



American Association of Cardiologists of Indian Origin

NOVEMBR 2000 NEWSLETTER



President's Message

Greeting to all the fellow members of AACIO. I welcome all our members to the fall meeting of AACIO on Nov. 12, 2000 at New Orleans, LA. The meeting will be held at Riverside Hilton next to the Convention Hall. The program begins at 6:30 PM and it is my hope that most of you can attend.

I would also like to urge that we should work together to establish a fellowship fund for Ethnic Indian Physicians so that they can pursue their interest in Cardiology. Several of our members have promised to help and looking forward to have commitments from everybody.

I hope you will enjoy the occasion and let us know if we can be of any assistance.

Satinder Swaroop, M.D.

Honoree: Sanjiv Kaul, MD

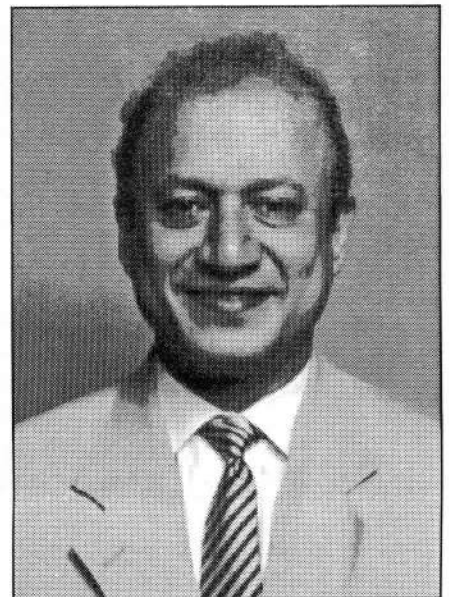
Dr. Kaul is currently the Frances M. Ball Professor of Cardiology, Professor of Medicine & Biomedical Engineering, and Director of the Cardiac Imaging Center at the University of Virginia. He received his medical degree from the University of Delhi, India. He did his residency in internal medicine at the University of Vermont. He completed his cardiology training at UCLA and at the Massachusetts General Hospital. He moved to the University of Virginia in 1984 as an Assistant Professor, became Associate Professor with tenure in 1988 and became Full Professor in 1993. He was awarded the Frances M. Ball Chair in Cardiology in 1997.

Dr. Kaul's work has been characterized by mechanistic and pathophysiological insights into cardiac diseases. For his basic and clinical work, Kaul was awarded the Southern Section AFCR Young Investigator Award in 1994 and the National AFCR Outstanding Investigator Award in 1995. Kaul is a member of the American Society of Clinical Investigation, Association of American Professors, and the Association of University Cardiologists. He serves on the board of all major cardiovascular journals and has been a permanent member of the Cardiovascular A Study Section of the National Heart, Lung, and Blood Institute.

Kaul's major research accomplishment is in the field of myocardial perfusion imaging. He has almost single-handedly developed a new technique for organ flow measurement with ultrasound using microbubbles. This technique can measure

both organ blood volume and flow at the microvascular level, thus providing unique insights into the pathophysiology of vascular and microvascular disease in any organ system that can be imaged with ultrasound.

Kaul has been very well-funded for his research. He has never been unsuccessful in procuring a grant. He has been the recipient of local and National American Heart Association grants, including the Established Investigator Award. He has been continuously funded by the NIH since 1986 and currently is the principal investigator on 2 RO1 grants. He is also the Principal Investigator of several industry sponsored multi-center studies.



Third AACIO- ABC Meeting, Toronto, Canada

The Association of Black Cardiologists (ABC), in conjunction with the American Association of Cardiologists of Indian Origin (AACIO), held a consultant's conference June 23-25, 2000 in Toronto, Ontario, Canada at the LeRoy Meredien King Edward Hotel. The conference was co-chaired by Drs. Navin Nanda (AACIO, from Birmingham, Alabama), and Kenneth Jamerson (ABC, from Michigan). Other AACIO participants were: Madhukar Deshmukh (New York), Venkataraman Balu (West Palm Beach, Florida), Satyendra Gupta (Ohio), Kishore T. Harjai (Louisiana), Tamanna Nahar (New York), Ajai K. Pasriche (Canada), Debasish Roychoudhury (New York), Rajat Sanjal (New York), Vibhuti Singh (Florida), and Sanjeev Wasan (Texas).

This program offered participants from both organizations the opportunity to keep pace with the latest developments in cardiology, specifically related to treatment strategies for hypertension. The following presentations were given:

Marshall Spearman, Park.D., "Valsartan: A Clinical Overview"

Kenneth Jamerson, M.D., "Valsartan and the RAS:
Managing Hypertension and Beyond"

Malcolm Taylor, M.D., "Managing Hypertension
at the Community Level"

Navin Nanda, M.D., "Racial Differences in the Assessment of Aortic Atherosclerosis in Stroke Patients Undergoing Transesophageal Echocardiography. Also, Newer Aspects of

Coronary Artery Disease in Asian Indians"

During these presentations, Dr. Nanda stated "people of African and Asian origin in the United States have an increased risk of coronary artery disease and this risk is at least four times greater than in the native population." While Dr. Taylor made note that "as many as 6 million people in the U.S. suffer from diabetes and the rate is increasing, especially among African Americans." He continued that "50 million American adults have hypertension, which is 24 percent of the country's population. High blood pressure was responsible for 30 percent of all deaths among men and 20 percent among women in the U.S."

In addition to receiving new information, attendees participated in the development of innovative curricula and relevant syllabuses for an educational program addressing current therapies in cardiovascular disease.

Supported by an educational grant from Novartis, this joint effort between two leading cardiology associations will hopefully lead to better understanding and approaches for cardiovascular detection, prevention and treatment in all populations.

Dr. Mehta Appointed Chairman of the Division of Cardiovascular Disease at the University of Arkansas for Medical Sciences

Jawahar L. Mehta, MD PhD. was named Director of the Division of Cardiovascular Diseases at the University of Arkansas for Medical Sciences effective October 1, 2000 at the rank of Professor of Internal medicine and Physiology and Biophysics. Dr. Mehta, who will occupy the Stebbins Chair in Cardiology, will also be the Associate Chairman of the Department of Internal Medicine. The Chairman of the Department, Dr. Thomas Andreoli, is a power-figure in American academic medicine being the Editor-in-Chief of the current Cecil Textbook of Medicine and President of the International Society of Nephrology.

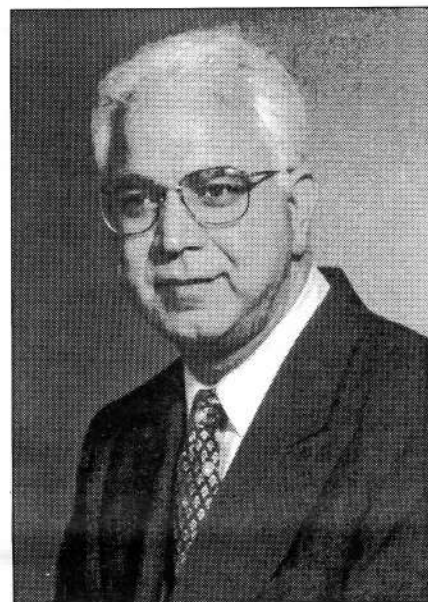
A brief biographical sketch of Dr. Mehta appears here:

Dr. Mehta obtained his medical degree (with honors) from Punjab University, India and a Ph.D. from the University of Uppsala, Uppsala, Sweden. Dr. Mehta completed his post-graduate training in internal medicine and cardiovascular disease at the New York College of Medicine, Mount Sinai School of Medicine, State University of New York (Stony Brook) and the University of Minnesota. At the University of Florida College of Medicine, he rose to be named Professor of Medicine and Physiology, Head Section of Vascular Biology, and Associate Director of the Hypertension Center.

Dr. Mehta was the first to describe platelet activation in the atherosclerotic coronary arteries as a basis of clot formation in unstable coronary syndromes, which led to trials of antiplatelet drugs in CAD patients. He has conducted a large number of studies on experimental thrombosis and ischemia-reperfusion-injury. His major contribution in recent years has been in vascu-

lar biology as it relates to cross talk between endothelium, smooth muscle cell, leukocytes, erythrocytes and platelets. He has performed innovative studies demonstrating a critical role of renin-angiotensin system in atherosclerosis, myocardial ischemia and uptake of lipid in the blood vessels. His laboratory is currently involved in gene therapy directed at angiotensin receptor mRNA.

Dr. Mehta currently serves on the editorial board of 11 cardiology, physiology and pharmacology journals. He has published over 800 papers, abstracts and book chapters. He is a member of several prestigious academic societies, including the American Society for Clinical Investigation and Association of University Cardiologists. In 1995, he was awarded University of Florida Faculty Award for Outstanding Research. In 1999, he received the coveted University of Florida Research foundation Professorship.



AACIO Members in the News

Dayanand Naik, M.D.

Dr. Naik practices cardiology in Scarsdale, N.Y. and is the current president of the American Association of the Physicians of Indian Origin. Dr. Naik is the secretary of AACIO and the association is proud to have one of us as the president of AAPI. Our organization has provided several presidents of AAPI over the years and we are sure that Dayanand will give equally stellar performance. Knowing the organizing abilities and his gift for raising funds, AAPI is fortunate to have him as its president. Dr. Naik has a year of hard work ahead of him and after he finishes his term as the AAPI president he will get even more involved in the affairs of AACIO.

AACIO is one of the component societies of the AAPI representing the interests of approximately 30000 physicians of Indian origin in the U.S. AACIO offers him its full cooperation and wishes him grand success in his new position.

Our President:

Satinder Swaroop, MD has taken over as the president of AACIO from July, 2000. Dr. Swaroop is the Chairman of Cardiology at the Fountain Valley Regional Hospital and Medical Center, Fountain Valley, Ca. He was the founding member of the Indian Medical Association of Southern California and now it's Patron. For years he had been active in organizing the Indian medical community in Southern California. In 1993 he was invited by the White House to Washington, DC to be the spokesperson for the Indian community at the Health Care Forum focusing on the health care reforms.

With his able team of office bearers he will invigorate the association and wish him great success.

Visiting Professorship

Navin C. Nanda, M.D., Professor of Medicine at the University of Alabama at Birmingham was visiting Professor in the Division of Cardiology at SUNY Downstate Medical Center, Brooklyn, New York on June 27-28, 2000. He gave a lecture entitled "Recent Advances in Echocardiography" and also rounded with Cardiology Fellows and the medical staff.



(From left) Dr. Alan Feit, Director of Cardiac Catheterization; Dr. Judith Mitchell, Director of Noninvasive Cardiology; Dr. Navin C. Nanda, Professor of Medicine at the University of Alabama at Birmingham; and Dr. Luther T. Clark, Professor of Medicine and Director of Division of Cardiovascular Medicine.

Minutes of the Executive Committee Meeting

The Executive Committee of AACIO met at 6:00 p.m. at the Marriott Hotel in Anaheim, California on March 11, 2000.

Present at the meeting were: Drs. Nanda, S. Swaroop, S. Sharma, A. Laddu, D. Naik, R. Sanyal, R. Dhurandher, M. Deshmukh, R. Mudumbi, V. Ram, J. Mehta. Guest: Dr. R.K. Sharma.

The meeting was called to order by the President, Dr. Laddu and following are the minutes of the meeting.

The minutes of the last meeting in November, 1999 were unanimously passed.

A new slate of officers was recommended and finalized by the Executive Committee as follows:

Satinder Swaroop, President

Sukh Dev Sharma, President-Elect/Vice President

Dayanand Naik, Secretary

Rajat Sanyal, Treasurer

Roy Chaudhary, Joint Treasurer

This list was later presented by Dr. Nanda at the AACIO meeting and was then passed by the general membership.

It was decided that all the Past Presidents will be Trustees. In addition, Drs. Jawahar Mehta, Suresh Jain, Rakesh Sharma were also nominated to be the Trustees.

It was decided that the In-coming President, Dr. Swaroop, will communicate with Dr. Enas regarding his study, "Coronary Artery Disease Amongst Asian Indians" and related trust that he has formed, asking for more information.

Dr. Madumbi, Treasurer, presented the financial report, which was discussed at length, and finally approved. It was also approved that the AACIO Directory expenses have been nearly met by the financial sup-

port by drug companies and donations by some members. This project has been possible only through the untiring efforts of Dr. Naik. His hard work and efforts were again applauded by the committee. Our Association will cover the balance of the expenses in the production of this Directory.

Corporate Relationships: A committee to enhance our relationships with different corporations was made. Its role would be to promote our association at the corporate level in order to generate more funds to support the research studies. Drs. Naik and Ramanna were selected as co-chair persons for this Corporation Relationship Committee.

Membership Committee: It was felt that we need to expand the membership amongst the younger group of cardiologists of Indian origin and a Committee to be co-chaired by Dr. N. Nanda and Dr. Rakesh Sharma was formed.

Dr. Laddu informed the group that the AACIO now has a tax-exempt status and is registered in California. His efforts in achieving this daunting task were appreciated. Dr. Laddu will be filing the 1999 tax returns also.

There being no further subjects of discussion, the meeting was adjourned. This was followed by an educational meeting and dinner attended by the general membership of the organization.

Sukh Dev Sharma, M.D., F.A.C.C., F.A.C.P., President Elect, AACIO

Editor's Page

The Fall Meeting of the AACIO will be held on November 12th, 2000 in New Orleans, La. Thanks to our local host Dr. Raja Dhurandhar, we have been able to get a place in the Riverside Hilton near the Convention Hall. I urge all the members who are attending the American Heart Association Scientific Session to get together for the dinner meeting and bring a guest with you. Soon you will be receiving the invitations and request you to return the RSVP promptly by fax or email.

We have a new body of office bearers headed by Satinder Swaroop, MD as the president. You will find a brief sketch of Dr. Swaroop in these pages.

The honoree for the meeting is Dr. Sanjiv Kaul. Dr. Kaul is also the Program Co-chair of the ACC 2001 which will be held in Orlando, Fl. from March 18 to 21. His curriculum vitae is given more fully elsewhere in these pages.

One of our members and chairman of the Awards Committee, Dr. Jawahar Mehta, has been appointed Chairman of the Division of

and establish alliances with other minority groups such as the Association of Black Cardiologists and others.

Even though we have difficulty in attracting applications for our Young Investigators Award Program it is gratifying to read the names of

W. Proctor Harvey, MD, Young Teacher Awardees

From left: Awardee Charanjit S. Rihal, MD; ACC Awards Committee Chair Robert J. Myerburg, MD; then-ACC President Arthur Garson, Jr., MD, MPH; and awardee John R. Charpie, MD, PhD.



Indian cardiologists in the Young Investigators Award during the ACC and AHA scientific sessions. This year's Awardee at the ACC March, 2000 meeting were: Dinesh Kalra, MD got the Merck Fellowship Award and Charanjit Rihal, MD, W. Proctor Harvey Young Teacher Award. The association congratulates both of these awardees.

Looking forward to your presence and participation.

Madhukar M. Deshmukh, MD, FRCP (Edin.)

Merck Awardees

From left: Awardees Allison W. Richardson, MD, and Marc S. Sabatine, MD; then-ACC/Merck Fellowship Awards/International Exchange Committee Chair Pamela S. Douglas, MD; then-ACC President Arthur Garson, Jr., MD, MPH; and awardees Kathryn A. Glatzer, MD, Dinesh Kalra, MD, and Thomas P. Cappola, MD. The sixth awardee, Daniel T. Price, MD, is not pictured.



Cardiovascular Diseases at the University of Arkansas for Medical Sciences. The Association congratulates him for obtaining this prestigious position.

Individually our members have earned professional reputations and high positions; however collectively we are not progressing and appear to be stagnant. In spite of 2500 cardiovascular disease specialists of Indian origin in the US our membership is not even half of this number. We have no recognition as a "special interest group" either by the American College of Cardiologists or American Heart Association as one of our sister organization, the American Association of Chest Physicians of Indian Origin has been recognized as "special interest group" within the American College of Chest Physicians. Our lack of interest in getting organized was evident when only 1000 cardiologists out of 2500 responded in compiling the Master Directory of the cardiologists of Indian origin in March of 1999.

All of us know that the strength lies in numbers and we must increase our membership if we are to remain as a viable and effective organization



Masters of the American College of Cardiology

From left: Melvin D. Chaitlin, MD; ACC Awards Committee Chair Robert J. Myerburg, MD; Arthur Garson, Jr., MD, MPH; Pravin M. Shah, MD; and Gottlieb C. Friesinger, MD.

5th World Congress of Echocardiography and Vascular Ultrasound

The 5th World Congress of Echocardiography and Vascular Ultrasound will be held May 20-22, 2001 in Seoul, South Korea at the Grand Intercontinental Hotel. AACIO is cooperating with the organizers of this Congress. The cosponsors are the International Society of Cardiovascular Ultrasound (ISCU), the Korean Society of Echocardiography and the Korean Society of Circulation. Prominent echocardiographers from Korea, USA, India and other countries are involved and we expect a highly successful Congress. The USA invited faculty include Drs. Navin Nanda, Harvey Feigenbaum, Anthony DeMaria, A. Jamil Tajik, Sanjiv Kaul, Mani Vannan, Bijoy Khandheria, Roberto Lang, Achi Ludomirsky, Thomas Ryan, William Stewart, James

Thomas, Ming Hsiung, Jae Oh, Fletcher Miller and Madhu Deshmukh. The 4th World Congress of Echocardiography and Vascular Ultrasound held in Cairo, Egypt in January 2000 had over 2000 participants from 50 different countries. For further information, including pre and post Congress Sightseeing Tours, please check the ISCU website (www.iscu.org) which has a link to the Congress website (www.echo2001.org) or contact Navin C. Nanda, M.D., International President of the Congress (email: ischu@iscu.org or fax: 205-934-6747). The Congress website is <http://echo2001.org>.

CME PROGRAM - Medicine in the new Millennium: Cruising into the 21st Century

A CME activity on a cruise ship · December 16 - December 23, 2000
Eastern Caribbean Cruise aboard the Norway/Norwegian Cruise Lines

Itinerary

Saturday, December 16:Depart Miami, Florida at 4:00 pm
Sunday - Monday:At Sea
Tuesday:Philipsburg, St. Maarten
Wednesday:St. John and St. Thomas, US Virgin Islands

Thursday:At Sea
Friday:Great Stirrup Cay (Norwegian's Private Island)
Saturday:Return to Miami, Florida at 7:00 a.m.

Objectives:

- Understand the patho-physiology of heart failure.
- Examine the patho-physiology of acute coronary syndromes and their management.
- Review the current management of valvular heart disease.
- Provide subspecialty updates, including, but not limited to gastroenterology, nephrology, infectious disease, and pulmonology.

Course Directors:

Navin C. Nanda, M.D., F.A.C.C., Professor of Medicine, Director of the Heart Station, University of Alabama at Birmingham
Rakesh Sharma, M.D., F.A.C.C., Heart and Vascular Institute of Florida And a Distinguished National Faculty

For more information, contact Kristen Garrett-Gonzalez, Director of CME Program Development at DoctorSurf.com (727) 546-6473 or Four Seasons Travel at (727) 347-4000 or (727)345-1111

On Writing One's Family History

To clinicians the words family history mean the patient's answers to questions regarding their longevity or medical misfortunes of parents and siblings, implying the possibilities of being encumbered with bad genes, or blest with good ones. But my topic today is family history in another sense: one's own family history, an autobiography and biographical sketches of one's parents, grandparents or earlier ancestors.

The first step is to construct a family tree. One starts of course with one's parents, brothers and sisters, their spouses and their children. The full name of each, annotated with date of birth, marriage (and death if applicable) has its proper place on the tree. As one gets to the uncles, aunts and first cousins, the tree spreads and expands considerably. Moving further into the past, ascending vertically to grandparents and laterally to great uncles, their spouses and offspring, one realizes with astonishment how exuberantly the family tree has sprouted and blossomed, in only the third generation antecedent to oneself. Then, if one has the fortitude and information to go back even one more generation, one finds that the proliferation is so vast that no sheet of paper, however large, can contain it entirely.

Once the family tree has been delineated branch by branch, and (metaphorically) arches tall and broad over one's home, the next task is to write biographical vignettes about specific persons in narrative form. Obviously, particular attention is devoted to those in one's direct line of ancestry, or those whose accomplishments have been remarkably unusual or meritorious.

I recently wrote a brief history of my family based on what I had heard from my parents and grandfather. I used to pester them for details of their own early lives, their memories or transmitted oral history of their parents and earlier forbears. I wrote two accounts, histories of my father's and then my mother's family. The two narratives intersected in

the 1920's at the Grant Medical College, Bombay, where my parents graduated M.B.B.S. Once set in train, my recollections and the sentences flowed easily. Some facts, dates and places had to be confirmed by various senior living relatives who possessed better knowledge of specific persons or events. I had to search among old letters, photographs, newspaper cuttings and testimonials, a pursuit intriguing in itself for the delight in finding nuggets of fascinating but unexpected information that add glow and sparkle to otherwise unremarkable lives. Traits or talents may come to light in forefathers two or more generations earlier, which are manifest again in us or our children, such as a gift for music or mathematics, thus forming a glorious link between past ancestors, long dead, and the present or future of the family.

What good will a family tree or history do? Why go to all that time and trouble? To satisfy one's personal curiosity on matters concerning oneself is always gratifying. Life is a book in which chapter 20 is more interesting after one has read chapters one through nineteen. Moreover, it gives all kinsmen (and kinswomen) a sense of belonging to a clan, an indulgence in a tribal identity, a primal deep-seated emotion. Some unfortunately are born without this power of empathy; they have little thought or feeling for those who conveyed to them their genes and possessions, their worldly and spiritual inheritances, through several generations. These "modern" youngsters, of both sexes, who spurn all talk of history of family heritage, lack a vital ingredient of their humanity, and lack the insight to know that they lack it.

But we immigrants, we who are separated from the rest of the family by the bleak reality of geographic and temporal remoteness, are all the more aware of attenuation or severance of family bonds by the inescapable attenuation of widening time and space. Families in our hometowns in

India, who live all their lives in close coherence, with strong built-in support systems, that they take for granted, cannot appreciate this.

It is necessary that our next generation here in the U.S.A. knows how family bonds were forged and remained strong over decades; of sacrifices parents made for children, older brothers for younger siblings; of the moral or financial support provided by uncles or grandfathers. It is from such unforgotten details of family history that the obligations and sentiments of family connections grow and sustain families through generations. We of the A.A.C.I.O., who live in luxury if not opulence, how many of us were loaned money by a relative to study medicine in India? That was a time and a society when scholarships, loans and other financial lifelines were few and uncertain. If it possibly could, the family found the money somehow. Help rendered in one generation might be reciprocated in the next; the memory of such benevolent assistance is the glue which holds families together.

Our generation is unique in having a first-hand knowledge of our homeland, its customs, its way of life, of vivid remembrances of family roots, of family elders, or oral tradition and of our own particular individual family clans. When we pass on, this treasure of our heritage, this awareness of who we are, of sentimental and spiritual continuity with our forbears, will be lost forever because the next generation, raised in the U.S.A., has little or no such knowledge. Once set down on paper, by pen or word processor, it will survive our own short lives and always be at hand to satisfy the curiosity and enrich the imaginations of those who come after us. With families, as with nations, history is a chariot which triumphantly carries the past into the future.

Ivan A. D'Cruz, M.D., F.R.C.P. (Lond & Edin)
Professor of Medicine, University of Tennessee

AMERICAN ASSOCIATION OF CARDIOLOGISTS OF INDIAN ORIGIN

cordially invites you to the

FALL DINNER MEETING

Sunday, November 12th, 2000

at

THE RIVERSIDE HILTON

29th Floor, Horizon Room

2 Poydras Street, New Orleans, LA, Tel.: 504-561-0500

6:00 - 6:30 pm.....Executive Committee Meeting
6:30 - 7:15 pmReception
7:15 - 8:00 pmGeneral Body meeting
8:20 - 8:45 pm.....Presentation of Award
8:45 pm.....Dinner

RSVP to Satinder Swaroop, MD

11180 Warner Avenue, Suite 353, Fountain Valley, CA 92708

Tel.: 714-751-3540, Fax: 714-751-5626

E-mail: swaroopsat@yahoo.com

I will attend - Name _____

Number of Guests _____

Change of Address, Tel., Fax _____



AACIO NEWSLETTER

Satinder Swaroop, MD

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