



Conference Newsletter - 1

Day-1, 11th January, 2008 (Friday)

Editor Board

Dr. Keyur Parikh
(*Conference Chairman*)
Dr. Joyal Shah

Chair Scientific Committee

Dr. Milan Chag

Contributors

CARDIOLOGISTS

Dr. Urmil Shah
Dr. Hemang Baxi
Dr. Anish Chandrana
Dr. Ajay Naik
Dr. Gunvant Patel
Dr. Satya Gupta

CARDIAC SURGEONS

Dr. Anil Jain
Dr. Srinivas Mallya
Dr. Vishal Gupta
Dr. Bharat Trivedi
Dr. Dhiren Shah
Dr. Rajan Modi

CARDIAC ANAESTHETISTS & INTENSIVISTS

Dr. Naman Shastri
Dr. Chirag Mehta
Dr. Kalpana Jain
Dr. Niren Bhavsar
Dr. Satish Patel
Dr. (Mrs.) Urmi Shah

CARDIOLOGY FELLOWS

Dr. Mihir Tanna
Dr. Ravi Singhvie
Dr. Jayesh Bhanushali

The Journey Continues

The 2008 conference is proud to make further progress in its endeavour to enhance both knowledge and practice, in the evergrowing field of cardiology. This conference desires to take stock of the progress made so far and look into the future to project the possible developments in the field.

Growing together : Magnificent Eight



One might have noticed that the traditional one man show is no longer relevant, with the increasingly complex medical situations of today. Happily enough, Dr. Keyur Parikh & Dr. Milan Chag, along with Dr. Gunvant Patel, Dr. Hemang Baxi, Dr. Urmil Shah, Dr. Anish Chandarana, Dr. Ajay Naik & Dr. Satya Gupta thought of bringing a number of like-minded specialists, with various shades of medical specialties together and forge them into a harmonious group so that what looked nearly impossible almost a decade ago, has now become a reality. A whole medical squad is ready to tackle any complex health problem with the least waste of time and energy. There is a total treatment available now and hence there are greater possibilities of saving life and reversing potentially fatal situations. They have done a seminal job of bringing the specialists together so that, together they are able to harvest health. It is legitimately hoped that the group is going to be an embodiment of an institution of the future.

Master Cardiologist Dr. Milan Chag

Talking on - A journey of A to Z trials from 2007 and A to Z of Oil, Ghee, Cheese, Butter, Cholesterol and Atherosclerosis.

Dr. Milan Chag, it seems has taken the entire province of cardiology as his legitimate space. He is interested in a just born child's heart as much as in an aging one. This vast perspective scorns petty sections of specialty and treats the heart in a holistic way.

He knows what a heart is from the beginning to the end. His graceful and self-effacing personality has contributed enormously to his unquestionable competence as a rare cardiologist. An accomplished Interventional cardiologist doing thousands of procedures every year also can talk on oils, ghee, butter etc. with equal poise and expertise.



Why, How & When did Dr. Parikh switch from Evidence Based Medicine to Judgment Based Medicine !!

Today's first talk starts with a controversy as to what is better: Evidence Based Medicine or Judgment Based Medicine ?



Dr. Parikh who had pioneered Evidence Based Medicine & its implications in 1995 after his arrival from the USA, in last two decades, after the release of MASS II trials is gravitating towards Judgment Based Medicine. Let us hear him discussing the MASS II trial and its implications in his landmark talk today.

"IT IS ALMOST INCREDIBLE THAT THIS YEAR AS MANY AS 1500 DELEGATES FROM ACROSS THE GLOBE ARE TO LISTEN TO AS MANY AS 200 LECTURES COVERING THE ENTIRE CARDIO VASCULAR FIELD. IT SHOULD BE A RECORD IN ITS OWN RIGHT FOR ANY RECENT CONFERENCE"

Light of HDL: Miracle or Mirage!



Dr. Hemang Baxi will tackle the most positive issue of increasing the friendly HDL in order to prevent heart problems by taking up a hypothetical case where he would examine what could be the ideal scenario for a healthy heart. The focus is now shifted to the positive effort of strengthening the HDL content in preference to the dangerous LDL. How far we would succeed in examining the genetic advantage and disadvantage depends on how intense our efforts are in genetic medicine. Hear Dr. Baxi about Torcetrapib, its fate and its newer alternatives, a don't miss lecture which will encompass entire HDL phenomenon and its clinical implications & its usefulness in daily applications.

Strike while the iron is hot

Coronary artery disease (CAD) is the leading cause of death in India. Unstable angina (UA) and the closely related conditions, non-ST segment elevation myocardial infarction (NSTEMI) are very



common manifestations of this disease and are responsible for approximately 3 million hospitalizations in India each year. UA and NSTEMI are examples of acute coronary syndrome (ACS), which is characterized by an imbalance between myocardial oxygen supply and demand.

The most common cause is the reduced myocardial perfusion that results from coronary artery narrowing caused by a nonocclusive thrombus that has developed on a disrupted atherosclerotic plaque. UA and NSTEMI are considered to be closely related conditions whose pathogenesis and clinical presentations are similar but of differing severity; they differ primarily in whether the ischemia is severe enough to cause sufficient myocardial damage to release detectable quantities of a marker of myocardial injury.

Dr. Anish Chandarana proposes to lay down a management regime for tackling heart patients immediately on admission. Since time is of the essence especially in the cardiac conditions, one must clearly know where to place the patient immediately on admission: High, Intermediate and Low risk.

A guideline programme should always be ready with every doctor so that he can identify the degree and intensity of risk without getting into technicalities in the very first instance. Once the identification is made, more lives can be saved by appropriate medication and easily invasive strategies.

There are new thoughts on the right administration of blood - thinning medicines. Aspirin and Clopidogrel at different levels of risk would benefit the cases more effectively than the conventional approach would be able to do.

Save a divine Gift



Dr. Dhiren Shah would throw light on the problem of valves under disrepair. He would analyze the advisability of repairing a natural valve and desisting from introducing an artificial valve which would create its own insoluble problems. He would also discuss the degree of perfection that a surgeon has to have in his skill to repair a damaged valve. He would also see how a natural gift is too precious to be discarded and how it deserves to be salvaged so that the patient would function with least complications.

Heart's electricity



Dr. Thomas Peter, Dr. Ajay Naik & Dr. Maully Shah would be talking about How to deal with tricky ECGs.

It is often found that the ECGs reveal very little of the heart to a common eye. One needs a finer perception to read into the ECG deeply and come to conclusions which are often missed by a cursory reading of the ECG. A fine reading of the ECG should certainly facilitate a timely diagnosis of heart condition.



Only one day to wake up early ...

Do not miss a life time opportunity to interact with Dr. Thomas Peter and Dr. Ajay Naik on Mr. & Mrs. Arrhythmia at 7.00 am at Tagore Hall on January 12, 2008.

Satellite Symposia and Dinner

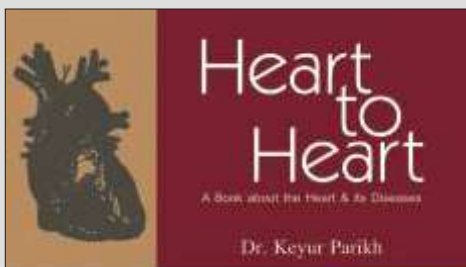
Do not miss the lectures in Satellite Symposia and take the pleasure of listening to some of the best speakers, followed by the dinner. Topics to be highlighted :

Hotel Inder Residency

- | | |
|--------------------------|------------------|
| - Sudden Cardiac Death | - Ivus |
| - Pulmonary Hypertension | - Heart Failure |
| - Advanced Trial | - Beta Blockers |
| - Neurorescue | - Rimonabant |
| - Pulmonary Embolism | - Hypertension |
| - Arteriosclerosis | - Stable Angina |
| - CT Angio | - Anti-Platelets |

Tagore Hall

- Group Practice
- Indian Scenario of Group Practice
- Medical Malpractice
- Financial Planning for Doctors
- Doctors' Investment



Special Announcement

Dr. Keyur Parikh on Saturday 12, 2008 will launch his book "Heart to Heart" in the presence of

* **Hon. Shri. Saurabh Patel**, Minister of Civil Aviation, cottage and salt industry, industry, mines, planning, finance, energy & petrochemicals, Gujarat State

* **Dr. Milan Chag** as Guest of Honor, The Heart Care Clinic, Ahmedabad, Gujarat.

The First Copy of this book was blessed by Prof. Dr. APJ Abdul Kalam on Wednesday 29th August 2007. This book explains in a layman's language everything you wanted to know about cardiology & cardiac diseases including the prevention & treatment of it.

The Chinese wall of Platelets

Dr. William Wijns, Belgium, to whom India is a favorite country, is going to take a very major role in the conference. He would begin with the toughest problem of platelets. Why are some platelets invincible and no medications really help to dissipate them? What do we do when we are confronted with such stubborn stuff?



He would also, in another lecture, explain how the CT Scan can not succeed in displacing conventional coronary angiography, as per recent experience.

What to choose ? - Dr. Urmil Shah

Recent Trials of glycoprotein (GP) IIb/IIIa inhibitors have improved our understanding of how best to use these powerful antiplatelet drugs in coronary artery disease. Previous studies provided robust evidence that these drugs are beneficial in patients undergoing percutaneous revascularization, but several important questions remained:

Do the available GP IIb/IIIa inhibitors differ in efficacy?

Are GP IIb/IIIa inhibitors effective as empiric treatment in patients with acute coronary syndromes, who do not necessarily undergo early revascularization?

When patients with acute coronary syndromes receive a GP IIb/IIIa inhibitor, is an early invasive strategy (with angiography and possibly percutaneous revascularization) more beneficial than a conservative strategy for all alike ?



Dr. Urmil Shah would analyze the problem of the use of GP IIb/IIIa inhibitors in ACS and he would make attempts to come to a viable course of action in the choice of inhibitors in different subsets of cases. There is no sole panacea to the problem of the inhibitors. The cardiologist's role is very critical in making the right choice. He would examine how a cardiologist would go about in the process. He is also going to attack one of the gravest problems in the field of cardiology, pulmonary hypertension and would make suggestions about how to diagnose and treat such grave cases.

Dr. Satya Gupta on CT Angio & Coronary Collaterals



when to choose the CT or the conventional angiography.

Dr. Satya Gupta, a radial specialist trained in France, would first give his thoughts on how important collateral circulation is in Coronary Artery Disease and see how it can be improved. He would also give a very significant analysis of the role of CT Angiography in the diagnosis of heart problems. Since it happens to be his special field, he should be better qualified to observe the merits and demerits of the procedure. He would place the role of CT and conventional angiography in order of their utility and effectiveness. He would also propose his valuable thoughts on what &

Don't Miss Important Sessions of Tomorrow

Clash of the Titans

3 Indian Americans vs An Indian Indian !!



Don't miss the hot lectures on the Peripheral Vascular Disease between Three Indian Americans, Dr. Ashit Jain (California, USA), Dr. Arvinda Nanjundappa (Maryland, USA) and Dr. Nishit Chokshi (Michigan, USA) and the sole Indian Indian Doctor, Dr. Vishal Gupta (Ahmedabad) on January 12th, afternoon session.

Heart Failure : An update 2008



Dr. Robert Jones & Dr. Anil Jain, from the two ends of the world, America and India, are going to give their perspectives on the most nagging problems of "Heart Failure" & "Surgery" on January 12th, afternoon session



The Heart Care Clinic
Care Cardiovascular Consultants