



# American Association of Cardiologists of Indian Origin

MARCH 2001 NEWSLETTER

## Message From The President



It is my great pleasure to welcome all my colleagues, to the city of Orlando in the Sunshine state on this occasion of our annual meeting for 2001.

It is indeed very uplifting to see all of you. All our executive committee and board members have been working very hard to bring you this program. During our meeting in New Orleans last November 2000, Dr. Rakesh Sharma volunteered to host this meeting and has done a great job in arranging everything. Mr. Ramana who is our corporate mem-

ber and his group have recreated and have been busy trying to host the Website. Also, they have assisted us in having a booth in the exhibit area. Please visit our booth while you are attending the meeting.

Our membership committee has been active recruiting new members. The editorial committee has done an excellent job of printing the newsletters and keeping us up to date. I also want to recognize the help

of Dr. Navin Nanda, Dr. Jawahar Mehta and Dr. Deshmukh for their continued guidance. The awards committee after much deliberation has recommended Dr. Renu Virmani for the honor. It is my hope that in the future, all board members will submit names of various candidates to the award committee for their deliberations.

As we have discussed in previous meetings, there is a need for ongoing collecting of funds for arranging regular meetings of the organization. We also need funds to pay for cardiology fellowship for physicians of Indian Origin who will agree to devote their time for meeting the special needs of Indian community. As the members of Indian community in USA is increasing we are going to need additional cardiologists of Indian origin to meet their needs. Please help AACIO to collect the funds.

Finally, I would like to thank all members of the executive committee and board of directors for their hard work and dedication. Please let us know if you require any assistance while in Orlando. Thank you.

Satinder Swaroop, M.D., F.A.C.C.

## Honoree: Renu Virmani, MD

Renu Virmani is Chairperson of the Department of Cardiovascular Pathology at the Armed Forces Institute of Pathology (AFIP) in Washington, DC. She is Clinical Visiting Professor of Pathology at Georgetown University, George Washington University, Uniform University of Health Sciences, Maryland University and Clinical Research Professor of Pathology at Vanderbilt University.

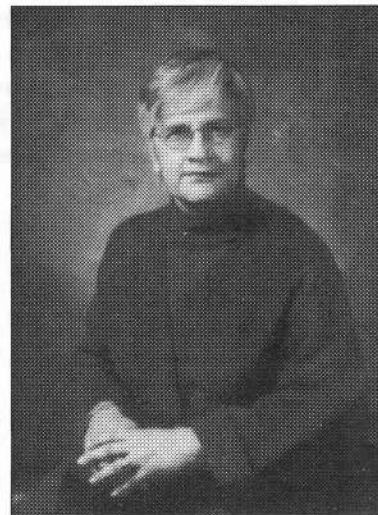
Dr. Virmani received her MBBS degree in 1968 from Maulana Azad Medical School at Delhi University and received her MD degree in 1973, from Lady Hardinge Medical School, Delhi University, in India. She completed her training in pathology in India at Meerut and at Lady Hardinge Hospital, New Delhi. She then came to the USA to NHLBI as a visiting fellow for 8 months and then completed her residency at George Washington University. In 1977-79 she was a fellow at the NHLBI, NIH and then moved to the AFIP as a staff pathologist and was put in charge of Research.

In 1981 she was appointed Associate Professor of Pathology at Vanderbilt University where she was Chief of Autopsy Pathology and was responsible for increasing the autopsy rate to 35%. She also received independent funding through an R01 and the VA Merit Review system.

In 1984 she returned to the AFIP as Chairperson of Cardiovascular Pathology and continued to establish her independence in the field of cardiovascular pathology. When she arrived at the AFIP, she was the youngest chairperson of a department and the first to have a NIH funded grant. She has aggressively pursued both research dollar from the NIH and private sources and has never been without independent funding.

Currently, she has 23 people in her department, who are actively engaged in research endeavors. She has established an independent stent laboratory that processes at least 100 stents a month and evaluates many different cardiac devices. She also has developed a state of the art immunohistochemical laboratory which has helped establish an international reputation in the field of sudden coronary death. She and the pathologist in her laboratory have vast experience in the evaluation of interventional devices, sudden death with special interest in atherosclerotic disease, right ventricular dysplasia, valvular heart disease, vasculitis and primary cardiac tumors.

She has published over 250 peer-reviewed manuscripts, over 100 book-chapters and reviews, and has co-edited two cardiovascular pathology books, one cardiovascular pathology atlas, and a fascicle on primary cardiac tumors. She has developed an international reputation regarding coronary atherosclerosis and its relation to risk factors. Finally, she was recently selected as one of the top 10 contenders for the prestigious Berry Award.



# Mission And Goals of Indian Association of Cardiologists of Indian Origin

The idea of organizing cardiologists of Indian origin as an association originated about 14 years ago. Many of the Indian cardiologists used to get together informally during the annual scientific sessions of the AHA and ACC. At that time Drs. Roshan Lal and Navin Nanda were active in the affairs of the Association of Physicians of Indian Origin (AAPI) and proposed the formation of an association of Indian cardiologists under the umbrella of the parent organization (AAPI). This proposal was enthusiastically accepted by those who were present, prominent among them being (alphabetically), Madhukar Deshmukh, Raja Dhurandhar, Gopal Lalmalani, Atul Laddu, Dayan Naik, Navin Nanda, Pravin Shah, and many others.

The first meeting was held in Washington, DC approximately 14 years ago, with Navin Nanda as President, Pravin Shah as President-elect, Madhukar Deshmukh as Secretary, and Atul Laddu as Treasurer. Over the years the organization has taken root and gathered strength. A program was started to HONOR prominent cardiologists of Indian origin for their scientific and academic achievements, as well as those who contributed by their social work to their communities.

The first Young Investigator Award was presented in October 1994. The purpose of the Award was to encourage Junior members in clinical and basic sciences to compete and present their work. The first prize has since been increased to \$1000 and the second to \$750.

The Mission and Goals of the organization were outlined when the Association was formed:

1. Provide a central forum for physicians and scientists of Indian origin in the U.S.A. who have interest in cardiovascular diseases. This will promote close relationship amongst members for mutual benefit and advancement. We will work with organized medicine at local, state, and national levels and project the interest of our members.

2. Promote and maintain high standard of academic excellence and clinical practice of cardiology through educational, social, and scientific activities. This will be in the common interest of its members and the communities they serve.

3. Maintain close liaison with local, national, and international cardiovascular societies and organizations.

4. Establish a continuing relationship and communication with similar societies in India.

5. To recognize and honor outstanding cardiovascular professionals of Indian origin in various disciplines.

6. Address the special cardiovascular health problems of the Indian community in the US.

Strength is in numbers. Just as one candle lights another to increase its brightness, so too, if each current member brings another into the Association, our strength would be multiplied.

## Editor's Page:

The Spring Dinner Meeting of the AACIO will be held on Sunday, March 18th, 2001 in Orlando, Florida. All members who will be attending the ACC meeting are cordially invited to attend. Bring a friend or a guest. There is no charge for the dinner. Let us show our strength by numbers. Our office-bearers are enthusiastic and are working hard to make this event a success. The number of office-bearers has been increased to infuse new blood into the organization. Our immediate goal is to increase the membership and make the organization more representative. A statement of the mission and goals of AACIO are printed elsewhere in this newsletter.

We have been honoring prominent and respected cardiologists of Indian origin for many years now, and the Young Investigator Award, which recognizes the young and upcoming cardiologists for their investigative work is gaining ground. To attract more competitors the first prize has been increased to \$1000 and the second prize to \$750. Our senior members who work in academic centers and act as mentors to fellows and junior colleagues are requested to encourage their "Chelas" to submit their work to J.L. Mehta, MD, Ph.D, who is the Chairman of the Awards committee.

We are forging an alliance with other minority cardiology groups. We have had a few meetings together with the Association of Black Cardiologists of America (ABC) and we

were impressed by their organizing ability and strength, and can learn a lot from them. We will have a joint symposium with ABC and American Diabetic Association (ADA) on the "Dysmetabolic Syndrome Epidemic, a Cardiovascular Catastrophe". The symposium will take place on Saturday, March 17th at the Sheraton World Resort in Orlando, Florida. Dr. Kanu Chatterjee will speak on "Stable Angina, Pharmacotherapy: Implications for Prevention", and Dr. Navin Nanda will speak on "Coronary Artery Disease in Asian Indians: Myth and Facts". Both topics are of relevance to the Indian cardiology community, and request all of you to attend. For details please refer to the announcement in this newsletter.

AACIO is developing a Web site and the address is AACIO.org. Members are requested to visit it and suggest improvements. The site contains an application form for membership, statement of mission, E-mail addresses of the members, upcoming events, employment opportunities, and current cardiology topics of interest.

On behalf of AACIO I urge you to attend the Joint Meeting of ABC, AACIO, and ADA on Saturday, March 17th, and AACIO on Sunday, March 18th, 2001.

Madhukar M. Deshmukh, M.D., F.R.C.P.



# Members In The News

## **Zacharia P. Zacharia, MD**

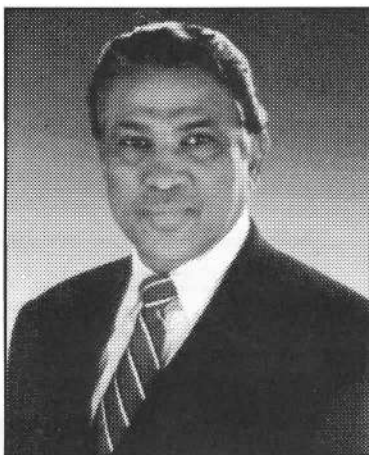
Dr. Zacharia, one of our distinguished members of AACIO, was awarded "The 2000 Ellis Island American Legends" award, along with five other honorees. Paying them tribute, President Clinton said that those honored had "enriched the diversity of our national heritage. Our ancestors have come from every corner of the globe. They brought with them a multitude of experiences, traditions, and beliefs, that continue to shape and enrich our nation."

Dr. Zacharia, who is a prominent cardiologist from Fort Lauderdale, Florida was honored in the past by AACIO for his social service contributions. He is an active fund-raiser for the American Heart Association and the Republican Party, and along with two other members of our association, George Thomas and R. Vijayanagar, was invited to the Presidential Inauguration of George W. Bush.

**AACIO congratulates Dr. Zacharia for his achievements.**

## **Dayan Anand Naik, MD**

Dr. Naik is the Joint Secretary of AACIO and also is the current President of AAPI, our parent organization. He is a successful practicing cardiologist in Scarsdale, New York and Associate Professor of Medicine at the New York Medical College.



I have personal memories of Dayan, working very hard to rejuvenate AAPI in the tristate area of N.Y., N.J., and Connecticut, and traveling together to meet the various groups and bringing them together. As a result we had a very successful Annual Meeting of AAPI in New York in July 2000. He has been instrumental in developing a comprehensive and beautiful Directory of the members of AACIO.

As president of AAPI, Dr. Naik has been very busy. Within a few hours of the earthquake in India, he got the AAPI organization on full speed, collecting money, medical supplies, and personnel to help the victims of the terrible situation in Bhuj.

After completion of his presidency of AAPI, I am sure Dr. Naik will devote his considerable energies to the activities of AACIO, and having a gift for obtaining donations from various corporations, we look forward to have a financially sound AACIO.

We wish him best of luck as the President of AAPI, and AACIO is ready to offer him full cooperation in his endeavors.

## **Jawabhar L. Mehta, MD, Ph.D.**

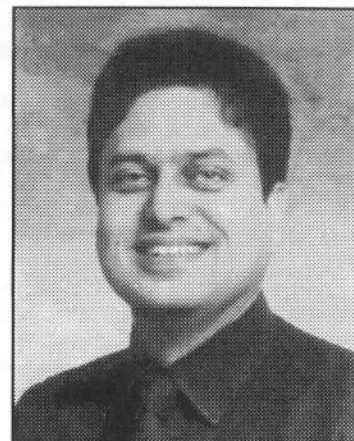
Dr. Mehta, Chairman of the Awards committee of AACIO, is Director of the Division of Cardiovascular Diseases and occupies the Stebbins Chair in Cardiology at the University of Arkansas for Medical Sciences.

His laboratory has identified a novel lectin-like receptor for oxidized LDL on human coronary artery endothelial cells. The full text of the report follows:

Dr. Mehta's laboratory has recently identified a novel lectin-like receptor for oxidized LDL (LOX-1) on human coronary artery endothelial cells. This receptor is different from the scavenger receptor on monocytes/macrophages. LOX-1 is unregulated by

# Young Investigator Award

The Awardee for the Spring Meeting is Sanjeev Puri, MD. Dr. Puri is Assistant Professor of Medicine at the University of Arkansas for Medical Sciences at Little Rock, Arkansas and Director of the Cardiac Intensive Care Unit.



Dr. Puri graduated from the Government Medical College, Patiala and post-graduate medical education at the PGIMER, Chandigarh.

During his residency in medicine at the Medical College of Ohio, he received the Deans Award for excellence in teaching medical students and during his fellowship at St. Louis University received Best Fellow Award as well as Faculty Research Award. He is a member of Alpha Omega Alpha medical honorary society. He is an interventional cardiologist with a research focus on study of coronary physiology.

The topic of his presentation will be "Assessment of the left main coronary artery stenosis: physiology or anatomy".

shear stress, cytokines and ox-LDL also transcriptionally upregulates AT1 receptor expression.

To determine the significance of ox-LDL-renin angiotensin pathway interaction, they designed to determine the effect of hypercholesterolemia on LOX-1 expression in aorta and its modulation by the AT1 receptor blocker losartan. Male New Zealand White rabbits were fed regular chow (Control group), chow with 1% cholesterol and 4% peanut oil (HC-diet group), or 1% cholesterol and 4% peanut oil diet plus losartan (25mg/kg/day) (Losartan + HC-diet group) for 10 weeks. Animal body weight, serum cholesterol levels, and arterial blood pressure were measured. Aortic intimal thickening was quantitated in H&E-stained segments. LOX-1 expression in aortas was examined by immunohistochemistry and semi-quantitative RT-PCR. High-cholesterol diet did not affect body weight, but induced hypercholesterolemia and extensive intimal thickening. Aortas of rabbits in the control group showed a modest LOX-1 expression in the endothelium. Aortic intimal proliferation in HC-diet group was associated with a marked increase in LOX-1 expression (protein and mRNA) in the endothelium and neointima. Treatment with losartan attenuated aortic intimal proliferation and markedly decreased the enhanced LOX-1 expression. Thus high-cholesterol diet induces the upregulation of LOX-1 expression in neointima of aortas of rabbits. Treatment with losartan, an AT1 blocker, markedly decreases this enhanced LOX-1 expression. This study provides evidence that AT1 receptor blockers can decrease atherosclerosis, but strongly amplify the notion of potent cross-talk between ox-LDL and renin-angiotensin system. *Biochem Biophys Res Commun.* 2000 Oct 5;276(3):1100-4.

# Minutes of The Executive Committee Meeting, November 12th, 2000

The Executive Committee and the Board of Directors of AACIO met at 6:00 p.m. at the Hilton Hotel in New Orleans, Louisiana on November 12th, 2000.

The following members of the executive committee were present in the meeting: M. Deshmukh, R. Dhurandhar, G. Lalimalani, J.L. Mehta, Navin C. Nanda, D. Naik, Mr. Ramanna, R. Sanyal, R. Sharma, S. Sharma and S. Swaroop.

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

1) Minutes of the last meeting of the March 2000 were unanimously passed.

2) Dr. Nanda proposed that Mr. Ramanna would develop the AACIO web site for the association. The website is at present under M. Ramanna's name but it will be transferred to Dr. Swaroop's name. The proposal was accepted. It was also decided that in the beginning only basic subjects will be printed in the website e.g., aims and objects of the

organization, newsletters, application forms of memberships (regular and life), important meetings, news and achievements of the members of the organization. Dr. Swaroop will explore the legal aspect regarding paid advertisement from the pharmaceutical companies in the web site. Website will also print the names of life and regular members. Dr. Naik will provide the necessary information to Mr. Ramanna in this regard.

3) Dr. Rakesh Sharma was entrusted with the responsibility to arrange the hall and dinner for the March 2001, conference in Florida.

4) Dr. Jawahar Mehta proposed to prepare a brochure of the organization with the mission statement and a membership form. The proposal was accepted. Dr. Swaroop will prepare the mission statement and Mr. Ramanna will print the brochure.

5) Dr. Deshmukh proposed to increase the prize values of the First and the Second Young Investigator Award to 1000 dollars and 750 dollars to encourage the young fellow's participation and

the proposal was accepted.

6) A proposal for free membership for the cardiology fellows was also accepted in the meeting unanimously.

7) Dr. Sanyal, Treasurer, presented a brief financial report, which was discussed at length, Dr. Naik wanted detail bank statement of the year 2000. Dr. Sanyal will provide with the detail bank statement at a later date to all the executive members and Board of Directors. The treasurer report was finally approved.

8) Mr. Ramanna will arrange for personnel to maintain an AACIO booth in the future conferences of ACC and AHA. The executive committee will provide financial expenses for the maintenance of the booths.

9) Dr. Swaroop or Dr. Sanyal will be filing for the 2000 tax return.

As there was no other topic for discussion the meeting was adjourned till the next executive meeting in March 2001, which will take place with the annual ACC meeting in Florida.

## AACIO, ABC, and the ADA: A Cooperative Advantage

"Our patients will be the true beneficiaries of this historic cooperative effort," said Dr. Navin Nanda recently about an AACIO announcement. He was pleased to announce the details of a cooperative symposium with the Association of Black Cardiologists (ABC), and the American Diabetes Association (ADA): *The Dysmetabolic Syndrome Epidemic: A Cardiovascular Catastrophe* which will take place on Saturday, March 17, 2001, in Orlando, Florida, at the Sheraton World Resort, directly preceding the American College of Cardiology 50th Annual Scientific Session.

This cooperative effort brings added dimension to the ABC's 14th Annual Scientific Sessions, and was facilitated by AACIO members Drs. Santinder Swaroop, Rajat Sanyal, Madhukar Deshmukh, Navin Nanda, B. Wayne Kong from the ABC, and Thomas Pitts from the ADA.

AACIO members will serve on the program faculty, with Dr. Santinder Swaroop as a co-moderator of *Session IV: Prevention of Cardiovascular Disease*; Dr. Kanu Chatterjee will speak on *Stable Angina Pharmacotherapy: Implications for Prevention*; and Dr. Navin Nanda will speak on *Coronary Artery Disease in Asian Indians: Myths and Facts*.

Key events for the program follow:

### Friday, March 16

Reception, 6:30 PM - 10:00 PM

### Saturday, March 17

Symposium, 8:00 AM - 5:30 PM

ABC President's Awards Banquet, 7:00 PM - 10:30 PM

AACIO members are invited to attend all three events. To receive complete information and register for the program, please contact Mr. Jamie Reisch at 914-241-4443.

## Cabins filling out fast, Make your Reservation with small refundable deposit!!

For those of you who missed our Millenium CME Cruise to Eastern Caribbean, start planning to attend our second annual CME Cruise - August 1-8, a 7 night Glacier Bay Alaskan Cruise aboard Carnival Cruise Line s

## 2ND ANNUAL CME CRUISE MEDICINE IN THE NEW MILLENNIUM

DoctorSurf.com proudly presents  
an eight (8) hour CME activity at sea.

**August 1 - August 8, 2001**  
**7 - Night Glacier Bay Cruise through Alaska**  
**aboard the Carnival Spirit Ship**

*Program Directors:*

**Rakesh K. Sharma, MD**  
The Heart & Vascular Institute

**Navin C. Nanda, MD**  
Professor of Medicine

Call CME Coordinator Krishna Sharma or/ Four Season Travel at  
727-345-1111, 727-347-4000, or 800-771-4545  
to make reservations



# Tropical Medicine And Therapy Through The Eyes of A Sixteenth Century Portuguese University Physician In GOA

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

During the eighteenth and nineteenth centuries, western scientific medicine was brought to India by the British and taught in the medical colleges they founded in Bombay, Calcutta, Madras and elsewhere. This might have produced the impression that the British professors at these colleges were the first to bring western medicine and therapeutics to the Indian subcontinent.

It might surprise most Indian physicians to know that a Portuguese physician, once on the faculty of the University of Lisbon, sailed to India in 1534 and remained in Goa for over 30 years, practicing European medicine as it was known then. He studied tropical diseases and drugs, and wrote a renowned textbook on this subject.

Several medical historians have written about this book and discussed the remarkable achievements and adventurous times of Garcia da Orta. I published a brief article myself in a December 1991 issue of the British Medical Journal. The following paragraphs are based on parts of that article.

Four and a quarter centuries ago, in 1563, Garcia da Orta's *Coloquios dos simples e drogas e cousas medicinais da India* was printed in Goa, the Portuguese colony on the west coast of India. It was the third book ever printed in Asia, and the first on a non-religious subject. It was the earliest foundation for the science of tropical medicine and materia medica, taught in European universities, where it continued to be used as an authoritative text for the next two or three centuries.

Da Orta practiced medicine and studied pharmacognosy in Goa continuously from 1534 until his death there in 1568. Portugal was then at the height of its sea power and colonial glory, and Goa was its eastern jewel, a

splendid city basking in the center of east-west trade (fig 1).

Garcia da Orta's parents were "new Christians" of Jewish origin, who had fled the Spanish Inquisition to the town of Castelo de Vide in Portugal. Young Garcia studied arts, philosophy, and medicine at the Spanish universities of Salamanca and Alcala de Henares from 1515 to 1523. After spending the years 1526 to 1534 on the faculty of Lisbon University he made an adventurous career move, sailing for Goa in March 1534 in a fleet commanded by Martin Affonso de Sousa, who later (1542-5) became governor-general of Portuguese Asia.

Among his patients da Orta had a succession of governors and viceroys of Goa, one of whom granted him a long lease on the island of Bombay, which was then a Portuguese possession amounting to little more than a fishing village. Da Orta developed and maintained botanical gardens in which he grew medicinal herbs for his own professional use as well as for commercial sale, both in Goa and in Bombay.

As personal physician to people high in Portuguese governmental and ecclesiastical hierarchies in Goa, da Orta remained protected from the clutches of the Goan branch of the Inquisition, which was as suspicious and predatory toward "new Christians" as was its Iberian counterparts. However, a year after Garcia da Orta's death his sister Catarina was burnt at the stake "as an impenitent Jewess," and in 1580 da Orta's own remains were exhumed and burnt in an *auto-da-fé* at Goa as posthumous punishment for being a crypto-Jew during life.

*Coloquios* was written in the form of dialogue between da Orta, a pioneer scientist who spoke from his own systematic observations, and a hypothetical Dr. Ruano, a learned graduate of Salamanca but new to the tropics, who quotes the old classical medical views and theories of Dioscorides, Galen, Pliny, etc. The *Coloquios* comprised

59 chapters, each devoted to a different "remedy". Some of these, such as opium and cannabis, have continued to be topics of pharmacological interest; others would now be categorized as spices (nutmeg, cardamom, cinnamon, cloves, ginger) or edible fruits (mangoes, coconuts, melons).

Much of all this is not relevant to clinical medicine as we now know it. However, da Orta's description of Asiatic cholera is so true and complete that it deserves to be quoted as a classic: "The pulse is very weak and can scarcely be felt. The skin is very cold, with some sweat, also cold. Patient complains of great heat and a burning thirst. The eyes are much sunken, and he cannot sleep. There is continued retching and diarrhea until he is unable to discharge anything. There is also cramp in the legs... It general proves fatal within 24 hours. I have known a patient who lasted no longer than 10 hours, and those who last longest live for four days."

Garcia da Orta did not accompany his patron Affonso de Sousa back to Portugal, nor did he retire there to enjoy a prosperous old age, as did most colonials then and since. His decision to remain in Goa may have been due to political or religious exigencies. Nothing remains of the magnificent city of old Goa but half a dozen huge, empty (but well preserved) sixteenth century churches. Garcia da Orta himself has been commemorated in twentieth century Goa not by tomb, bust, or statue but by a small public garden in an unfrequented nook of Panjim, the state's capital.

Garcia da Orta was thus a unique figure in the history of Indian as well as of western medicine. He was a clinician and pharmacologist who brought the scientific western system of medicine to sixteenth century Asia, and then by means of his great book on Tropical medicinal drugs and diseases, brought knowledge of the latter to the academic world of western medicine. Thus did East and West meet, four and a half centuries ago, in Goa.

# American Association of Cardiologists of Indian Origin

Cordially invites you to the

## Spring Dinner Meeting

Sunday, March 18th, 2001

AT

**The Peabody Orlando. Florida Room**  
**9801 International Drive, Orlando, Florida**  
**Tel: 407-352-4000**

6:00 - 6:30 pm .....Executive Committee Meeting  
6:30 - 7:15 pm .....Reception  
7:15 - 8:00 pm .....General 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  
11180 Warner Avenue, Suite 353  
Fountain Valley, CA 92708

Satinder Swaroop, MD  
President

Sukh Dev Sharma, MD  
Vice President

Dayanand Naik, MD  
Secretary

Rajat Sanyal, MD  
Treasurer

Debashish Roychowdhury, MD  
Joint Treasurer

Board of Directors  
Madhukar M. Deshmukh, MD  
Raja Dhurandar, MD  
Suresh Jain, MD  
Atul R. Laddu, MD  
Gopal Lalimalani, MD  
Jawahar L. Mehta, MD  
Navin C. Nanda, MD  
Krishnaswamy Ramaswamy, MD  
Pravin M. Shah, MD  
Rakesh Sharma, MD

Madhukar M. Deshmukh, MD  
Editor