

CV network

THE OFFICIAL BULLETIN OF THE INTERNATIONAL ACADEMY OF CARDIOVASCULAR SCIENCES VOL 12 NO 1 WINTER 2013

**PUBLISHED WITH THE ASSISTANCE OF THE MYLES ROBINSON MEMORIAL HEART FUND
and MANITOBA INNOVATION, ENERGY and MINES**

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IACS Fellow Salim Yusuf Elected by World Heart Federation

news release from WORLD HEART FEDERATION

Global Leaders in Cardiovascular Disease Health – Profs. K. Srinath Reddy and Salim Yusuf – Poised to do Battle Against the World's Number One Killer



Geneva, 28 January 2013 – The election of two of the world's leading experts in cardiovascular disease (CVD) prevention and control has given the World Heart Federation powerful leadership, and a strategic advantage, in ensuring commitments made by governments to reduce non-communicable disease (NCD) deaths by 25 per cent by 2025 are delivered on. CVD accounts for about one-third of deaths worldwide and are the leading cause of deaths and disability. Prof. Srinath K. Reddy, MD, DM, MSc took over as President and Prof. Salim Yusuf, DPhil, FRCP, FRSC as President Elect, effective as of 1 January.

Immediate Past President, Prof. Sidney C. Smith Jr, MD said "I am honored to have led the World Heart Federation during one of the most exciting periods in the history of CVD health. Guiding the success of the World Congress of Cardiology and participating in the United Nations High-Level Meeting on the Prevention and Control of NCDs in 2011, together with Heads of State, to help shape the global health agenda were particular highlights of my presidential term. The organization

could not be handed over to more capable hands. Professor Reddy is recognized internationally as a global thought leader on issues associated with public health and CVD, and is a highly respected CVD leader in India. While Professor Yusuf born in India and now of Canada, is the second most read and talked about scientist in the world in a ranking by Science Watch. Professors Reddy and Yusuf's thought leadership and pioneering approaches to CVD science and its direct application to health policies

will strongly position and enable the World Heart Federation to combat the world's number one killer – CVD – which causes 17.3 million deaths each year. Their expertise will lead to new strategies, not simply follow existing approaches.”

Having trained in cardiology and epidemiology, Prof. Reddy is regarded as a global leader in preventive cardiology and a thought leader in global public health and is currently the President of the Public Health Foundation in India. He has been a researcher, teacher, policy enabler, advocate and activist who has worked to promote cardiovascular health, tobacco control, chronic disease prevention and healthy living across the lifespan. He has played a particularly active role in advancing the agenda of tobacco control and was awarded the World Health Organization's (WHO) Director General's Award for outstanding contributions to global tobacco control in May 2003. He is a Consultant to the WHO and the World Bank and chairs the health section of the United Nations Sustainable Development Solutions Network (UNSDSN) which acts as the advisory group to the UN Secretary General's panel on the Sustainable Development Goals, which will define global development goals when the current Millennium Development Goals expire in 2015. Prof. Reddy is also the first Indian president of the World Heart Federation.

Prof. Reddy said “The World Heart Federation's strength lies in its global network of 200 member organizations. Our efforts to advocate for policy change, increase public awareness of CVD risk through campaigns such as World Heart Day and advance scientific knowledge, would all be in vain if it was not for their commitment to drive change at a country level. The ambit of heart health must extend from the hub of global policy to the throb of a person's pulse. From tobacco control to promotion of healthy diets and physical activity, national and global policies must encourage and enable people to practice healthy habits. Health services should enable risk reduction and cost-effective management of disease at all levels of health-care. The World Heart Federation will catalyse these policies at the global level and assist national efforts through capacity building and collaborative research, and must align its efforts and those of its members around the global 25 by 25 target, approved at WHO last year, to reduce premature mortality from CVD and other NCDs by 2025. I will particularly prioritize action on high blood pressure and tobacco which are the foremost risk factors for global disease and disability, and especially focus health promotion and disease prevention among young persons and women.”

Prof. Yusuf is Professor of Medicine and Executive Director of the Population Health Research Institute at McMaster University and Hamilton Health Sciences, where he has established an international programme of research in CVD and prevention involving 85 countries. These studies have established the roles of ACE-inhibitors in CVD prevention (the HOPE study), dual antiplatelet therapies in acute coronary syndromes (the CURE study), novel antithrombotics and the appropriate place of invasive interventions. His pioneering epidemiologic work involving the INTERHEART and INTERSTROKE studies in over 60 countries have identified that the majority of risks of both conditions are attributable to a few common risk factors and are similar in impact worldwide. His ongoing study (PURE) explores the role of societal changes in the development of CVD and other NCDs. It involves 400,000 people from 628 communities in 17 high-, middle- and low-income countries and is unparalleled in its depth and breadth. These studies have led to better understanding of the role of societal changes on behaviours and risk factors, and how they lead to CVD and other NCDs.

Prof. Yusuf said “Governments have started to recognize the enormity of the problem posed by NCDs, including CVD on both individuals and economies. The 25x25 framework provides a road-map to reduce CVD by 25 per cent by 2025. Developing global capacity to implement evidence-based practices in prevention through strengthening healthcare systems is critical. Additionally, promoting the emergence of a new breed of cardiologists and related professionals, who provide leadership in enhanced implementation of proven and simple preventive and treatment strategies, can make a very large impact worldwide. I am committed to working together with the World Heart Federation board, its member organizations, partners, staff and supporters and with a new generation of emerging leaders worldwide to realizing the vision that within two decades we can reduce CVD burden by over 50 per cent”.

Prof. Salim Yusuf's presidential term will start in January 2015.

About the World Heart Federation

The World Heart Federation is dedicated to leading the global fight against heart disease and stroke, with a focus on low- and middle-income countries, via a united community of more than 200 member organizations. With its members, the World Heart Federation works to build global commitment to addressing cardiovascular health at the policy level, generates and exchanges ideas, shares best practice, advances scientific knowledge and promotes knowledge transfer to tackle cardiovascular disease – the world's number one killer. It is a growing membership organization that brings together the strength of cardiac societies and heart foundations from more than 100 countries. Through our collective efforts we can help people all over the world to lead longer and better heart-healthy lives. For more information, please visit: www.worldheart.org; twitter.com/worldheartfed; facebook.com/worldheartfederation

Editor's note: Prof. Yusuf was elected to be a Fellow of IACS very shortly after IACS was formed in 1996. In 2006, he was a featured speaker at our first Symposium on the “FUTURE OF HEART HEALTH”. His superb talk “Prevention Will Reduce Heart Disease” was recorded and is available on our DVD package. In 2011, he received the Medal of Merit – the highest honour of the Academy for his outstanding achievements in cardiovascular education and research. He serves actively as an Advisor for the IACS Global Network to Fight Cardiovascular Diseases.

4th Cuba-Canada International Heart Symposium

by Andrea Edel, Winnipeg, Canada



Photo by
Wayne Edel

The 4th Cuba-Canada International Heart Symposium was held in Holguin, Cuba on Jan. 22 – 29, 2013 at the beautiful Playa Pesquero Resort. Drs. Grant Pierce and Delfin Rodriguez-Leyva were the Co-Chairs of the organizing committee and the symposiums were co-sponsored by the St. Boniface Hospital Research Centre of Winnipeg, the International Academy of Cardiovascular Sciences, the V.I. Lenin Hospital in Holguin, the provincial Health Department (Cuba), and the Cuban Cardiology Society. The meeting was preceded by 3 afternoons of exciting workshops. Dr. Peter Light (Edmonton, AB) opened with a presentation on molecular pharmacology and clinical cardiotoxicity of sulfonylureas followed by Dr. Michael Kutryk (Toronto, ON) update on endothelial progenitor cell capture technology. Lastly, Dr. Ross Feldman (London, ON) spoke on resistant hypertension. With the start of the conference so eloquently introduced by these pre-symposium workshops, the following two days involved a series of intriguing lectures. Invited speakers in attendance were from various locations within Canada and Cuba as well as Slovakia and Saudi Arabia. Presentations related to the disciplines within cardiovascular research, cardiac surgery and cardiology were presented by experts in the field. A young investigator poster competition took place on the first evening of the symposium which contained 25 posters presented by cardiologists, technicians, research associates, graduate students, postdoctoral fellows, residents and cardiac surgeons from institutions across Cuba and Canada.

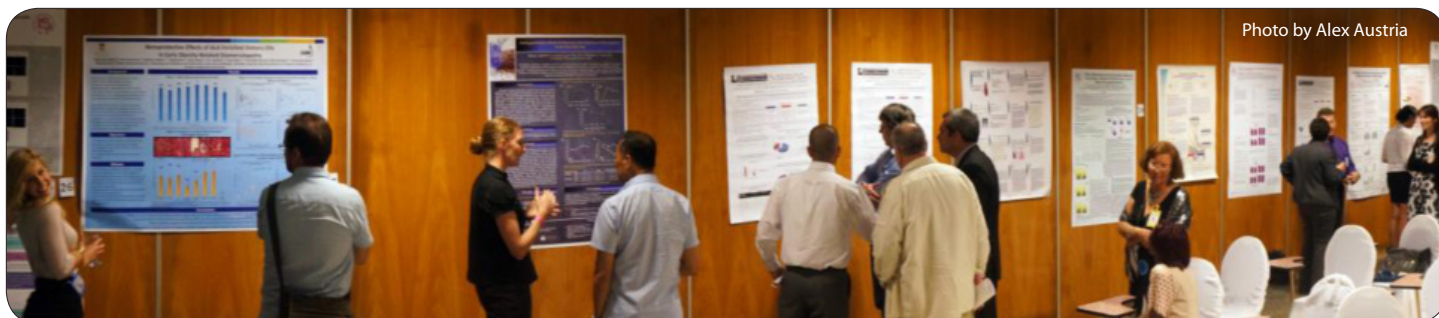


Photo by Alex Austria

From this group six winners were selected following deliberations from a panel of international judges. Prize money totaled \$1,000. Awards were distributed at what was supposed to be a poolside reception. However, due to heavy rains which didn't seem to dampen spirits, the proceedings moved indoors. The following is a list of winners and their ranking in the poster session:

- 1st Prize: Andrea Edel, (graduate student), Winnipeg
- 2nd Prize: Dr. Eric de la Peña, (Cardiac Surgeon), Cuba
- 3rd Prize: Dr. Maikel Santos, (Cardiologist) Cuba
- 4th Prize: Dr Marketa Hlavakova, (Postdoctoral Fellow), Winnipeg
- 5th Prize: Dr. Alden Quesada, (Cardiology Resident), Cuba
- 6th Prize: Andrea Edel, (graduate student), Winnipeg

In addition, Dr. Naranjan Dhalla, Distinguished Professor of Physiology, University of Manitoba and Director of Cardiovascular Developments, St. Boniface Hospital Research Centre and Dr. Grant Pierce, Professor of Physiology and Pharmacology, University of Manitoba and Executive Director of Research at St. Boniface Hospital Research Centre, received Special Distinction Awards from the University of Medicine, Holguin, Cuba, for Lifetime Achievements in Cardiovascular Sciences Worldwide. Dr. Dhalla, Executive Director of the International Academy of Cardiovascular Sciences was also an honored guest of the symposium. Others who received awards included Drs. Michael Kutryk (Cardiologist, St. Michael's Hospital, Toronto, ON), Ross Feldman (R.W. Gunton Professor of Therapeutics, Departments of Medicine and of Physiology & Pharmacology, The University of Western Ontario and Scientist, Vascular Biology Group, Robarts Research Institute), Bram Ramjiawan (Director, Research Innovation and Regulatory Affairs, St. Boniface Hospital Research Centre, Winnipeg), Eduardo Rivas (Director of the Cardiac Rehabilitation Centre, Institute of Cardiology & Cardiovascular Surgery of Havana), and Angel Paredes (Cardiac



L-R: Grant Pierce, Eduardo Rivas-Estany, Andrea Edel, Delfin Rodriguez-Leyva and Andrew Morris (Photo by Alex Austria)



Photo by Alex Austria

Surgeon, Institute of Cardiology & Cardiovascular Surgery of Havana) who received the Seal of "Mariana Grajales" University of Medicine (Holguin). Delfin Rodriguez (Cardiologist and Associate Professor, Head Cardiovascular Research Division, V.I. Lenin University Hospital, Holguin) and Edel Lachataignerais (Cardiologist, Holguin) received the 75th Anniversary of the Cuban Cardiology Society Medals.

Dr. Pierce spoke about the work he and his team, which includes Dr. Rodriguez-Leyva, have done showing that the humble flax seed has the power to dramatically reduce high blood pressure - a development that could help cut the incidence of cardiovascular disease by as much as 50 per cent. There is a most interesting article "The facts about flax" which is online at <http://www.wrha.mb.ca/wave/2013/01/facts-about-flax.php>

Our final evening concluded with a banquet under the stars at Nocturno Cabaret with a show presenting traditional Cuban dancing and singing. The event wrapped up with a dance competition involving several of Winnipeg's researchers being paired up with some

expert Cuban dancers. It was a great display of talent for some and sportsmanship

I am a PhD Student within the Institute of Cardiovascular Sciences and Canadian Centre for Agri-Food Research in Health and Medicine at the St. Boniface Hospital Research Centre, in the Department of Physiology, Faculty of Medicine at the University of Manitoba. I will conclude with some of the highlights of our time at this meeting. This was my third time in attendance and each time I walk away with the same impressions. With regards to the Cuban people, they are such friendly and warm hosts. Playa Pesquero Resort is a fantastic venue to host the symposium. Dr. Rodriguez-Leyva and his family made us feel so welcome and insured all aspects of our stay were comfortable. The little extras, which displayed their hospitality, included a welcome at the airport even though we arrived in the wee hours of the morning, a rose for each of the ladies, pre-arranged travel accommodations, VIP service at the hotel and a personal farewell at the airport. These warm, added touches are so generously felt by each one in attendance. In terms of the interactions at the meeting, never have I attended a meeting where there are such wonderful exchanges between students and their mentors. Most evenings included a dinner with colleagues/families followed by late night conversations over Cuban Lattes or Mojitos. Students were able to interact in an informal setting with their mentors and see life on the other side of the white coats. These moments will go down as highlights in my graduate student career. I absolutely love attending this meeting and I had the added bonus in that my husband, Wayne, and our two daughters, Jaimie and Lauryn, could share this experience with me.



Photo by Alex Austria

Nominations are invited for the 2013 Award of the Academy's most prestigious Medal of Merit

Previous winners were:

- 2001 Michael DeBakey (Houston, USA) and Richard Bing (Pasadena, USA)
- 2002 Edwin Krebs (Seattle, USA) and Robert Furchgott (New York City, USA)
- 2003 Eugene Braunwald (Boston, USA) and Robert Lefkowitz (Durham, USA)
- 2004 Sir John Vane (London UK) and James Willerson (Houston USA)
- 2005 Sir Magdi Yacoub (London UK) and Robert B. Jennings (Durham, USA)
- 2006 Sir George Radda (Singapore) and Victor Dzau (Durham, USA)
- 2007 Louis Ignarro (Los Angeles, USA), Sen. Wilbert Keon (Ottawa, Canada) and Jutta Schaper (Bad Nauheim, Germany)
- 2008 Nirmal Ganguly (New Delhi, India), Sir Salvador Moncada (London, UK) and Wolfgang Schaper (Bad Nauheim, Germany), Howard Morgan (Lewisburg, USA)
- 2009 Ernesto Carafoli (Padova, Italy) and Eric Olson (Dallas, USA)
- 2010 Arnold M. Katz (Norwich, USA) and Laszlo Szerkes (Szeged, Hungary)
- 2011 Jay Cohn (Minneapolis, USA) and Salim Yusuf (Hamilton, Canada)
- 2012 Piero Anversa (Boston, USA), Laurentiu Popescu (Bucharest, Romania) and Makoto Nagano (Tokyo, Japan)

We also call for Nominations of individuals with outstanding achievements in cardiovascular research and education to be elected as FELLOWS of the Academy

Please submit short CV and contributions of the candidate by March 31, 2013 to Dr. Naranjan S. Dhalla, Executive Director. E-mail: nsdhalla@sbrcc.ca

Commitment for a Path with Heart

by Danina Muntean, Timișoara, Romania



Timișoara, the cultural and commercial capital of Banat, Romania's West Region, also surnamed "little Wien" was the first European city to have electric street lights in 1884 and, also the place where the Revolution against communism started in 1989.

Last September 6 - 9, Timișoara opened its arms to host a prominent meeting on heart disease, the Conference & Advanced Research Workshop "Sudden Cardiac Death & Cardioprotection". The venue was "Victor Babeș" University of Medicine and Pharmacy, the most prominent traditional medical school from the Western part of Romania. The meeting was jointly organized with the University of Szeged within the framework of the Hungarian-Romanian Cross-Border Cooperation Program 2007-2013 and was co-sponsored by the International Academy of Cardiovascular Sciences - European Section.

The meeting was really unique in many ways. Firstly, we had truly international attendance with eminent overseas speakers creating a vibrant forum for discussion of cutting edge science on cardioprotection and sudden cardiac death. Secondly, The Academy played a unique role during the meeting with prominent IACS members presenting excellent science and acting as chairpersons in the sessions. We were mostly honored to welcome Dr. Naranjan Dhalla, who delivered an inspiring plenary presentation on cellular and molecular mechanisms on sudden cardiac death. We acknowledge with heartfelt appreciation the commitment of his continuous support.

The scientific program of the conference was also unique, a nice blend of basic and clinical science, with topics ranging from molecule to man. The conference began with three outstanding opening lectures: Bohuslav Ostadal presented a nice, comprehensive review on developmental aspects of cardiac protection, Peter Ferdinandy brilliantly focused on hyperlipidemia as risk factor interfering with cardioprotective signaling and Summet Chugh offered us updated insights into population genomics of sudden cardiac death.

In the next two days the program consisted of four symposia each with six key-note lectures. The symposia related to cardioprotection were thematically diverse, covering a variety of topics including the role of sodium/calcium exchanger and microRNAs in cardiac protection, the antiarrhythmic role of inorganic nitrite, cardiac ischemic tolerance to hypoxia, oxidative stress and adaptation to exercise, cardiac remodeling, energy metabolism, PPAR activation, stem cells, diabetic heart, signal transduction and clinical translation of postconditioning, and also plants for heart protection. A couple of presentations introduced the sudden cardiac death (SCD) theme, emphasizing the role of Cx 43, the beat-to-beat variability of QT segment in predicting lethal arrhythmias, determinants of pulseless electrical activity, as well as clinical presentation of ventricular arrhythmias and their current management. However, sudden cardiac death (SCD) was addressed mainly within the workshop held in the last day of the meeting. The morning session started with three lectures addressing ionic abnormalities related to SCD and continued with the presentation of hypertrophic cardiomyopathy as risk factor for SCD in adults and children. In the afternoon, the topics were related to long and short QT syndromes, syncope in elderly, SCD in myocardial infarction, late potentials as risk assessment tool, and resting heart rate as an emerging therapeutic target.

The meeting also featured two poster sessions held during lunch in two consecutive days that allowed informal interaction between early career and senior scientists. Two prizes were awarded by the poster committee in each day. In the first day, Adrian Surza (Timișoara, Romania) was awarded the prize for the poster titled "Monoamine Oxidase Mediates Endothelial Dysfunction in the Angiotensin II Model of Vascular Disease" and Márton Gönczi (Szeged, Hungary) for the poster "Role of Gap Junctions in the Pacing-Induced Delayed Antiarrhythmic Protection", respectively. The winners of the second day were: Judit Szepesi (Szeged, Hungary) for the "Effect of NCX and NHE Inhibition on the Development and Duration of Post-Ischemic Arrhythmias" and Florina Bojin (Timișoara, Romania) for her work titled "Sodium/Potassium ATP-ase Blockers Inhibit Functionality of Bone Marrow-Derived Mesenchymal Stem Cells".

The Conference provided a wide array of information not only to the local organizing committee comprising the faculty members of the Department of Pathophysiology in Timișoara, committed for a research-driven medical education with particular emphasis on cardiovascular research, but to all young enthusiastic participants who attended the reunion. Indeed, our most important initiative, to encourage the participation of medical students and young researchers, exceeded our expectations. Overall, the event developed in a friendly and informal atmosphere, allowing basic scientists and physicians, fellows, interns and students to discuss their recent findings and to exchange theories on these exciting topics.

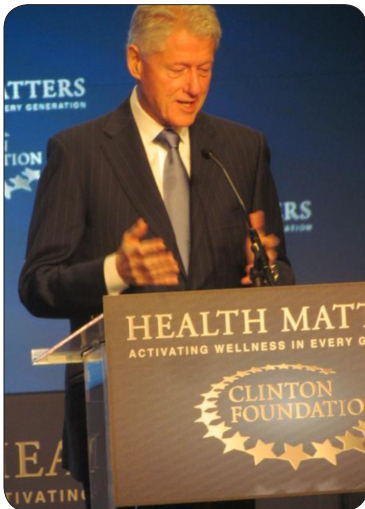
These exchanges were further supported by the social program particularly aimed at providing opportunities to meet and greet. The welcome reception was held at the Baroque Palace, one of the most elegant historical monuments of the town, being built after the Kinsky Palace in Wien. In the second day, the dinner at Recea village allowed the participants to enjoy traditional food and to taste of the local wine, together with a performance of folk dancing. During the Gala Dinner, the delicious food and drinks served by Timișoara Hotel accompanied by a lively jazz performance by a gifted faculty, Dr. Vera Ciocan, were a perfect way to end the meeting. Some of the attendees also welcomed the opportunity of a short guided tour of the town's historical center. These events were all supported by the excellent weather that we enjoyed during the Conference.

During the closing ceremony, Dr Naranjan Dhalla was awarded the title of Visiting Professor by the Rector of the University of Medicine and Pharmacy awarded, as acknowledgement for his support in organizing a highly successful and convivial meeting in Timișoara.



(RIGHT TO LEFT) Prof. Marius Raica, Rector of University of Medicine and Pharmacy of Timisoara; Prof. András Varró, Vice-Rector of the University of Szeged, Hungary (who was appointed President of IACS-ES); Prof. Naranjan Dhalla; Prof. Danina Muntean, the extraordinary organizer of the Conference from Timișoara, Romania; and Professor Daniel Lighezan, President of the Senate of "Victor Babeș" University of Medicine and Pharmacy

Editor's note: I was again invited to go to Palm Springs to attend the 2nd Clinton Foundation Health and Wellness Conference: Health Matters: Activating Wellness In Every Generation on January 15, 2013. Each speaker was outstanding and, of course President Clinton stole the show. He looks amazing as he has lost more weight and is living-proof that a healthy lifestyle works! (photos were taken by Ivan Berkowitz)



Bill Clinton: Decide to live a healthier life

President Bill Clinton Founder of the William J. Clinton Foundation and 42nd President of the United States hosted a star-studded affair in La Quinta, California on January 15, 2013, urging thought leaders to consider paths to a healthier life. Pres. Clinton welcomed over 500 sponsors and guests. His message was that everyone should pledge to improve wellness over the course of the next year. He suggested that groups of enthusiastic individuals working together will outpace, by four times, one genius acting alone. He announced that during the Conference, there would be pledges of more than \$100 Million to wellness.

In the biggest celebrity appearance of the day, Hollywood icon Barbra Streisand took the stage at La Quinta Resort and Club to announce a \$2 million pledge to launch a national campaign on women's heart health. "The pledges made during this conference will undoubtedly impact many lives for years to come." She complained that the U S spends \$7 Billion on potato chips and \$110 Billion on fast food. "The NIH (National Institutes of Health) invests only 3% of its budget on heart disease, when 30% of the population dies from it," Streisand noted. "Heart disease is the no. 1 killer of women in the world. It kills more women than men, and kills more women than all cancers combined. Yet nearly all of the cardiac studies funded during the past 50 years have been done primarily on men," Streisand added. "And needless to say, there are physiological differences between men and women. We have different plumbing. And oftentimes, heart disease presents very differently in women. Yet most people are not aware of this."

Noel Bairey Merz, M.D., director of the Barbra Streisand Women's Heart Center at Cedars-Sinai Medical Center spoke on a panel led by Chelsea Clinton:

"We will not be able to change the face of cardiovascular disease until we change women. The personal needs to become political. Women need to know that heart disease is their leading health care threat, to themselves personally and to their families. We need policies that allow the women in all of our lives to help our families eat those fruits and vegetables and do the exercise." Dr. Bairey Merz noted that young women are smoking today in higher numbers than their mothers did – in part because they think it will help them control their weight – and said that it's vital to change habits like that in order to reduce women's heart disease rates. She also reflected that research into women's heart disease is 35 years behind the work done with significant success on men. She, and other speakers, called for an advocacy organization like Mothers Against Dunk Driving (MADD) to bring concern about heart disease to the levels fighting cancers, particularly breast cancer.

Dr. Dean Ornish, Founder and President, Preventive Medicine Research Institute and one of the influencers who have led Pres. Clinton to his vegan diet, talked of reversing cardiovascular disease. He suggests we can "turn on good genes and turn off the bad ones". He recommended we walk, meditate and love more to improve our quality of life - "fear of dying is not sustainable, but love of living is!"

I was impressed with the report from Andrea Thomas, Senior Vice President, Sustainability, Walmart Stores Inc. Walmart has launched a major program to ensure their private label foods are healthy. Their corporate goals are to be supplied 100 percent by renewable energy; to create zero waste; and to sell products to sustain people and the environment.



Dr. David Satcher (US Surgeon General during Pres. Clinton's 2nd term) recommended that incentive programs be established for primary care physicians to prevent diseases because 80% of chronic diseases are preventable.

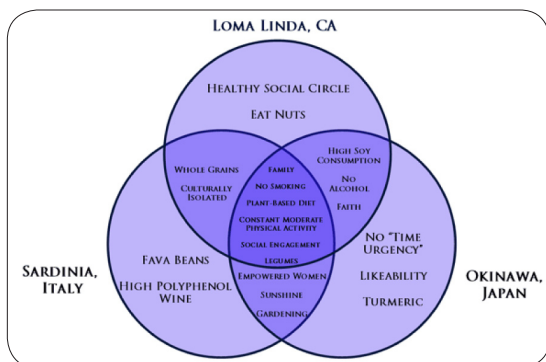
Bruce Broussard (Left) the new C E O & President of Humana reported he has recently lost 50 lbs ... indeed a BIG change in his life! The Conference is the Clinton Health Initiative's anchor event and occurs annually just prior to the Humana Challenge PGA TOUR golf tournament in collaboration with the William J. Clinton Foundation. The tournament features lifelong well-being as its theme, challenging players, spectators and the general public to improve their health by making positive changes in diet, exercise and lifestyle. HumanaVitality® provides 1.6 million people with reputable tools, resources and incentives designed to help them make healthier choices. HumanaVitality pledges to bring the same of January 1, 2013. The idea: lay out a customized, supported path to better health; and reward them for the healthier decisions like physical activity or healthier food choices. Beginning Oct. 15/12,



more than 1 million HumanaVitality® members will be eligible for the new Vitality HealthyFood™ program, which seeks to inspire Americans to eat well by offering a 5 percent savings on Walmart products that carry the Great For You™ icon. Items including fresh fruits, vegetables and low-fat dairy will now be eligible for the 5 percent savings, which can mean smarter choices at stores and lead to healthier families overall.



“Biggest Loser” trainer Jillian Michaels (left) kicked off the day with jumping jacks and burpees. Later, leading the session on “Living Healthy”, she suggested “80% of the time – control food; 80% of the time – exercise; but 20% of the time, cut yourself some slack”. Other panel Members (right to left) included an extraordinary 12 year-old, Haile Thomas encouraged us to make exercise fun and do it with pals. Kristin Armstrong Savola was into full-time training to win two Olympic gold medals in cycling but now is facing two major “time wasters” – a job and kids. She complained that sometimes life gets in the way of doing what we know we should do. Gary Player, one of world’s most successful golfers reported on his commitment to fitness, having been exercising for 65 of his 76 years and getting up at 5 AM that morning to do 1,000 sit-ups. He quoted Winston Churchill: “Change is the price of survival”. He questioned the lack of exercise in our schools – in his homeland South Africa, all students exercise 3 times each week. He challenged us to “Incentivize



caring for yourself”. Don Buettner gave a most inspiring talk about his investigation of areas he calls “Blue Zones” where people live measurably longer lives. In 2004, Dan Buettner teamed up with National Geographic and hired the world’s best longevity researchers to identify pockets around the world where people lived measurably better. In these Blue Zones they found that people reach age 100 at rates 10 times greater than in the United States. They found the extra 10 years that we’re missing. After identifying the world’s Blue Zones, Buettner and National Geographic took teams of scientists to each location to identify life-style characteristics that might explain longevity. The people inhabiting Blue Zones share common lifestyle characteristics that contribute to their longevity. The Venn diagram at the right highlights the following six shared characteristics among the Okinawa, Sardinia, and Loma Linda Blue Zones.

Family – Family is put ahead of other concerns.

No smoking – Smoking is not found in large quantities.

Plant-based diet – Except for the Sardinian diet, the majority of food consumed is derived from plants.

Constant moderate physical activity – Moderate physical activity is an inseparable part of life.

Social engagement – People of all ages are socially active and integrated into their communities.

Legumes – Legumes are commonly consumed.



Dr. Deepak Chopra (left) led a 15-minute meditation.

Dr. Chopra suggested people need inspiration, not motivation. He talked about the importance of sleep, diet, increasing a network of happy friends and, “Try not to eat anything that comes in a can and has a label” !

“Top Chef” head judge Tom Colicchio (right), prepared an incredible healthy lunch. No sign of hamburgers and fries which Pres. Clinton used to eat!



Bill Clinton: Coachella Valley health can grab spotlight

Written Jan. 17/13 by Tatiana Sanchez The Desert Sun. Photo taken by Ivan Berkowitz as Pres. Clinton wrapped up his Conference Jan. 15/13



PALM SPRINGS — Former President Bill Clinton sees something special in the Coachella Valley [area including and surrounding Palm Springs]. “It’s a small community with the ability to grab nationwide attention in its efforts to fight the obesity epidemic”, Clinton said at a breakfast Wednesday sponsored by Desert Regional Medical Center. “There aren’t very many places in the country that are geometrically compact enough to make a difference, but large enough for people to take notice of what they’re doing,” he said. “It is small enough to make a difference across income disparities, neighborhood disparities, race disparities and age disparities.”

The event recognized the efforts of the Clinton Health Matters Initiative, an organization that works to improve the well-being of people throughout the nation by encouraging healthier ways of living. It also celebrated work of the Alliance for a Healthier Generation, an association co-founded by the Clinton Foundation and the American Heart Association to stop childhood obesity.

VIDEO: Breakfast with Bill Clinton <http://www.mydesert.com/apps/pbcs.dll/article?AID=2013301160005>

Coachella Valley schools have worked closely with the Alliance for a Healthier Generation within the past year, joining 15,000 schools nationwide. “It’s going to take all of us,” said Carolyn Caldwell, Desert Regional’s CEO. Caldwell and her team are working to make the hospital a healthier workplace by offering less sugary drinks at their cafeteria, for example. The medical center gave \$25,000 to sponsor Palm Springs Mayor Steve Pougnet’s “Healthy Planet Healthy You” race and wellness festival in April, a scenic run through Palm Springs that’s part of Pougnet’s commitment to reduce child obesity.



INTERNATIONAL ACADEMY OF CARDIOLOGY
18th WORLD CONGRESS ON
HEART DISEASE
ANNUAL SCIENTIFIC SESSIONS 2013
VANCOUVER, B.C., CANADA, July 26-29, 2013



FOR FURTHER INFORMATION

International Academy of Cardiology

18th World Congress on Heart Disease • Annual Scientific Sessions 2013

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HEART OF A WOMAN

THURSDAY, MARCH 7, 2013

WINNIPEG CONVENTION CENTRE

A WOMEN'S CONFERENCE OF THE HEART

HOSTED BY:



Hôpital St-Boniface Hospital



Hôpital St-Boniface Hospital
FUNDATION • FUNDATION

For details, visit:

www.womenshearthealth.ca/index.htm



Join us and hear Dr. Sharon Mulvagh's
Opening Plenary Lecture

Dr. Mulvagh delivered an outstanding lecture
at IACS Harold Buchwald Luncheon on Sept. 8th, 2011 -
you can enjoy that talk ONLINE at

www.sbrc.tv/1/watch/180.aspx

Barbra Streisand Raised \$22 Million for Cedars-Sinai Women's Heart Disease Center

online at: <http://www.hollywoodreporter.com>

Entertainer exceeded \$20 million goal for the cardiovascular program at Cedars-Sinai, now re-named the Barbra Streisand Women's Heart Center – and donates \$10 million herself.



Dr. Noel Bairey Merz, left, and Barbra Streisand

Barbra Streisand has exceeded her goal of raising \$20 million to boost a regenerative-medicine research fund and efforts to fight heart disease among women, a source close to Cedars-Sinai Medical Center tells The Hollywood Reporter.

"Barbra has now brought over \$22 million to this cause, including her own generous gift of \$10 million in matching funds," said Dr. Noel Bairey Merz, director of the program which in June was re-named the Barbra Streisand Women's Heart Center. Streisand played an active role in helping secure significant donations through her personal contacts with Ralph Lauren, Ronald Perelman, Sumner Redstone, Barry Diller and Diane von Furstenberg, Irwin Jacobs, Haim Saban and others. She also helped persuade New York Mayor Michael Bloomberg to make a \$1 million gift.

Some of those efforts came during a fundraiser Streisand held June 15 at her Malibu home, where couples paid as much as \$100,000 to attend. Streisand sang at the event, which also was attended by President Bill Clinton, who saluted the entertainer

for her efforts on women's health. "Women need to be educated about female cardiovascular disease, and the medical community must be propelled toward change," Streisand told THR. "Just like with breast cancer, the impetus must come from women themselves striving to become empowered to reduce their risks for heart disease." Streisand has been a supporter of the former Cedars-Sinai Heart Institute since 2007, when she learned that heart disease is the number one killer of women. More than 500,000 women die each year in the U.S. from cardiovascular disease – exceeding all the female deaths by cancer – and most research had been done on men, without regard to the major differences among women who are affected.

"I consider myself a well-informed person," Streisand said in a recent speech, "but when I heard these facts, I was stunned. Very few people know this. And until recently, almost no one talked about or paid attention to an epidemic that women are dying from throughout the world." The money Streisand has raised goes not just to research and treatment but to educational programs and prevention efforts as well. These will help men as well as women. Heart disease is also the number one killer of men in the U.S. "Heart research done on women also helps men as well," Streisand said in her recent speech. "Take stem cell research, for example. Recently, Dr. Merz and I were talking about the work of a colleague who is trying to grow the first human heart in a petri dish. She had a breakthrough in her study when she found out that using only female stem cells was the solution. She discovered that using male stem cells didn't work; they got totally lost. And, as we know, men – even male stem cells – won't ask for directions. "Joking aside," Streisand continued, "the heart is an amazing organ, and first and foremost we need to focus on prevention. Women's lives are becoming increasingly demanding as they juggle the responsibilities of being wife, mother and helping to support the family. We need to take better care of ourselves. We need to slow down, reduce stress, eat better, make time to exercise ... because the heart is a precious organ that needs to be protected."

In fact, as memorable as any Streisand performance must be, the highlight of her fund-raising event may have been the verbal interplay between Clinton and the singer during their unusually heartfelt remarks. The former president was introduced by Lisa Ling, whose journalist sister Laura Ling was released from captivity in North Korea after Clinton secretly intervened on her behalf. "So many people have asked me, 'Why did it have to be Bill Clinton to negotiate that release?'" Ling told the crowd. "The answer was quite simple: It was because Kim Jong-il had always just wanted to meet Bill Clinton. The reason goes back 15 years prior. When the leader of North Korea, his father Kim Il-sung passed away, Bill Clinton was the first world leader to call and offer his condolences. It was an expression of humanity that he had always remembered. ... I can think of no one with better suited to promote the idea of healthy hearts than someone with a very big heart himself, President Clinton."

Clinton reminded the crowd of his own cardiovascular problems, which required bypass surgery and a complete change of diet and lifestyle, as well as the fact that his administration made funding research into women's health issues a priority. "I was well aware when I took office that a whole research apparatus of American medicine had grossly underfocused on women on all sort of medical problems in research projects. So we tried to fix it. When Barbra called me about this [fundraising project] and gave me all the basic numbers, I realized that nobody had done anything about this since 2000. I was just crazed. ... I will say this to everyone: The next time you see a member of Congress, without regard to party, tell them that when they appropriate money for the National Institutes of Health to do more to stipulate that we eliminate gender bias in medical trials and research."

Speaking about his personal connection to Streisand, Clinton quipped: "If she were a member of Congress and I were still president, she would be on what I called our 'Just Say Yes' list. We had a very small list of congressmen – literally, fewer than 10 people – that when they call you [and ask for something] just go ahead and tell them yes, because you're gonna sooner or later. They're like a dog with a bone; they won't let you go. They'll make your life miserable. So just go ahead and tell them yes and save all the time. "So when she called and started laying down the law about all the facts [about women's heart disease], I just said: 'Stop. What do you want me to do?' " Clinton concluded by thanking Streisand "for all those crazy telephone conversations we had over two decades saying, 'Did you know this or that?' ... Then she was outraged over something else. I never thought anyone could care a lot about more things than I care a lot about. She makes me look like a heartless, dumb piker."

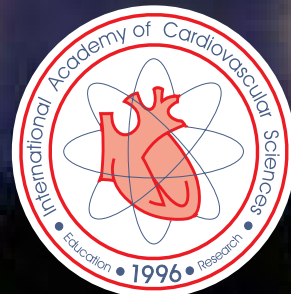
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Coca-Cola Fights Obesity



by Ivan Berkowitz, Winnipeg, Canada
Stuart Kronauge, General Manager, Sparkling Beverages, Coca-Cola North America, said: "We are committed to bring people together to help fight obesity. This is about the health and happiness of everyone who buys our products and wants great-tasting beverages, choice and information. The Coca-Cola Company has an important role in this fight. Together, with willing partners, we will succeed."

In the face of mounting global criticism of soft drinks, Coca-Cola introduced a 2-minute commercial. http://www.youtube.com/watch?feature=player_embedded&v=zybnaPqzJ6s#t=0s

"The Coca-Cola Company still remains one of the major causes of obesity in the USA and globally," says Barry Popkin, a nutrition professor at the University of North Carolina-Chapel Hill and one of the nation's top experts on beverage consumption. "Yes, other foods matter, but the

biggest single source contributor to child and adult obesity in the USA is sugar-sweetened beverages."

An article in The New England Journal of Medicine, October 11, 2012 also reported on three significant studies which concluded that "The generic association with BMI was stronger among participants with higher intakes of sugar-sweetened beverages than among those with lower intakes". Dr. Sanjay Gupta on CNN reported on new research coming out of some of America's most respected institutions, which find that sugar – the way it's being consumed by Americans today – is a toxin. And it could be the driving force behind some of this country's leading killers, including heart disease. He also said that drinking the sugar-laden products is worse for the body because the sugar is more directly absorbed.

Flu Shot Prevents Heart Attacks and Stroke

online at Genetic Engineering & Biotechnology News



Having a flu shot can dramatically reduce the risk of heart attacks and stroke both for people with and without underlying conditions such as heart disease, according to data from two sets of research presented at the 2012 Canadian Cardiovascular Congress.

A team of researchers at Women's College Hospital and the University of Toronto looked at published clinical studies dating back to the 1960s, which included over 3,000 people with and without established heart disease. Their analysis showed that individuals who received a flu shot had a 50% lower risk of a major cardiac event—including heart attack, stroke, or cardiac death—compared with those who received placebo, after a year of follow-up. In fact, the flu vaccine appeared to reduce death from any cause by about 40%.

A separate set of studies, by a team at Sunnybrook Health Sciences Centre, showed that, over the course of a flu season, people with implantable cardiac defibrillators (ICDs) who have a flu vaccination receive fewer shocks from their devices than those who haven't been vaccinated.

An ICD is designed to detect cardiac arrhythmia in a patient and correct it by delivering an electric jolt to the heart. Interestingly, anecdotal evidence suggests that patients receive more ICD shocks during the flu season, explain cardiologists Ramanan Kumareswaran, M.D., and Sheldon Singh, M.D. "We were trying to figure out what we can do to reduce the amount of shocks in (our clinic's) ICD population during the flu season."

The researchers asked 230 of their ICD patients to complete a survey that included health status and whether they had received a flu shot in the past year. The average age of the patient was 70–74 years. When the investigators reviewed the data they found that respondents who hadn't been given a flu shot received more ICD shocks than those who had been vaccinated. More specifically, 10.6% of flu vaccinated patients received at least one ICD therapy, compared with 13.7% of the nonvaccinated patients.

"What is interesting is that if this is consistent over time, it could be of significant benefit to our patient population who already have compromised survival to start with," Dr. Singh states. "We would like to look at this on a larger scale to determine whether or not our results can be replicated."

The Women's College Hospital and University of Toronto team likewise wants to see larger studies to verify their data suggesting that flu vaccination reduces the risk of heart attacks and stroke. "A large study that was international in scope and representative of patients such as those in North America and Canada in particular could help answer this question," states cardiology Jacob Udell, who presented the data at the Canadian Cardiovascular Congress.

Dr. Udell believes flu vaccination is far underused, and says the latest findings support current guideline recommendations for flu vaccination among individuals who've already suffered a heart attack, but not just for reducing flu risk. A dedicated large-scale study could show that flu vaccination reduces fatal cardiac events, he suggests. "The use of the vaccine is still much too low, less than 50% of the general population; its even poorly used among health care workers. Imagine if this vaccine could also be a proven way to prevent heart disease."

FIRST ANNOUNCEMENT AND CALL FOR ABSTRACTS VII. International Symposium on Myocardial Cytoprotection (ISMC2013)



Hungary, Pécs, Hotel Palatinus
26-28 September, 2013

Main topics of congress

- Ischemia and reperfusion.
- New aspects in subcellular mechanism in heart.
- Latest developments in the field of endogenous adaptation of the myocardium.
- Myofibrillar contractile function.
- Cardiovascular gene expression.
- Microcirculation, endothelial dysfunction.
- Stem cells in cardiovascular research.
- Recent clinical strategies in myocardial salvage and functional recovery.

Important deadlines

Deadline for abstract submission: 17 May, 2013.

Date of reconfirmation of abstract submission:
28 June, 2013.

Deadline for early registration: 28 June, 2013

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30 August, 2013.

Congress Organizer:

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Dear Colleagues,

It is our great pleasure to invite you to join the **VII. International Symposium on Myocardial Cytoprotection (ISMC2013)** meeting in **Pécs, Hungary**. The Symposium will be organized by the Department of Surgical Research and Techniques and Heart Institute of Pécs University in cooperation with the Experimental Section of Hungarian Society of Cardiology and the International Academy of Cardiovascular Sciences.

We intend to create a forum for discussion of the latest events in cardiology in both basic science and clinical practice. Thanks to the help of Professor Naranjan S. Dhalla, Executive Director of the International Academy of Cardiovascular Sciences, **we can welcome a number of distinguished colleagues from all around the world as invited speakers**. However, we intend to rely on active contribution of every participant. To this end, we provide forum **for oral and poster presentations**. To attract clinicians and young researchers, **we are accrediting the symposium by the Continuous Medical Education Committee, and the Philosophy Doctoral Committee**. We organise a poster competition, and abstract of all presentation will be published in a special issue of Experimental & Clinical Cardiology.

On behalf of the local organisers, we invite you to join us in Pécs, where together we can explore the future of cardiovascular research, it's technical development and clinical application.

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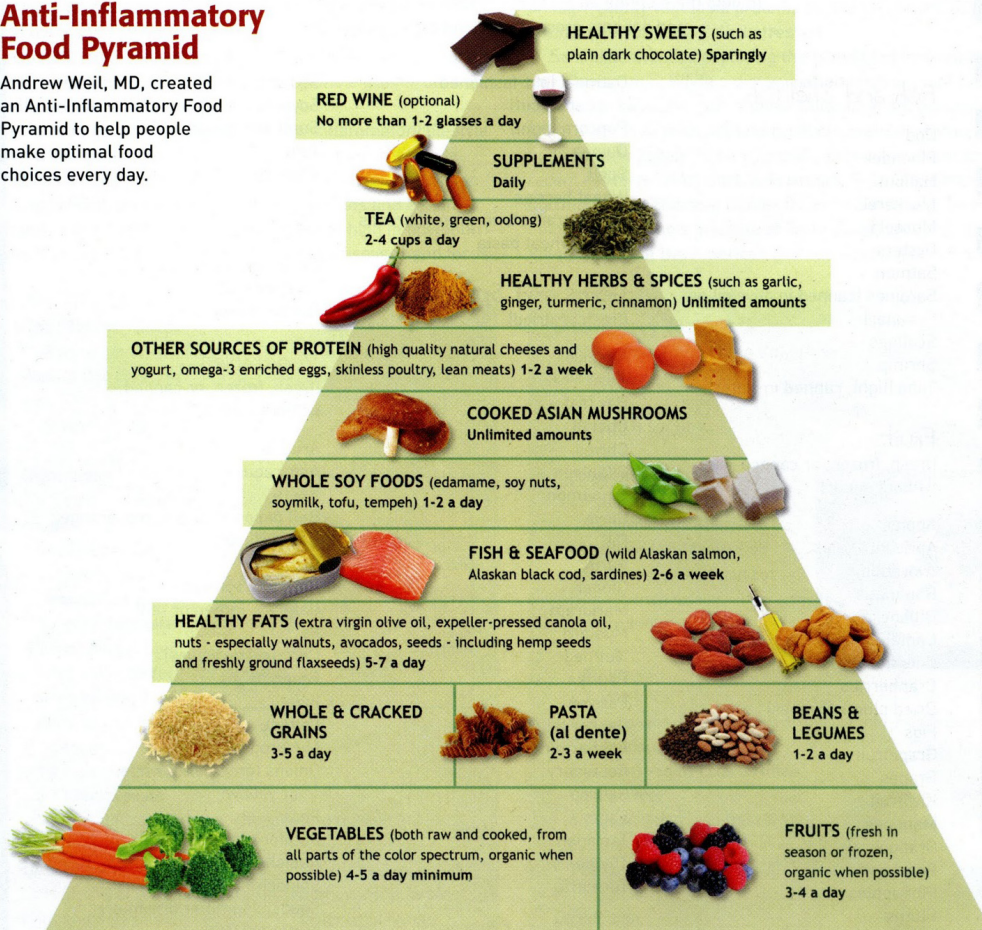
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As we started the 12th year of publication of CV Network, The Executive of the IACS expresses deep gratitude to all who have served this noble endeavour. We specifically thank those who have worked diligently on the Editorial Board. We recognize that we need to add some new ideas so we welcome volunteers for a new Editorial Board.

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Lowering cholesterol, sugar and stress by Yoga and Acupuncture

by Paramjit S Tappia and Yan Jun Xu, Winnipeg, Canada



Elevations in LDL-cholesterol, obesity and stress are major cardiovascular disease risk factors (1). Due to the side effects of a number of pharmacological agents, the potential of Yoga and acupuncture on cholesterol levels as alternative therapies has been explored, particularly in the Western world. Yoga is an ancient type of mental and physical exercise originating in India, and has been reported to reduce oxidative stress, body weight and blood cholesterol. Acupuncture has been used in China to treat a variety of diseases since about two thousands years ago. In ancient times, people used a sharp stone to pressure some points for pain relief. Subsequently, acupuncture has been found to be effective in the reversal of coma and stroke as well as for the treatment of chest pain, irregular heart beat, hypertension and other conditions including asthma and insomnia.

Recently it has been found that acupuncture is also effective for the control of blood lipids, glucose and oxidative stress. A literature review of 220 publications conducted by Peplow and Bater (2) has revealed that acupuncture with electrical stimulation (electro-acupuncture) can control elevations in blood sugar in obese women. In animal studies, electrical stimulation (15Hz) for 30-60 minutes is required for positive results. From the literature available on Traditional Chinese Medicine books, Zhongwan, Zusanli, Yishu and Geshu acupuncture points appear to be most frequently used for diabetic patients. Liang and Koya (3) reviewed acupuncture literature between 1979 and 2009; it was evidenced that acupuncture can reduce insulin resistance, hypertension, metabolic disorder, obesity and improve blood lipid profile. Furthermore, frequently used acupuncture points were Zusanli, Fenglong, Tianshu, Neiting, Sanyinjiao, Quchi, Qihai, Zhongwan, Guanyuan, Yinlingquan and Pishu.

Siu et al (4) have reported that electro-acupuncture is able to lower oxidative stress by stimulation of the Zusanli point. It appears that electrical stimulation at low frequency (2 Hertz), 30 min/day for 4 weeks yields beneficial effects. It is pointed out that different frequencies of stimulation can exert different effects. The underlying mechanism of acupuncture is that stimulation of different points release different neuropeptides and hormones. In addition, it has also been suggested that resistance of nerve fibres and electrical signals are altered in different disease that can be re-balanced by acupuncture. Acupuncture and yoga promote well-being and health and have the potential to be used as a complimentary therapeutic regimen to improve blood lipid and glucose profiles as well as attenuate oxidative stress.

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Editor's note: As I reported in the article on Page 6, I heard Dr. Dean Ornish speak at the Clinton Health Matters Conference. In *CVNetwork Vol. 10 No. 4, Pages 7-10*, I had reported that Dr. Ornish helped to develop Pres. Clinton's new healthy lifestyle. Subsequently, I listened to Dr. Ornish's interview with Dr. Sanjay Gupta on CNN "Yoga, Meditation and Medicare". Dr. Ornish surprised me with the statement that Medicare in the USA now covers 12 weeks for heart attack victims to begin the road to recovery using the Ornish Spectrum which emphasizes: plant-based diets with no meat, building stronger social ties to reduce loneliness; exercise; meditation; and ... yes ... yoga.

EXPERIMENTAL & CLINICAL
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2011 • VOLUME 16 • NUMBER 1



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Scientific Forum XXII International Congress of Cardiovascular Sciences

by Elaine Maria Gomes Freitas, Elton Silva Gomes and Antoinette Oliveira Blackman – Belo Horizonte, Brazil

The XXII Cardiovascular Sciences Scientific Forum was held in December 6th - 8th, 2012 at the Convention Center of the Ouro Minas Palace Hotel in Belo Horizonte-MG, Brazil. Marked by the experience and dedication of the organizing committee, with recognition of the importance of the event by major support from CAPES and CNPq, the Congress welcomed renowned national and international guests. They enriched the Conference with education and important results of their research and professional experiences in cardiovascular sciences, culminating in improving the care of our patients as well as new research proposals encouraged by their presentations.

The Opening Session was marked by great talks including: Drs. Geraldo Caldeira on: "The Importance of the Doctor in the Current World"; Ilha Guimarães presented "The Cardiology in Brazil: Achievements and Challenges"; Eduardo Augusto Victor Rocha who replaced Walter José Gomes contributed the theme "Cardiovascular Surgery in Brazil: Achievements and Challenges"; and Nilson Antunes reported "The Cardiopulmonary Bypass in Brazil: Achievements and Challenges". Narajan S. Dhalla gave the closing "World Landmarks of the International Academy of Cardiovascular Sciences". On the occasion, Dr. Dhalla highlighted the contribution of Mrs. Maria Aparecida Silva Gomes and honored Dr. Elaine Maria Gomes Freitas and Mr. Elton Silva Gomes with the "International Academy of Cardiovascular Sciences - Distinguished Service Award in Cardiovascular Sciences, Medicine and Surgery" in recognition of the competence and dedication by building the international prestige and contribution of the Scientific Forum in its 22 years of existence.

The Symposium ABRECCV-Brazilian Association of Residents of Cardiovascular Surgery confirmed the success of the previous year. Under the coordination of Dr. Alexander Magno - President, Dr. Thierry Araujo Nunes de Sousa Vice President and Dr. Anderson da Silva Terrazas-Secretary, together with surgeons with expertise, discussed many important surgical themes and also themes concerning the formation of the current cardiac surgeon ahead to new technologies.

The Congress of SBCEC - Brazilian Society of Extracorporeal Circulation reviewed and discussed among other topics the importance of specialty, including the election of the new Board of SBCEC, with the renowned Perfusionists Syntia Tertullian Chalegre-PE (President), Edvaldo do Nascimento PR (Vice-President), Márcio Roberto do Carmo-SP (1st treasurer), Yohana Catharine Albrecht-SP (2nd treasurer), Robersi Andreia Rodrigues-SP (1st Secretary), Elio Barreto de Carvalho-Filho - PI (2nd Secretary).



A very special moment was the election of the Board of the South American Session of the International Academy of Cardiovascular Sciences, chaired by Prof. Dr. Naranjan S. Dhalla (L), introducing Prof. Dr. Otoni M. Gomes as President and Prof. Dr. David Padua Brazil (R) as Secretary for the period 2013- 2014.

Confirming the success and prestige of the Scientific Forum were the traditional events such as the Forum of the South American Section of the International Academy of Cardiovascular Sciences, XXVIII Meeting of the Disciples of Prof. E J Zerbini, the XVI Symposium Tomas A. Salerno, XI Symposium Domingos Junqueira de Moraes, X Symposium Pawan K. Singal, VIII Scientific Meeting of the Friends of Domingo Marcolino Braille, VIII Symposium Tofy Mussivand, VII Symposium Domingos Savio Souza, V Symposium Ricardo J. Gelpi, the II Symposium ABRECCV, II Cardiovascular Biomedicine Forum, and the X Brazilian Congress on Cardiovascular Sciences of Students Leagues.

The XXII Scientific Forum 2012 was indeed a great success with relevant international contributions from the notable presences of Drs. Alan Hargens-USA, Calogerino D. B. Cusumano-Venezuela, Diego A. Borzelino-Venezuela, Dinender Singla-Canada, Domingos S.R. Souza-Sweden, Enrique Castañeda Saldaña-Peru, Grant Pierce-Canada, Ivan Knezevic-Slovenia, A.S Rojas-Colombia, Lorrie Kirshenbaum-Canada, Konstadinos Plestis-USA, Martin Donato-Argentina, Maximo Guida -Venezuela, Michael Czubryt-Canada, Michael Dashwood-United Kingdom, Naranjan S. Dhalla, Canada, Pawan K. Singal-Canada, Ricardo J Gelpi, Argentina, Tomas A. Salerno-USA and Veronica D 'Annunzio-Argentina

Special components of the Scientific Forum were the Thanksgiving Mass held at the Parish of Santa Monica with Revdo. Father Lucas Domingos da Silva and Revdo Father Antonio Francisco da Silva, and the Ecumenical Forum, a structural component of the event program with the Blessing of the Hon. Metropolitan Archbishop of Belo Horizonte Don Walmor Oliveira de Azevedo, marking and defining the biggest objective in the words of Santo Isaías "To heal the wounded hearts- Isaiah 61: 1" and St. Paul "Along with all that in every place praise the Lord Jesus, their Lord and Our Lord - St. Paul, 1 Corinthians 2. "Coordinated by Ilmo. Revdo. Father Geraldo Guilherme da Silva, MG and with the special and relevant presence of Revdo. Pastor Dr. Usiel Carneiro de Souza –ES. The Ecumenical Forum started with prayer and reflection of the words of the Holy Mother Mary, Mother of Jesus: "Do whatever He tells you - John 2, 6" and progressed with blessed devotion.



To all Institutions, medical students, perfusionists, surgeons and healthcare professionals we express our testimony of gratitude and recognition for the important contributions that already exceed two decades of work.

The Scientific Forum would not be possible without the unconditional support, motivation, and love of our family staff.

Natural Medicine to Prevent and Treat Heart Disease

By Jacob Teitelbaum, MD (<http://www.doctoroz.com/blog/jacob-teitelbaum-md/natural-medicine-prevent-and-treat-heart-disease>)



In the last month, there's been a lot of good news for those who want to prevent heart disease, the #1 killer of Americans. Three recent studies show that simple, natural treatments can lower your risk of a heart attack. Two additional new studies show that a pair of medications typically prescribed to prevent heart disease – statins and aspirin – are riskier than was previously thought. Let's look at the medication studies first.

In a study on cholesterol-lowering statin drugs, researchers from the University of Massachusetts analyzed health data from more than 150,000 postmenopausal women, aged 50 to 79. They found that taking statins was linked to an increased the risk of developing diabetes by 48%.^[1] And no one type of statin was at fault. All types of statins were linked to higher risk.

Disturbingly, statins were linked to an even higher risk of diabetes in Hispanic and Asian women, at 57% and 78% higher, respectively. And women who weren't overweight – a group that is normally not at

risk for developing diabetes – were at just as much risk as women who were overweight.

What does the research show? Statins are wonderful for people with known heart disease, but not a good idea for those without known heart disease who are simply trying to lower their cholesterol.^[2]

In the new study on aspirin, UK researchers analyzed data from nine other studies involving more than 100,000 people. They found that taking a daily aspirin to prevent heart disease increased the risk of serious stomach bleeds by 30% – but only decreased the risk of "cardiovascular events" (nonfatal heart attacks and cardiovascular death) by 10%.^[3] "On a routine basis, I would not recommend aspirin use in primary prevention," said the study leader in an interview. I agree with that recommendation.

But there's plenty of good news, too — about natural ways to prevent heart disease.

Researchers at the University of Scranton tested nine different kinds of raw and roasted nuts and two types of peanuts for the ability of their polyphenols (powerful antioxidants) to stop the oxidation of LDL, the process that triggers artery-clogging plaque. The #1 nut in both the roasted and raw categories: the walnut.^[4] Brazil nuts took second in both categories. Pecans, raw pistachios and roasted hazelnuts were powerful, too. Try to eat a handful or two of nuts a day. And don't worry about weight gain; studies consistently show nuts are so satisfying a snack that those who eat them regularly don't tend to put on weight.

There's also heartening news for women who enjoy the heart-protecting power of alcohol, but worry about its possible role in breast cancer. In a study on premenopausal women, researchers from Cedars-Sinai Medical Center in Los Angeles found that red wine is a nutritional aromatase inhibitor. It stops the conversion of free testosterone into estrogen, a risk factor for breast cancer. In other words, drinking red wine in moderation (one drink a day for women) may not pose a cancer risk.^[5] "For those who consume wine, I would suggest red wine," said the study leader in an interview. "For those who drink other alcoholic drinks, I would suggest switching to red wine."

Finally, a new study of more than 29,000 people from 52 countries shows what many studies have already shown: exercise has the power to reduce the risk of heart attacks – in this study, by up to 24%.^[6]

Non-drug approaches can also powerfully help treat heart disease, including problems such as angina, abnormal heart rhythms and congestive heart failure. Here are the key nutritional treatments for heart problems that I use in my practice:

Ribose (5 grams, 3 times a day). This nutrient is key to energy production in the body, including the heart.^[7,8]

Coenzyme Q10 (200 to 400 mg a day).^[9,10] This nutrient is also critical for energy production and is especially important for anyone on cholesterol-lowering medications, since they cause Coenzyme Q10 deficiency.^[11]

Acetyl-L-carnitine (500 mg, 3 times a day, for six weeks, then 500 mg a day). This compound also boosts energy in heart cells.^[12]

Magnesium orotate (6,000 mg a day for one month, followed by 3,000 mg a day for 11 months). The benefit is both from the magnesium and from the orotate, a compound that is manufactured in the body by good bacteria and was once considered a B vitamin (B13).^[13]

Hawthorne extract (200 mg 3 times a day). This nutrient improves heart failure symptoms.^[14]

It is also a good idea to include a good multivitamin as well, as many nutrients (including magnesium and B vitamins) play a key role in energy production in the heart and throughout the body.

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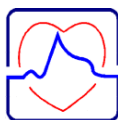
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Recipe for Healthy Living

by Dina Daniello-Santiago, Registered Dietitian, Winnipeg, Manitoba

Many factors influence well-being. Diet, exercise, smoking, stress, alcohol intake, genetics and the environment are just a few. Although we don't have control over all of these factors, the ones we can influence have a major impact on health and well-being.

Living a healthy lifestyle is within everyone's reach. The recipe towards success is a simple one, but getting there is the actual challenge.

Ingredients:

- 8 cups of water
- 7-10 servings of fruits and vegetables
- 6-8 servings of grains 2 servings of milk and alternatives 2-3 servings of meat and alternatives

Directions:

- 30 minutes of physical activity 8 hours of sleep
- A dash of healthy relationships
- A pinch of optimism
- A splash of relaxation and stress reduction
- Combine all ingredients and place in a warm, loving environment. Best to be shared with others.



Sure it sounds perfect and easy. Too bad this is not the reality for many of us. We encounter many obstacles that seem to keep us from achieving a healthy lifestyle. What are some of these obstacles? Life, family demands, work, relationships, work, parenting, work...did I mention work? Life just keeps getting busier, that secret fountain of youth has yet to be found, and "me" time is non-existent. Not to mention we have at least five months of cold wet snow that, if anything, makes routine and good health intentions much more challenging. It is important to know that the two missing ingredients are "personal motivation" and "planning" and without these there is no recipe for healthy living. This article will provide you with some ideas on how to maintain or even start living a little healthier.

Eat and be Merry

The first step towards maintaining a healthy lifestyle is to eat healthy. Poor nutrition negatively affects your health, so you need to ensure that all the essential nutrients are well balanced in your diet. Healthy food will enhance your physical and mental stamina, enabling you to cope with the pressures of daily life more efficiently. Grab a handful of almonds when you sit down for some TV time. What about veggies or fruit with a low-fat dip? Or blend some fruit and non-fat Greek yogurt in the blender for a sweet treat? You'll like all of these and so will the kids. It's a win/win!

Move It!

You know exercise is good for you, but do you know how good? Regular exercise is as important as healthy food habits to maintain a competent lifestyle. Some people eat well, but avoid working out. Hectic work schedule? Try to find other ways of working out. For instance, shun the elevators and climb up the stairs to your office. You can also walk to the market, rather than rolling out your car every time you want to buy something.

The benefits of exercise have been proven time and time again and don't need any further advocacy. Okay well maybe a little more convincing may help.

Mood Booster: *Need an emotional lift? Or need to blow off some steam after a stressful day? A workout at the gym, brisk 30-minute walk or doing your favorite physical activity whether it be soccer or dancing, all of which can help. How? Physical activity stimulates various brain chemicals that may leave you feeling happier and more relaxed. You may also feel better about your appearance and yourself when you exercise regularly, which can boost both your confidence and improve your self-esteem.*

Exercise Combats Health Conditions and Diseases:

Worried about heart disease? Wanting to prevent high blood pressure? Being active boosts high-density lipoprotein (HDL), or “good,” cholesterol and decreases unhealthy triglycerides. This double dose keeps your blood flowing smoothly, which decreases your risk of cardiovascular diseases. In fact, regular physical activity can help you prevent or manage many health problems and concerns, including stroke, metabolic syndrome, type 2 diabetes, depression, certain types of cancer, arthritis and falls.

Energizes: *Winded by grocery shopping or household chores? Regular physical activity can improve your muscle strength and boost your endurance.*

Exercise Promotes Better Sleep: *Struggling to fall asleep? Or to stay asleep? Regular physical activity can help you fall asleep faster and deepen your sleep. Just don’t exercise too close to bedtime, or you may be too energized to fall asleep.*

These are just some of the many benefits that being active has to offer, and the best thing is that the benefits of exercise are yours for the taking, regardless of your age, sex or physical ability.

Don’t Forget the “Me” Time

Take “time outs” and relax. No matter how busy you are take a breather once in a while to rejuvenate your mind and recharge your batteries. Life, especially in the present, is too demanding and challenging, therefore it becomes important to relax. Chill out to de-stress yourself. To maintain a lifestyle that is healthy, it is important to feel happy and to manage your stress levels. You can also go on occasional vacations to dump all your worries aside and get on with the fun in life.

Quality “We” Time

Healthy relationships and support systems are important for your emotional well-being and go hand in hand with maintaining a healthy lifestyle. Surround yourself with people who support you and who reinforce your self-esteem. Doing so is a good reminder of what is important in life.

Get Enough Sleep

Maintaining a healthy lifestyle will become impossible with a lack of proper sleep. Getting a good night’s sleep is important for everyone. Less sleep hinders your efficiency by making you feel lazy and inactive and can cause irritability. Waking up and going to bed at the same time each day will help you get a better night’s sleep. After a repeated time frame, your body will naturally set its internal clock.

Organize, Plan and Schedule

In our attempts to achieve a healthy lifestyle, we often fail to prioritize. You may want to incorporate some form of exercise in your daily routine, but end up completing some other important task in your scheduled workout time. Exercise, meals and time with others and for self should all be part of your day so schedule them all in. Take a few minutes before bed and schedule the following day whether on paper, day planner, or smart phone, as long as it is visible you are more likely to stick to it. An organized lifestyle is a competent lifestyle. Systematize your tasks and get rid of the habit to procrastinate. There is nothing like a well-arranged day, to live a healthy life.

Meal planning is something many struggle with, but you don’t have to do it alone. Get your entire family involved. Everyone can contribute to meal ideas. Kids will learn lasting skills of both meal prep and organization, not to mention the value of the time spent together. An added bonus, you will also save time and money in the long run, and be less stressed trying to figure out meals on a day to day basis.

Keep in mind that none of this happens overnight. Change takes time and preparation. It may be a struggle at first, but as anyone who has passed that hump knows, it is well worth it. So challenge yourself and take baby steps. The small changes are the lasting ones that will get you on your way either back on track OR starting something totally new. Every change counts. Try to enjoy it and have fun as these positive changes lead you in the right direction.



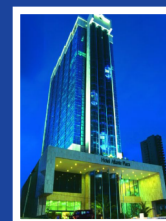
Editor’s note: “Recipe for Healthy Living” was originally published in the January 2013 issue of **be resilient**, a quarterly publication of the Employee Assistance Centre (EAC), a Division of Manitoba Blue Cross. The EAC is a multi-disciplinary facility that provides comprehensive employee assistance services including assessment, short-term solution focused counselling, employee education and consultation. The EAC is a leader in the field of employee assistance programs and the Centre is the only one of its kind in Canada. To learn more visit www.mb.bluecross.ca.



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