovascular Therapeutics: Focus on Ramiprill"

C.Venkata Ram, MD, FACC, University of Texas Southwestern Medical Center and Texas Blood Pressure institute, Dallas, Texas.

7:30 pm - "HOPE Trial: Results and implications"

Prakash Deedvania, MD, FACC, University of California at San Francisco, and V.A. Hospital, Fresno.

8:00 pm - Award for Excellence in Cardiovascular Epidemiology to Salkn Yusuf, MD, FACC,  
Professor of Medicine and Chief of Cardiovascular Diseases, McMaster University, Hamilton, Ontario.

Young investigators Awards

8:30 pm - Dinner

RSVP - Ramagopal Mudumbi, PhD

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E-mail ramagopal. mudumbi@solvay. com

I will attend - Name \_\_\_\_\_

Number of Guests \_\_\_\_\_

Change of Address, Tel., Fax \_\_\_\_\_



## **AACIO NEWSLETTER**

Ramagopal Mudumbi, Ph.D  
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Kennesaw, GA 30144

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