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EDITORIAL OFFICE:

Ivan Berkowitz, Editor Institute of Cardiovascular Sciences, St. Boniface General Hospital Research Centre, Faculty of Medicine, University of Manitoba, 3021/1 351 Taché Avenue, Winnipeg, Manitoba R2H 2A6 Canada Tel: (204) 228-3193, Fax: (204) 233-6723 E-mail the Editor: ivan@mts.net Academy website: www.heartacademy.org Honorary Degree of Doctor of Science was bestowed upon Naranjan Dhalla by Panjab University



An Official of the Panjab University, Dr. Naranjan S. Dhalla and Prof. S.S. Bari, Registrar, Panjab University

Dr. Naranjan S. Dhalla, Distinguished Professor, University of Manitoba, Winnipeg was honoured by the Panjab University, Chandigarh during the 58th Annual Convocation with a DSc (Hon) degree on March 29, 2009. A total number of 678 students received their degrees and about 900 people attended the convocation. Most of the recipients of degrees, medals and prizes were young women. Out of the 493 students who received their degrees, 350 were women and out of 185 medal and prize winners, 149 were women. Dr. R.C. Sobti, Vice-Chancellor, Panjab University, cited Naranjan Dhalla as an internationally renowned personality in the fields of Cardiovascular Science, Medicine and Pharmacology.

Dr. Dhalla obtained BSc degree from the Panjab University in 1957, MSc degree from the Pennsylvania University in 1963 and PhD degree from the University of Pittsburgh in 1965. He served for 19 years as Director of the world famous Cardiovascular Institute at the St. Boniface General Hospital Research Centre. Dr. Dhalla has published more than 700 papers, which have been cited more than 10,000 times. He has edited/authored 40 books for promoting scientific basis of cardiology and served for 26 years as Secretary-General and President of the International Society for Heart Research. Since 1996, he has been directing his attention to promote the International Academy of Cardiovascular Sciences in his capacity as Executive Director. For the past 22 years, Dr. Dhalla has been Editor-in-Chief of an International Journal "Molecular and Cellular Biochemistry" which is published monthly from New York and Amsterdam.

Dr. Dhalla has received 137 honours and awards including the Order of Canada, Order of Manitoba, Fellowship in the Royal Society of Canada, Medal of Honour in the Canadian Medical Association and Research Achievement Award of the Canadian Cardiovascular Society. Canadian Institutes of Health Research awarded him a Chair in Cardiovascular Research at University of Manitoba and in addition he received several Honorary Professorships and Honorary Degrees from different Universities. He was granted Coat of Arms by the Canadian Heraldic Authority and chosen as the second Greatest Manitoban of all times. His "bust" has been installed in the Citizens Hall of Fame in Winnipeg. He is helping with the development of Panjab Foundation of Manitoba and India Canada Culture and Heritage Association.

Panjab University. A Profile

Mission of the University

"The University has been incorporated for the purpose, among others, of making provision for imparting education in Arts, Letters, Science and the learned professions and of furthering advancement of learning, the prosecution of original research, with power to appoint University Professors, Readers and Lecturers, to hold and manage educational endowments, to erect, equip and maintain University colleges, libraries, laboratories and museums, to making regulations relating to the residence and conduct of students and to do all such acts as tend to promote study and research".

History and Present Infrastructure

Panjab University has a long tradition of pursuing excellence in teaching and research in science and technology, humanities, social sciences, performing arts and sports. The University supports excellence and innovation in academic programmes. Promotes excellence in research, scholarship and teaching and is committed to attracting and supporting the best students and recruiting faculty who excel at teaching and research. For more than a century, it has served various societal needs with distinction. The glorious traditions of the University, established during the period of more than 125 years of its long service to the nation and since its inception in 1882 at Lahore (now in Pakistan), are a source of inspiration for the present generation of faculty members and students. By virtue of its age, experience, achievements and philosophy, the Panjab University is a University of national character and stature, in so far as it has drawn both its faculty and students from all over the country and abroad. Its faculty includes some of the most distinguished scientists and academicians in arts and humanities. The University continues to attract celebrated scholars from abroad to visit and interact with the faculty and students. Over the years the reputation of Panjab University has grown into one of innovative teaching research and community outreach.

After the partition in 1947, the University was constrained to function for almost a decade without having a campus of its own. The administrative office was located at Solan and the teaching departments functioned from Hoshiarpur, Jalandhar, Delhi and Amritsar. It was in 1956 that the University was relocated at Chandigarh. Its red sandstone campus, designed by renowned French architects, came up within a few years. The University campus was designed by Pierre Jeanerette under the general guidance of the legendary Le Corbusier. Till the re-organisation of Punjab in 1966, the University had its regional centers at Rohtak, Shimla, Jalandhar and its affiliated colleges were located in the states of Punjab, Haryana, Himachal Pradesh and U.T. of Chandigarh.

With the re-organization of Punjab, the University became an Inter-State Body Corporate catering to the newly organized states of Haryana, Himachal Pradesh, Punjab and U.T. of Chandigarh. Gradually, the colleges of Himachal and Haryana were affiliated to the universities in the respective states and the Panjab University was left with the affiliated colleges in U.T. of Chandigarh and some parts of Punjab. Presently, the U.T. administration of Chandigarh and the State Govt. of Punjab share the maintenance deficit of the University in the ratio of 60:40, respectively.

The annual budget estimates of the University amount to \$50 Million for 2008-2009 and enrollment of 25,000 students.

Panjab University, with its 51 teaching and research departments besides 10 Centers/Chairs for the teaching and research on the main campus located at Chandigarh, has more than 173 affiliated colleges spread over Punjab and Chandigarh, Regional Centres at Muktsar, Ludhiana, Hoshiarpur and Vishweshavaranand Vishva Bandhu Institute of Sanskrit and Indological Studies (VVBIS&IS) at Hoshiarpur.

The main campus at Chandigarh is spread over 550 acres in sectors 14 and 25, the Sector 14 having the main academic and administrative buildings, besides a health centre, a sports complex, hostels and residential area.

The Central A C Joshi Library of Panjab University has a holding of over 6.9 lac volumes which includes 1.25 lac periodicals some of which are rare collections from the 19th century. The University Library has been recognized as one of the six national centres for data-information-distribution in the UGC's INFLIBNET programme. The library works to provide services which most effectively meet the needs of faculty, students and staff of the University community. Our book and journal collection is augmented by a variety of online sources. Our librarians provide specialized help beyond the general help provided at the Reference and Information Desks.

The Gandhi Bhawan on the university campus attracts scholars as well as tourists from all over the world for its magnificent architectural structure, its library and auditorium.

The Panjab University has four museums and the department of Indian Theatre has its own theatre lab, which is unique in the country. The university has a Botanical Garden and a Garden of Medicinal Plants on the campus.

The University has been recognized by the UGC as the "University with Potential for Excellence in Bio-Medical Sciences" with facilities for Stem Cell Research and Drug Forecasting and Assessment Council (TIFAC), DST. The Government of India has also identified the University as a Special Centre. The University takes pride in having been able to provide Internet connection for more than 1800 terminals for the use of faculty members and students. All the buildings of the University including hostels are connected through ATM and Gigabit technology. The university has distinction of extending Wi-fi facilities to students in their hostels. The university has extensively used its website www.puchd.ac.in in providing information to students and the general public.Development.

Earlier, the University was identified as one of the six centres in the country for super-computing facilities to serve the entire north-western region in Technology Information.



ORGANIZATIONAL STRUCTURE AND FUNCTIONS OF THE INTERNATIONAL ACADEMY OF CARDIOVASCULAR SCIENCES

(A Charitable Organization #880400627RR0001)

Headquarters of the Academy:

The International Academy of Cardiovascular Sciences was established in 1996 at the St. Boniface General Hospital Research Centre, 351 Tache Avenue, Winnipeg, MB, Canada R2H 2A6

Purpose of the Academy:

Since cardiovascular diseases are the major health hazard and cause of death in the world, the purpose of the Academy is to promote worldwide exchange of information on cardiovascular research for reducing mortality and morbidity due to cardiovascular diseases as well as improving the quality of life. This sharing of knowledge is for the education of cardiovascular scientists and surgeons, cardiologists, as well as other health professionals and the lay public. The Academy emphasizes the prevention of heart disease and the role of lifestyle and nutrition for improving cardiovascular health. The Academy also recognizes the achievements of distinguished individuals, who have made their mark in cardiovascular science, discovered newer treatments, developed novel technologies, improved healthcare delivery and excelled in promoting education.

Functions of the Academy:

- 1. Organize cardiovascular conferences, symposium workshops and teach-ins for promoting the scientific basis for the practice of cardiovascular health, medicine and surgery.
- 2. Establish Cardiovascular Think Tanks and coordinate their operations for encouraging governments to allocate appropriate funds for the prevention of cardiovascular disease and improving healthcare.
- 3. Arrange public forums for keeping people aware about various risk factors of heart disease as well as ways and means for improving cardiovascular health and preventing heart disease.
- 4. Coordinate the activities of seven independently operating sections of the Academy for their organization and programs.
- 5. Publish a quarterly bulletin (CV Network) and maintain the website (www.heartacademy.org) to accelerate knowledge transfer and establish connectivity.
- 6. Oversee the development of three official journals of the Academy, which are published quarterly by different publishing houses for promoting cardiovascular research.
- 7. Present awards to outstanding individuals for their accomplishments and publicize their work to encourage others to strive for excellence.

International Officers (2008-2011):

Drs. Sir Magdi Yacoub, London (President); James Willerson, Houston (President-Elect); Stephen Vatner, Newark (Past President); Makoto Nagano, Tokyo (Chairman of the Board); and Naranjan S. Dhalla, Winnipeg (Executive Director)

Awards of the Academy:

- 1. Medals of Merit for outstanding achievements in the fields of cardiovascular science, medicine and surgery.
- 2. Howard Morgan, Makoto Nagano, Norman Alpert and Naranjan Dhalla Awards for achieving excellence in cardiovascular education, science and service.
- 3. Fellowships of the Academy for distinguished cardiovascular professionals maximum 250.
- 4. Life-time Achievement Awards for promoting cardiovascular medicine.
- 5. Distinguished Service Awards for promoting cardiovascular education.
- 6. Nilanjana Maulik Young Investigator Award in cardiovascular sciences.

Sections of the Academy:

- 1. IACS Japan Section, Jikei University School of Medicine, Shibuya-ku, Ebisu 3-31-6, Tokyo 150-0013, Japan (President: Dr. Makoto Nagano, Tokyo; and Secretary General: Dr. Nobuakira Takeda, Tokyo)
- 2. IACS Europe Section, Institute of Physiology, Czech Academy of Sciences, Videnska 1083, 142 20, Prague 4, Czech Republic (President: Dr. Bohuslav Ostadal, Prague; Vice President: Dr. Karl Werden, Halle; and Secretary General: Dr. Keld Kjeldsen, Copenhagen)
- 3. IACS North America Section, Department of Pharmacology, University of South Alabama, MSB 3130, Mobile, Alabama 36688, USA (President: Dr. Navin Nanda, Birmingham; Vice President: Dr. Dennis B. McNamara, New Orleans; Past President: Karl Weber, Memphis; Secretary General: Dr. Stephen Schaffer, Mobile; and Finance Secretary: Dr. Krishna Agrawal, New Orleans)
- IACS South America Section, Rua Jose do Patrocinio, 522 Santa Monica 31525-160, Belo Horizonte MG, Brazil (President: Dr. Ricardo Gelpi, Buenos Aires; Vice President: Dr. David Brasil, Belo Horizonte; and Secretary General: Dr. Otoni Moreira Gomes, Belo Horizonte)
- 5. IACS India Section, Delhi Institute of Pharmaceutical Sciences & Research, Pushp Vihar, MB Road, New Delhi 110 017, India (Patron: Dr. N.K. Ganguly, New Delhi; President: Dr. Suresh Gupta, New Delhi; Vice President: Dr. K.K. Talwar, Chandigarh; and Secretary General: Dr. Shyam S. Agrawal, New Delhi)
- 6. IACS China Section, Department of Physiology, Peking University Health Science Center, 38 Xue Yuan Road, Beijing 100083, P.R. China (President: Dr. Rutai Hui, Beijing; and Secretary General: Dr. Xian Wang, Beijing)
- 7. IACS Russia Section, Institute of Experimental Cardiology, Cardiology Research Center, 3rd Cherepkovskaya Str. 15A, Moscow 121552, Russia (President: Dr. Vladimir N. Smirnov, Moscow; and Secretary General: Dr. Leonid V. Rosenshtraukh, Moscow)

Recipients of Medals of Merit by the Academy:

- 1. Dr. Richard Bing, Pasadena, USA, 2001
- 2. Dr. Michael DeBakey, Houston, USA, 2001
- 3. Dr. Robert Furchgott, New York, USA, 2002 (Nobel Laureate)
- 4. Dr. Edwin Krebs, Seattle, USA, 2002 (Nobel Laureate)
- 5. Dr. Eugene Braunwald, Boston, USA, 2003
- 6. Dr. Robert Lefkowitz, Durham, USA, 2003
- 7. Sir John Vane, London, UK, 2004 (Nobel Laureate)
- 8. Dr. James Willerson, Houston, USA, 2004
- 9. Dr. Robert Jennings, Durham, USA, 2005

- 10. Sir Magdi Yacoub, Harefield, UK, 2005
- 11. Dr. Victor Dzau, Durham, USA, 2006
- 12. Sir George Radda, Oxford, UK, 2006
- 13. Dr. Louis Ignarro, Los Angeles, USA, 2007 (Nobel Laureate)
- 14. Sen. Dr. Wilbert Keon, Ottawa, Canada, 2007
- 15. Dr. Jutta Schaper, Bad Nauheim, Germany, 2007
- 16. Dr. Nirmal Ganguly, New Delhi, India, 2008
- 17. Dr. Salvador Moncada, London, UK, 2008
- 18. Dr. Howard Morgan, Lewisburg, USA, 2008
- 19. Dr. Wolfgang Schaper, Bad Nauheim, Germany, 2008

Journals of the Academy:

- 1. Experimental & Clinical Cardiology: Editor-Dr. Bohuslav Ostadal, Prague; Publisher-Pulsus, Toronto, ON
- 2. American Journal of Cardiovascular Drugs: Editor: Dr. Amitabh Prakash, Auckland; Publisher: Wolters Kluwer Health/Adis, Auckland
- 3. Heart Failure Reviews Editors: Drs. Sidney Goldstein and Hani N. Sabbah, Detroit; Publisher: Springer, Norwell, MA

Conferences Organized by the Academy in 2008:

- 1. NATO Advanced Research Workshop on Translational Knowledge for Heart Health, Istanbul, Turkey
- 2. Cardiac Protection from Lab to Man, Irbid and Amman, Jordan
- 3. 2nd Mendel Symposium Genes and the Heart, A Joint Meeting of Japan and Europe Sections of IACS, Prague, Czech Republic
- 4. Translational Research in Cardiovascular Sciences: From Bench to Bedside and Vice Versa, Baroda
- 5. Annual Meeting of the India Section of IACS, Surat, India
- 6. Young Investigator Awards Competition of North America Section of IACS, New Orleans, USA
- 7. Symposium on Advances in Cardiovascular Research, Bratislava, Slovak Republic
- 8. III International Symposium on Recent Advances in Cardiovascular Sciences, New Delhi, India
- 9. 13th South American Meeting, Belo Horizonte, Brazil

10.2nd Symposium on Future of Heart Health, Winnipeg, Manitoba

INTERNATIONAL ACADEMY OF CARDIOVASCULAR SCIENCES

President: Sir Magdi Yacoub, Harefield, England President-Elect: James Willerson, Houston, USA Past President: Stephen Vatner, Newark, USA Chairman, Board of Directors: Makoto Nagano, Tokyo, Japan Executive Director: Naranjan S Dhalla, Winnipeg, Canada Director of Development: Ivan Berkowitz, Winnipeg, Canada Administrative Assistant: Eva Little, Winnipeg, Canada Director of Finance: Nobuakira Takeda, Tokyo, Japan Director of Education: Pawan K Singal, Winnipeg, Canada Director of Scientific Affairs: Grant N Pierce, Winnipeg, Canada Director of Corporate Affairs: Ian MC Dixon, Winnipeg, Canada Director of Public Affairs: Lorrie A Kirshenbaum, Winnipeg, Canada Director of Health Care: Alan Menkis, Winnipeg, Canada Director of Health Research: Nilanjana Maulik, Farmington, USA Director of Clinical Research: David Brasil, Belo Horizonte Director of Academic Affairs: Ramesh Goyal, Vadodara Director of Exchange Programs: Jan Slezak, Bratislava

PEOPLE AND PLACES

Navin C. Nanda named President, North American Section of International Academy of Cardiovascular Sciences



Navin C. Nanda MD, FACC, FAHA, FSGC, FISCU(D), FICA, FACA has been appointed President of the North American Section of the International Academy of Cardiovascular Sciences. We are most delighted to have him accept this position.

Dr. Nanda is Professor of Medicine and Director, Heart Station/Echocardiography Laboratories, University of Alabama at Birmingham, Birmingham, Alabama and Director, Echocardiography Laboratory, The Kirklin Clinic, University of Alabama Health Services Foundation, Birmingham, Alabama. He is a nationally and internationally renowned cardiologist. He is a world expert in echocardiography and his pioneering clinical and research accomplishments have contributed in a major way to echocardiography being today the most useful and cost effect technique for the assessment of various cardiovascular diseases. To name a few, he was the first to pioneer the use of post treadmill exercise echocardiography,

introduce color Doppler in North America and develop criteria for assessment of valvular regurgitation which are universally used, paved the way for assessment of congenital heart disease by echocardiography and developed echo techniques to assess intracardiac catheters, pacemaker function, and developed transpharyngeal ultrasound and has done pioneering work in 3- and 4-dimensional transthoracic and transesophageal echocardiography.

Even as a senior resident in Bombay over 30 years ago, his pioneering work showed a high incidence of myocardial infarction in young Asian Indians under the age of 35 years even though their cholesterol and lipoprotein levels were normal. The 24th Bombay Medical Congress declared this work as "the best scientific paper". Another study by him at that time showed a high prevalence of hyperglycemia in myocardial infarction victims and its relation to diabetes mellitus in Indians. This work, published in the prestigious New England Journal of Medicine was highly acclaimed by the editor of the same Journal as "an important contribution" and as "the first thorough study of an Asiatic population." These represented some of the earliest high quality scientific studies done in India dealing with coronary artery disease. More recently, Dr. Nanda has collaborated on a survey of Asian Indians settled in the USA evaluating various risk factors for coronary artery disease.

Dr. Nanda has received numerous accolades from several countries. These include "Prince of Echocardiography of the Heart and Blood Vessels" by the Italian Society of Echocardiography, "Most Outstanding and Distinguished Teacher and Pioneer in the Field of Echocardiography" by the Uruguayan Society of Cardiology, Millennium Award from the Association of Physicians of India, "Echocardiographer of the Millennium" by the Argentinean Society of Cardiology, Columbian Society of Cardiology and the Government of the United Arab Emirates and the Emirates Society of Cardiology, Life Time Achievement Award from the Government of India, Navin C. Nanda Young Investigator Award to be given annually by the Cardiological Society of India, "Dr. Navin C. Nanda National Institute of Echocardiography and Cardiovas-cular Research", Delhi, India, "Navin Nanda Echocardiography Laboratories", Andhra Pradesh, India, the 2006 Ellis Island Medal of Honor, Citizen of Rome by the Mayor of Rome, the 2007 Andreas R. Grüntzig Award by the Swiss Society of Cardiology, and "Father of Echocardiography Award" by the President of India and the Emirates Cardiac Society,

He has almost 1000 publications to his credit including 13 books and video textbooks and has given over 1000 lectures, presentations and Visiting Professorships in USA and abroad.

Dr. Nanda is a Fellow of the American College of Cardiology, the Council of Clinical Cardiology of the American Heart Association, the Society of Geriatric Cardiology, both the American and International Colleges of Angiology and the International Academy of Cardiovascular Sciences.

AWARDS

Joint Session of the Cardiovascular Club of the Southern Society for Clinical Investigation and International Academy of Cardiovascular Sciences/ North America

WINNERS OF THE YOUNG CLINICIAN SCIENTIST AWARD COMPETITION



The Young Clinician Scientist Award co-winners (from left) M. Gandhi and F. Hage appear with Patrice Delafontaine

MS Gandhi, PA Deshmukh, G Kamalov, T Zhao, M Zhao, JR Tichy, SK Bhattacharya, RA Ahokas, Y Sun, IC Gerling and KT Weber, Memphis, TN. University of Tennessee Health Science Center

"Zinc Dyshomeostasis in Rats With Chronic Aldosteronism. Response to Zinc Supplement"

F Hage, S Oparil, W Feng, D Xing, Y Zhang, M McCrory, Y Chen and A Szalai, B'ham, AL. University of Alabama at Birmingham "C-Reactive Protein Drives Inflammatory Mediator Expression in Acute Vascular Injury"

WINNER OF THE BASIC SCIENCE AWARD COMPETITION



The Basic Science Award winner D. Xing (left) with Jawahar Mehta

"Estrogen Inhibits NF-Kb P65 Binding to the Promoters of Inflammatory Genes in Vascular Smooth Muscle Cells" D Xing, S Nozell, Y Chen and S Oparil, Birmingham, AL. University of Alabama at Birmingham

ADVANCES IN HEART HEALTH

The Egyptian Cardiovascular Prevention Program

_ by M. Mohsen Ibrahim, Cairo , Egypt

Atherosclerotic cardiovascular diseases have emerged as the leading cause of morbidity and mortality in many parts of the world. Globally, the two leading causes of death are coronary heart disease and stroke being responsible for more than 13 million deaths. The pattern will probably be unchanged in 2020, with coronary heart disease and stroke remaining the two leading causes of death and of disability. Cardiovascular disease is not just a disease of developed economies; it is also becoming pandemic in developing countries. The increasing incidence of atherosclerotic cardiovascular disease in the developing countries is due to a number of factors including increase in average life expectancy, urbanization and high risk factors levels (such as obesity, diabetes, dyslipidemia, hypertension and cigarette smoking). The increase in average life expectancy following control of infections and nutritional disorders and improvement of health care results in aging of the population. This has been observed in industrial and third world countries. In Egypt, the life expectancy has increased by more than 30% in the past four decades. Aging is associated with increasing rates of hypertension, diabetes and atherosclerotic vascular disease.

BACKGROUND

Health Profile of Egyptians

The health profile of Egyptians is changing. Cardiovascular disease are now considered the most common cause of disability, morbidity and mortality. According to the Ministry of Health (MOH) and World Health Organization (WHO) Regional office report(1), there is an increased prevalence of coronary heart disease, stroke, end stage renal disease and heart failure in the Egyptian population. These conditions are now responsible for about 50% of the deaths in this nation. An increase in hospital admission because CHD from 6.9% in 1981 to 32.9% in 1996 was observed at cardiac department- Cairo University (Ibrahim MM, unpublished data). According to the INTERHEART Study2, the median age of presentation for myocardial infarction is the youngest in Middle Eastern countries with 11.2% of patients younger than 40 years.

In Egypt, there has been a thirty fold increase in government spending for medical care within the last 20 years. These costs are being driven by procedures for coronary artery intervention, bypass grafting surgery, and dialysis program. The average cost for hospitalization and treatment of a heart attack (myocardial infarction) in Egypt equals double the annual income of a middle class Egyptian(3).

Data from Egyptian National Hypertension Project (NHP) show high prevalence rates of a number of modifiable cardiovascular risk factors, namely, hypertension, obesity, diabetes and cigarette smoking among Egyptians(4).

Cardiovascular Prevention Programs

Prevention programs showed that small changes in lifestyle can protect against CHD. There was a significant decline in CHD death rates between the years 1988-1998 reaching 29% in USA and 46% in Denmark. Cardiovascular mortality could be reduced by 60% through continued reduction of established personal risks and habits such as cigarette smoking, high blood pressure, high blood cholesterol, and physical inactivity(5, 6). Cigarette smoking alone doubles the risk of heart disease. Persons with uncontrolled hypertension have three to four times the risk of developing cardiovascular heart disease as do individuals with controlled or normal blood pressure. All these risk factors are modifiable and are amenable to correction.

THE EGYPTIAN PROGRAM

A multicomponent cardiovascular prevention program is needed in order to halt the epidemic of atherosclerotic cardiovascular disease in Egypt. The program was designed and executed by the Egyptian Hypertension Society. Activities started in May 2005, and were funded by drug industry (sanofi-aventis) and are expected to continue till the end of 2009. The following goals were achieved:

- A written document outlining guidelines for prevention of atherosclerotic cardiovascular disease in Egypt and developing countries. The Egyptian guidelines will tailor the available recently published international guidelines to demographic, cultural, social and economic Egyptian profile. Guidelines are of limited or no value unless they are implemented in the community. The Egyptian guidelines are present on the EHS website: www.ehs-egypt.net. The following are the main features of the Egyptian Guidelines:
 - 1. Lifestyle change, public awareness and education received high priority.
 - 2. Dietary approaches were stressed and given more space because of the affordable healthy foods in Egyptian environment.
 - 3. Community and public health prevention strategies were reinforced and outlined whenever possible while addressing lifestyle and major risk factors modifications.
 - 4. Thresholds for initiation of pharmacologic therapy and targets of risk factors levels were higher than those reported in Americans or European guidelines. We realize that this may not be a scientific approach, yet there is no point in designing guidelines that are not applicable and not affordable to the majority of the population. There is strong evidence that some lowering in blood pressure is better than no change; similarly even small reduction in plasma LDL-C can be beneficial. At both the individual level and health care system, the long-term prescription of expensive drugs is doomed to fail. Discontinuation of drug therapy and lack of compliance are very common and a main reason is the cost.
 - 5. Risk assessment was based on the number of risk factors and presence of established atherosclerotic cardiovascular disease. Charts, tables and risk scoring systems were not tested in the Egyptian population and the majority of physicians are not familiar or aware of them.
 - 6. High prevalence rates of hypertension, obesity, cigarette smoking and diabetes among Egyptians dictated a more detailed discussion of these risk factors in the guidelines.
- A survey was done on 781 Egyptian physicians in order to identify Egyptian physician knowledge and attitudes regarding assessment of cardiovascular risk and approaches to prevention of atherosclerotic cardiovascular disease. The survey was conducted at the time of Physician Educating Program in 7 Egyptian governorates (Cairo, Alexandria, Giza, Port Said, Menia, Luxor and Fayoum) during the period 2006-2009 in form of closed-end 30 questions. The questions addressed the following topics; risk factors, obesity, tobacco, dyslipidemia, hypertension, risk assessment, nutrition and diet and prevention. The data collected during the survey is being analyzed.

- A national physician education program for prevention of ASO cardiovascular disease based upon Egyptian guidelines was developed. The two-day education course covered areas such as assessment of cardiovascular risk, basics of nutrition and food constituents, cigarette smoking, obesity and weight control, hypertension, dyslipidemia, diabetes, drugs for cardiovascular prevention and interactive case studies. During the years 2006-2008, fifteen educational courses were held throughout Egypt.
- Public education and awareness campaign started in parallel with physician education program. The goal was to increase public awareness with healthy life style and that heart attacks could be prevented. Approaches for public education included mass media, printed materials, groups meetings and direct education in community, social, sports clubs and worksites and school programs. An important component of the public awareness campaign is "Know Your Number". Individuals are shown areas of low and high cardiovascular risk based upon the levels of blood pressure, lipids, blood sugar, waist circumference, body mass index, fruits and vegetables intake, physical activity, presence of diabetes and cigarette smoking. "Know Your Number" will increase public awareness of cardiovascular risk factors and encourage individuals to check their blood pressure, blood sugar and lipid profile and try to achieve the ideal healthy numbers.

The impact of the Egyptian program on improving the cardiovascular risk profile of Egyptians and its effect on morbidity and mortality is not known. A long term prospective study on a cohort of the population is needed. Egypt has had successful public education campaigns with childhood hydration, and childhood vaccination programs which have reduced infant mortality and there is every reason to expect that the Prevention project will be equally successful in reducing death and disability in Egypt.

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PEOPLE AND PLACES Joint Annual Meeting of IACS - ISHR, India



by Suresh K. Gupta, New Delhi, India

The Joint Annual Meeting of the International Academy of Cardiovascular Sciences and International Society for Heart Research (Indian Sections) was held at Surat under the Chairmanship of Dr Shailendra Vajpeyee, Dean of the Government Medical College Surat, the conference was inaugurated by the Mayor of Surat who welcomed the conference delegates in a big way. Dr Nirmal K. Ganguly, Advisory of the Ministry of Health and Family Welfare,

Government of India, distinguished fellow Department of Biotechnology and Former, Director General of Indian Council of Medical Research; Government of India was guest of honour. The keynote address was given by Prof. Naranjan S. Dhalla, Distinguish Professor and Executive Director of the International Academy of Cardiovascular Sciences, Winnipeg, Canada. Dr P. K. Singal, Director & Professor, Institute of Cardiovascular Sciences gave the prestige wahi oration on "Understanding the Heart Failure". Dr Singal was awarded a cash prize and order of merit by the society. One of the special highlights of the conference was a special talk by A. Pandey on the Spirits of Sciences- "Paradigmal Challenges on the 21st Century".

A large number of distinguished speakers which included Dr Deepak Das (U S A), Dr O. N. Tripathi, Dr R. Singh, Dr R. Wegman (France), Dr Sukhinder Kaur, Dr Ramesh Goyal, Dr Nilanjana Maulik (U S A) and Shalindera Vajpayee gave special lectures on conference topics which included role of oxidative stress in Sub-cellular remodeling and Cardiac disfunction in chronic diabetes, Effect of nutrients and neutraceuticals on Genetic Expressions. In order to encourage young investigators two award sessions Nirmal K Ganguly Award for Clinical Research and Naranjan Dhalla Award for Basic sessions were organized. Numbers of oral and poster presentations were made by the invited speakers and awards were distributed by Pawan Singal and Naranjan Dhalla for the winners. Overall conference was attended by 300 delegates from India and abroad. There were about 60 abstract and 40 oral presentations during the conference.

Excellent social events were organized on both on 13th and 14th December, 2008, in the beautiful settings of Surat which included the dance by the professionals which was highly appreciated by the delegates. Outstanding contribution of Prof Vajpayee was highly appreciated by and those who are present during the conference. The meeting came to a close by vote of thanks to the organization team, volunteers and staff of the college.

PEOPLE AND PLACES

"Translational Research in Cardiovascular Medicine: From Bench to Bedside and Vice-Versa''_____ by R. Balaraman, Baroda, India



Dr. Ramesh K. Goyal, Vice chancellor, M.S.University of Baroda, Delivering the inagural address; (L-R) Dr. R. Balaraman, Organising Secretary, Head of Pharmacy depatment, M.S.University of Baroda; Prof. SM Joshi, Pro Vice chancellor, M.S.University of Baroda; Dr. Mrunalini Devi Paur, Chancellor, M.S.University of Baroda; Prof. Naranjan S. Dhalla, Executive Director, I A C S; Dr. Jain, Organizing Secretary

A Symposium on, "Translational Research in Cardiovascular Medicine: From Bench to Bedside and Vice-Versa" was held on 11th December, 2008, at the I. G. Patel Seminar Hall of the Maharaja Sayajirao University of Baroda, Gujarat, India. The Symposium was organized jointly by the Maharaja Sayajirao University of Baroda and International Academy of Cardiovascular Sciences (IACS).

The symposium was inaugurated by Dr. Mrunalini Devi Puar, Chancellor, M S University of Baroda, who was also the

chief guest of the symposium. Prof. Ramesh K. Goyal, Patron of the symposium; Dr. R. Balaraman and Dr. Adeesh Jain, Organizing Secretaries; and many other dignitaries like Dr. O. D. Gulati, Dr. Naranjan S. Dhalla, Dr. Pawan Singal, Dr. Girish Vaishnav, Dr. Jayshee Mehta and Dr. Virendra Chauhan were present to grace the event. The symposium saw active participation of delegates from across India and the globe. The delegates included International speakers, national researchers, academicians, faculty members, doctorate students and enthusiastic post graduate students.

Four scientific sessions were organized in which about 14 speakers presented their talks on a battery of topics on the subject of the symposium like- Dr. N. S. Dhalla - Experimental evidence for the potential use of some Anti-Platelet Agents in Congestive Heart Failure; Dr. Pawan Singal - Cytokine imbalance, Oxidative stress and Heart Failure; Dr. Deepak K. Das - Functional recovery of Diabetic Rat Hearts by Glutaredoxin-1 Gene therapy: Role of Akt-foxo; Dr. Nilanjana Maulik - Glycogen Syntahse Kinase-3 beta/beta-catenin Axis promotes myocardial angiogenesis: Role of VEGF; Dr. Anil Jain - Treating Ischemic Heart Failure by changing the mechanisms of the left Ventricle; Dr. D. K. Agrawal - Vein Graft disease: Why is the internal mammary Artery almost Immune to Restenosis?; Dr. Madhu Anand Srivastava - Implication of vasoactive peptide induced Growth Factor Receptor Transactivation in enhanced proliferation of vascular smooth muscle cells of Spontaneously Hypertensive Rats; Dr. Belma Turan - Intracellular zinc homeostasis brings new insights into cardiac excitation-contraction coupling in normal and diabetic rats; Dr. Ashok Srivastava - Contribution of IGF-1 receptor transactivation in vasoactive peptide and ROS induced responses in vascular smooth muscle cells; Dr. Sukhinder Kaur Cheema - Nutritional influences on cardiovascular disease: Why focus on prevention?; Dr. C. C. Kartha - A porcine model to evaluate efficacy of cardiac stem cells in Myocardial Ischemia.

It was unanimously decided to invite I A C S to have the 4th World Congress of IACS in Vadodara, India during the second week of January 2011.



At the 2nd Annual Symposium of International Society for Cardiovascular Translational Research in San Diego, Feb. 27, 2009, the Academy's President Sir Magdi Yacoub delivered the keynote address "Crystal Ball: The Future of Cardiovascular Medicine" [which we hope to have online soon] and he was presented with The Schwarzenegger Scientific Award for Advancement of Cardiovascular Research" - Magdi Yacoub and ISCTR President Nabil Dib shown at Hotel Del Coronado, site of the conference. On Feb 28, Academy Fellow Robert Roberts delivered the principal address "Personalized Medicine"



PEOPLE AND PLACES

International Symposium on Recent Advances in Cardiovascular Sciences - Global Conference on Heart Diseases _____ by Suresh K. Gupta, New Delhi, India



Third International Symposium on Recent Advances in Cardiovascular Sciences was organized at DIPSAR under the aegis of ISHR (India Section), IACS (India Section), Govt. of NCT Delhi and IPS (Delhi Branch) on 17th December, 2008. The event was held at the auditorium of the institute. Cardiovascular science is an exciting area of research with particular reference to drug discovery and development and is seeing new developments everyday. The symposium was attended by noted scientists from India, USA, UK, Canada, The Netherlands and many other parts of the world who participated in the scientific and academic exercises. More than 300 scientists/professionals from academia , industry and regulatory bodies from all over the country as well as from abroad, participated in this meeting and discussed in great detail the drug discover and development program with focus on heart diseases.

The symposium witnessed deliberations on topics of current research and interest including current scenario of coronary artery disease in India, Genetic reprogramming during myocardial ischemia and angiogenesis, Life style and dietary modifications in heart disease.

Dr. Naranjan S. Dhalla from University of Manitoba, Winnipeg, Canada delivered a lecture on the topic – "Regulation of intracellular calcium in the ischemic heart disease". He discussed about various antioxidants responsible to attenuate the I/R-induced remodeling of subcellular organelles, development of Ca2+-overload and cardiac abnormalities.

Prof.S.S.Agrawal, Director, DIPSAR, delivered a valuable lecture on the upcoming topic "Transdermal Drug Delivery of Anti-Hypertensive Agents".

Dr. L. M. Popescu from University of Medicine and Pharmacy, Bucharest, Romania focussed on a topic "Interstitial Cajal-like cells (ICLC/Popescu's cells) in myocardium: players in cardiac structure/ functions and regeneration". He pointed out very novel and important observation of the existence of a new type of interstitial cell in human myocardial sleeves of pulmonary veins: interstitial Cajal like cell (ICLC).

'Carotid Artery Disease: Why Some People Are Symptomatic and Others Not?' was discussed by Dr. Devendra K. Agrawal, from Creighton University School of Medicine, Omaha, NE, USA.

Prof. (Dr.) H.H.Siddiqui, Former Professor of Pharmacology, AIIMS, New Delhi discussed about 'Avicenna's Tract on Cardiac Drugs'. He discussed about Avicenna, the prince of physicians and a giant in pharmacology and also about his famous book 'Canon of Medicine'.

Dr. Shailendra K. Vajpeyee, Govt. Medical College and New Civil Hospital, Surat, India had a talk about 'Ignoring life-style modifications is bound to undermine the benefits of drug therapy in cardiovascular disorders and diabetes'.

Dr. Mohammad Fahim, Department of Physiology, Vallabhbhai Patel Chest Institute, University of Delhi had a presentation on topic 'Exposure to hypoxia increases pulmonary arterial pressure in anesthetized rats and alters isolated airway smooth muscle responsiveness in guinea pig'.

Apart from these, many more international and national scientists like Dr.S.Murthy, Dr.Dipak Das, Dr. K.K.Agarwal, Dr.S.K.Cheema also participated in the symposium and delivered lecture.

In the Poster Session, 23 posters including on the spot entry were displayed. The posters were evaluated by the panel of eminent judges Dr. Shailendra K. Vajpeyee, Dr. S. Dwivedi and Dr. B. P. Srinivasan. The first award was given to Mr. Ashish Kumar Sharma, DIPSAR. Second prize was shared by two participants Mr. Dehghani Ali, University College of Medical Sciences, University of Delhi and Dr. Anwarul Haque Siddiqui, Department of Pharmaceutical Chemistry, Hamdard University. The third prize was again shared by two participants Mr. DIPSAR and Virender P Singh Rathod, Department of Pharmacology, Faculty of Pharmacy, Jamia Hamdard University.

ADVANCES IN HEART HEALTH

W.A.S.H. OR C.A.S.H.: A Bulgarian message for World Salt Awareness Week (2 – 8 February, 2009)

_ by George N. Chaldakov, Varna, Bulgaria



"Think globally, act locally" René Dubos (1901-1982)

In February 2008 Dr Steven Feinstein from Rush University Medical Center, Chicago, IL, USA wrote in the *PREFACE* of his book *NON-INVASIVE SURROGATE MARKERS OF ATHEROSCLEROSIS* that:

"An aging, overweight, sedentary baby boomer population is under siege. Approximately 58 million people die from cardiovascular diseases each year, nearly 1.2 million from heart attacks and 700,000 from strokes in the United States alone."

I would like to added that nearly 70,000 people die from cardiovascular diseases each year in a country of

less than 8 million population like Bulgaria, as also alarmed in our paper Homo obesus Bulgaricus published in CV Network Online, volume 6 (3), 2007.

Indeed, through strokes and myocardial infarctions, the high blood pressure (hypertension) is one of the biggest cause of death worldwide. According to the calculations of the World Hypertension League, if salt intake is reduced by half it would save approximately 2.5 million people a year dying unnecessarily of strokes, myocardial infarctions and chronic kidney diseases worldwide.

World Action on Salt and Health (WASH) (www.worldactiononsalt.com) and Consensus Action on Salt and Health (CASH) are global organizations with the mission to improve the health of populations throughout the world by achieving a reduction in salt intake. WASH's membership includes 80 countries, Bulgaria being represented by the Bulgarian Society for Cell Biology, the Varna Direction of Public Health and the Medical University of Varna.

World Salt Awareness Week (2 – 8 February 2009) initiated by WASH was organized in 28 countries including Bulgaria, particularly city of Varna. While the Week's major message was "Salt and eating out", here we focused on "Salt and eating in and out", thus urging people to ask for less salt in their food eaten both at homes and restaurants. We also encouraged the food industry to reduce the amount of salt it adds to foods, also chefs in restaurants to add less salt to their food as they cook. And advised them to read Morgan Spurlock's book Don't eat this book. Fast food and the supersizing of America and watch his documentary movie Super size me (where the animation is made by Bulgarian-American artist Svilen Dimitrov).

"Add less salt during the cooking stage and let people add more at the table if they want to. After all, no cook would dream of adding sugar to someone's coffee or tea without asking them – why don't they give people the same chance when it comes to salt?", says Katharine Jenner, WASH Coordinator.

Accordingly, World Kidney Day will take place on 12 March, 2009, and World Hypertension Day on 17 May, 2009, the latter focusing on "Salt and High Blood Pressure: Two Silent Killers".

At the level of the causal link between high salt intake and high blood pressure, the world-famous monologue "To be or not to be, that is the question" in William Shakespeare's Hamlet (Act III, Sc. I) can be expressed as: "WASH or CASH, that is the question." Meaning: to "wash" the excessive amount of salt circulating and stored in our bodies or to "cash" (pay) with an increasing mortality from stokes and myocardial infarctions. Ultimately, we must "take arms against a sea of troubles" derived from high salt intake-high blood pressure paradigm!

Epilogue

"Carthago delenda est!" (Carthagen must be destroyed!), used to say Marcus Porcius Cato the Elder (234-149 BC). Indeed, that was happened in 146 BC. It was said that Romans covered Carthagen's land with salt, to stop growing of any plants there. Traditionally, the Bulgarian food is "covered" with salt, hence we are the sadly champions in stroke mortality worldwide. The collaborative efforts of physicians, biomedical scientists, state, and media are an urgent task in Bulgaria. The nation to at long last smile more optimistically. And healthy!

Editor's note: Online from the Globe and Mail, I read the following – "A coalition of powerful health groups is calling on Canadians to drastically slash their salt intake, saying that doing so would reduce the incidence of heart disease and stroke by a whopping one-third. The National Sodium Policy statement, issued on October 25, 2007, calls for sharp reductions in the sodium content of processed foods and fast foods (either voluntary or enforced by regulation), better labelling of packaged foods and an education campaign to persuade Canadians to abandon their salt shakers. "It's been said that reducing dietary sodium could result in the biggest improvement in public health since clean water and drains," said Senator Wilbert Keon [2007 Academy Medal of Merit recipient and our Fellow], a renowned cardiologist who praised the new initiative as far-reaching. 'Canadians consume twice as much salt as is healthy and the result is an epidemic of high blood pressure and heart disease,' he said. About five million Canadians have high blood pressure and excess salt is one of the principal causes. The coalition of 17 groups, which includes the Heart and Stroke Foundation, Canadian Medical Association, Canadian Nurses Association and Canadian Pharmacists Association, among others, said its goal is to see daily salt consumption of individuals fall to between 1,200 and 1,500 milligrams a day by 2020. Canadians consume, on average, 3,092 mg of sodium daily, according to Statistics Canada. Men ingest markedly more sodium than women - 4,100 mg a day, compared with 2,900 mg."

REMEMBERING SOMEONE SPECIAL

Academy Fellow Philip Poole-Wilson died unexpectedly in London



Dr Philip Poole-Wilson

Dr Philip Poole-Wilson, an expert on heart failure and coronary heart disease prevention across the globe, collapsed and died on his way to deliver a lecture to students on March 4, from a suspected MI.

A man of many talents and admired by many, Poole-Wilson considered cardiovascular medicine his passion and said in a recent interview with Circulation [1]: "I am unbelievably fortunate that my work is my hobby." He was a month short of his 66th birthday when he died. He had retired only six months ago, although he was still working as an honorary consultant at Imperial College three days a week and continuing with many other projects. Although it is difficult to pick out career highlights, among his greatest achievements were: his pioneering work in bringing heart failure out of the closet; being one of the founders of the European Society of Cardiology (ESC) as it is today; his basic research; and his involvement with the World Heart Federation (WHF). He was a past president of the WHF (2003-2005) and of the ESC (1994-1996) and the founding chair of the British Society for Heart Failure.

As well as his clinical and research appointments, Poole-Wilson was on the editorial board of numerous international and UK medical journals, was an elite reviewer for the Journal of the American College of Cardiology, had written many textbooks, had more than 500 publications listed in PubMed, and had won several awards during his career.

On behalf of the Academy, Dr. Naranjan Dhalla wrote to Mrs. Mary Poole-Wilson "It is with great sadness that I have learned of the sudden passing of Prof. Philip Poole-Wilson. Indeed he was a great

man of cardiovascular medicine and I know his vision and achievements will be remembered for a long time. Please accept my deepest condolences and I hope God will give you and your family the strength to bear this loss"

Tributes have poured in. Long-time colleague and friend and current chair of the British Society for Heart Failure, Dr Martin Cowie (Imperial College London, UK), said that Poole-Wilson's work encompassed many disciplines and had a global reach: "His philosophy about life in general was that everyone should work together for the greater good. He was successful at nearly anything he turned his hand to, he put his whole force of personality—which was considerable—into it, and he either did a thing properly or not at all."

Poole-Wilson was also British Heart Foundation Simon Marks professor of cardiology until the end of last year. A statement from the British Heart Foundation said: "Prof. Philip Poole-Wilson was one of the world's leading cardiologists, and his untimely death will be felt far beyond London and the UK. He was the perfect exemplar of a clinician scientist [who] still had a lot to offer and will be sorely missed."

Cowie said "Poole-Wilson was one of the first in Europe to focus on heart failure as a discipline and raise attention to it, and he was always making sure that HF had a profile at ESC. He could be considered the 'father of heart failure' across Europe and even across the world. as a global ambassador for heart disease. It is largely thanks to his efforts—over many years—to raise the profile of heart failure that it is no longer considered the Cinderella of cardiology."

Among a number of things Poole-Wilson said he was most proud of was the part he played in introducing the six-minute-walk test for the assessment of heart failure. He published an article proposing this in 1986, around the same time as another group in Canada was suggesting a similar approach. "We both copied ideas from the lung doctors, but the test is now worldwide, and that is what matters," he told Circulation in a recent interview [1].

"His research has had a major impact on our understanding of heart failure and its treatment, and he was responsible for raising the standard of care for patients with heart disease through his leadership of organizations such as the ESC and the WHF," the British Heart Foundation said.

Cowie said Poole-Wilson was "particularly enthusiastic in recent years about his work with the WHF and helping developing countries. "One-third of the world dies of heart disease, and 80% of these deaths are in developing countries," Poole-Wilson told Circulation. "We need to touch the consciences of the ESC and the AHA—which are 10 times richer than the WHF. But attitudes are slowly changing for the better."

Poole-Wilson was also a brilliant mentor, said Cowie. "He was particularly good at encouraging young, bright people, particularly if they found it hard going—he would take them under his wing and support them. There are many, many professors of cardiology across the world who were very fond of him and always found him very supportive. He was always good at helping people make the right decision in their careers."

Poole-Wilson was passionate about basic research and had built up a strong department at Imperial College, "and he encouraged them all at a time when it was very difficult to do that," Cowie noted "His penchant for basic research was likely formed during his early undergraduate years. The son of a doctor, he first opted to study natural sciences at Cambridge University, and it was



IACS 3rd World Congress Copenhagen, Denmark June 18 and 19, 2009

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We request your participation in the Congress as it will be an outstanding opportunity to share knowledge and build your networks. We hope you will also encourage your students, fellows and colleagues to register and submit abstracts for poster presentations for our Congress. there that he had his first taste of physiology, having never even studied biology previously." "I decided a career in pure physiology might be difficult and switched to medicine, [but] I have spent my entire medical career going back into physiology," Poole-Wilson told Circulation. And he believed that it was those early years studying math and physics at Cambridge that helped him "immensely" with the understanding of blood flow and hemodynamics.

Dr Salim Yusuf (McMaster University, Hamilton, ON) wrote: "In his later years, he got involved in clinical trials, but his best work was his basic-science contributions in his early days." Yusuf also said that Poole-Wilson could be, like many academics, "argumentative [and] strong-minded and stood his ground. He certainly had a view and perspective that was refreshing, often insightful, but sometimes plain wrong." Poole-Wilson would not have disagreed. In the interview with Circulation, he admitted: "I am little argumentative by nature and wallow in the joy of debate, believing that scientific argument is best resolved by challenge." "He will be missed much," said Yusuf, "His debating style was unique, and he could get across difficult points with ease. He was an iconoclast and a good thinker and pushed others to think out of the box."

Cowie said Poole-Wilson was also "well liked by his patients. Following his retirement last year, the person who took over his clinic was still getting letters from patients saying, 'I've seen him for 20 years, could you pass this on.' They will all be upset that he has died so suddenly." Poole-Wilson's assistant at Imperial College for more than 10 years, Cathy Ambrose, said: "I am deeply saddened. It was a privilege to work for him, because he was a gentleman who cared for his patients and his science. He was just a great guy, a delight to work for. It just seems a cruel blow that he spent his working life caring for patients with hearts that didn't work properly and trying to prevent [them] from falling into that trap and then—to the best of my knowledge—he had a heart attack and just died".

Yusuf said Poole-Wilson "was always good company [with] a good sense of humor... I had the opportunity to have many social and scientific interactions with him ... most enjoyable and stimulating."

Current ESC president Dr Roberto Ferrari (University of Ferrara, Italy) and past president Dr Kim Fox (Brompton Hospital, London, UK) said in a statement: "Philip was most importantly a great personal friend of ours. [He] concerned himself most especially in teaching and training the young and was an inspiration to a whole generation of young cardiologists. Our thoughts are with his wife Mary and their children. [2]"

He is survived by his wife, Mary, two sons, William and Michael, and his daughter, Oenone.

Sources

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REMEMBERING SOMEONE SPECIAL

A Tribute to Dr. Manjeet Singh: An Excellent Teacher, a Great Mentor and a Leader for Developing Pharmacy Education in India



Dr. Manjeet Singh, a Fellow of the International Academy of Cardiovascular Sciences

by Harjot K. Saini-Chohan Winnipeg, Canada

It was a very sad day when I opened my email indicating that Dr. Manjeet Singh (Professor and Head, Department of Pharmaceutical Sciences and Drug Research, Punjabi University, Patiala, India from 1994-2006) passed away at PGI Chandigarh on March 30th, 2009 due to complications of diabetes. He was born on April 18, 1946 in Manak Majra (a small village near Chandigarh) and known as "Quila Wala Sardar" (a wealthy Sikh whose mansion was on the top of a hill). It was my pleasure to be his student from 1995-2002 during my B. Pharmacy and M. Pharmacy (Pharmacology) studies at the Punjabi University. I still remember the incidence when I went to the Panjab University, Chandigarh, for an interview to get admission into the Masters Program. The expert panel asked me "Which subject do you like the most?" I answered "Pharmacology" and they said "Why you want to study here, go to your home University as nobody can teach pharmacology better than Dr Manjeet Singh". As I stepped into my professional career, I realized the basics of pharmacology were quite clear to me because of this great teacher, Dr. Manjeet Singh. His style of teaching was quite different. Although he had 34 years of experience in his field, he would begin every class as though his students knew more

than him but after 5 minutes, he would ask a question. It was quite scary at the beginning but many times he would repeat the same question in a different way until we were no longer intimidated by the complex interactions of drugs in pharmacology as well as their toxicological consequences. Indeed, he was an excellent teacher and a great mentor.

During my studies, I didn't see his struggle with the disease named "Diabetes" as he never took a day off from his work. I saw a tremendous amount of energy in him and his determination to complete all the tasks was phenomenal. He was very open to implement new ways of research and teaching in Pharmacy schools in India and in fact, he was the force behind establishing the Department of Pharmaceutical Sciences and Drug Research at Punjabi University as one of the best Institutes of Pharmacy in India. He was actively involved in research and published more than 100 articles in national and international peer-reviewed journals. He supervised more than 70 Masters and PhD Students. He was the secretary for International Society of Heart Research (Indian Section) from 1994-1999 and served as a Council Member of the India Section of the Academy of Cardiovascular Sciences. He organized the Multi-faculty Millennium Event on Cardiomyopathy and Heart Failure: Pathogenesis and Prevention in 1999 and chaired the International Conference of Pathophysiology and Drug Therapy of Cardiovascular Disorders organized at the Punjabi University in 2001. Since 2002, he was a Fellow of the International Academy of Cardiovascular Sciences. He was the Dean of Life Sciences (2003-2005), Dean of Medicine (2005-2006) as well as the Dean of Research (2006) in



Dr. Manjeet Singh with his son, Dr. Amitoz Singh Baidwan and his wife, Dr. Raminder Kaur

Punjabi University. He received several prestigious awards (Achari Prize, Uvnas Prize and Gulati Prize) from the Indian Pharmacology Society. In 2004, he received the Naranjan Dhalla Oration Award, established by Indian Pharmacological Society, for his contributions in Cardiovascular Health. In 2006, he was elected as the Fellow of Indian Pharmacological Society and completed his term as President of this Society in December, 2008. He never stopped working to achieve in his professional career and was currently Professor in Pharmacology and Director of Academics at the ISF College of Pharmacy in Moga, Punjab, India.

In 2006, I heard he was fighting Diabetes which was beginning to overpower him. I believe this disease has taken an excellent teacher and a great leader from all of us and created an emptiness that will be very difficult to fill. I hope his guidance will enshrine our paths and we will become good examples for our students. He is survived by his wife, Dr. Raminder Kaur and son, Dr. Amitoz Singh Baidwan. On behalf of the Pharmacy Students of Punjabi University Patiala, India, I wish to indicate that we will miss you "Head Sir", as we used to fondly address him.



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