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Newsletter

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CSI-WEST BENGAL BRANCH

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EDITORIAL : FROM A PROMISING END TO A NEW HOPE



The year 2015 ended in a promising note for the Cardiological Society of India – West Bengal branch. In this land of Tagore, where it belongs to, the branch tried its best to follow the great poet's ideals to create an academic podium “where knowledge is free” and where exchange of words would transcend to exchange of ideas and thoughts. True to this spirit, the recently concluded annual update of the branch invited three international stalwarts – Prof. Roberto Ferrari, Prof. Jagat Narula and Prof. Malcolm West, who benefitted us profoundly with their lectures. The branch is also proud to host, on behalf of the central CSI, a seminar on “Creating heart-healthy homes” on the occasion of the World Heart Day. It was attended by the secretaries and presidents of other state branches as well as the central CSI executive committee members. A booklet on cardiac prevention for public education was released in English and ten major Indian languages on this occasion. This is the first time that so many CSI dignitaries assembled in their headquarters for such a noble cause. To fulfill the academic endeavour of its members the branch also brought out its own journal – Bengal Heart Journal. Thus, we are very much on our way to the world of wisdom and as the new year breaks in let us raise a toast to a new hope for further achievements.

History Created at Update In Cardiology of West Bengal Chapter 2015



DR. D. P. SINHA

This year the Update in Cardiology of West Bengal branch was held at hotel Hyatt Regency on 31st October and 1st November under the able leadership of **Dr. Dhurjati Prasad Sinha**, the Organising Secretary, and **Dr. Sukumar Ghosh**, the Scientific Chairman. For the first time in the history of update, the conference was graced by the eminent presence of three stalwarts – **Prof. Roberto Ferrari**, Ex-President of ESC, Chair of Cardiology Azienda Ospedaliero-Universitaria di Ferrara Ospedale di Cona; **Prof. Jagat Narula**, Philip J. and Harriet L. Goodhart Chair in Cardiology, Chairman, Department of Cardiology, St. Luke's & Roosevelt Hospitals at Mount Sinai, Associate Dean, Arnhold Institute for Global Health at Mount Sinai, Professor of Medicine & Radiology, Icahn School of Medicine at Mount Sinai, Director, Cardiovascular Imaging, Mount Sinai Health System, Editor-in-Chief, Journal of the American College of Cardiology- Imaging, Executive Editor, Journal of the American College of Cardiology;



DR. SUKUMAR GHOSH

and **Prof. Malcolm West**, Mayne Professor of Medicine SOM Central - Medicine - Prince Charles Hospital, Faculty of Medicine and Biomedical Sciences.

The highlights of the programme were: 9 focal point lectures by Prof. Roberto Ferrari, Prof. Jagat Narula, and Prof. Malcolm West; Diabetes and Stable angina Connundrums; Case –based sessions on congenital heart disease, heart failure, and pre-operative risk assessment; symposia on Syncope and ACS; controversies in hypertension and dyslipidemia guidelines; and a very enthralling QUIZ for fellows. This year the Presidential oration was given by **Prof. Sibananda Dutta**. **Dr. H. M. Mardikar** delivered the Juthika Memmorial Oration and **Dr. P. Mohanan** delivered the SaralaBala Kundu Memmorial Oration. President-Elect of All-India CSI, **Prof. Santanu Guha**, All-India CSI Secretary, **Dr. Mrinal Das** and Treasurer **Prof. Soumitra Kumar**, and Ex-Presidents of all-India CSI, **Dr. Amal Kumar Banerjee** and **Dr. P. K. Deb** also graced the conference as distinguished faculties. Distinguished faculties from neighbouring states – **Dr. U. C. Samal** from Bihar and **Dr. S. N. Routray** from Orissa also participated in this conference.

The conference was organized very well. It was inaugurated by the famous film personality-**Sri Soumitra Chattopadhyay**. Over 300 delegates participated in this conference and they all appreciated the scientific content and overall organization of the conference.

Clinical Meeting at Vivekananda Institute of Medical Sciences

The last clinical meeting of the year 2015 was held at Vivekananda Institute of Medical Sciences on 21st November. Four interesting clinical cases were presented in the meeting.

The first case was a pregnant lady with supra-valvular aortic stenosis who underwent uneventful caesarian section. Pre-operative risks involved and anesthetic issues were discussed. Second case was again a congenital cyanotic heart disease undergoing surgery. It was a case of Down's syndrome with endocardial cushion defect with Eisenmenger's syndrome undergoing surgery for cholelithiasis with empyema. Anesthetic issues like difficult intubation, reducing right-to-left shunt by minimizing systemic vascular resistance, and anesthetic agents of choice like ketamine were discussed. This was followed by two interesting cases on complications after permanent pacemaker implantation. One was a case of lead perforation into diaphragm (but still maintaining good threshold), and the other was development of severe tricuspid regurgitation due to impingement of pacemaker lead into the septal leaflet of the tricuspid valve. The last case was an unusual patient of mixed connective tissue disorder with pulmonary artery hypertension.

The meeting was co-ordinated by Prof. Soumitra Kumar.

WB - CSI UPDATE 2015

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USA INDIA PARTNERSHIP FOR CONGENITAL HEART DISEASE

Congenital heart disease is the most common birth defect. One in 120 children are born with a heart defect, and 90 percent of these children live where there is inadequate medical care.

Founded in 1969, Children's HeartLink is a nonprofit organization working in partnership with pediatric cardiac programs in underserved regions of the world to promote sustainable cardiac care for children with heart disease.

Children's HeartLink currently supports partner hospitals and programs in Brazil, China, India, Malaysia, Ukraine and Vietnam.

Their purpose is to assure that children around the world have access to quality care for the treatment of heart disease.

As a part of this program, a partnership has been initiated between Children's Hospitals and Clinics of Minnesota, USA and Rabindranath Tagore International Institute of Cardiac Sciences (RTIICS), Kolkata. RTIICS became a partner of Children's HeartLink in 2015, with the goal of strengthening the clinical and organizational capabilities of its pediatric cardiac program.

RTIICS, a private hospital with 550 beds, provides service to the people of the state of West Bengal where it is located and to neighboring states. RTIICS performs a large number of pediatric and adult cardiac surgeries. On an annual basis the pediatric cardiac program performs 1,200 open heart surgeries and 1,500 diagnostic and interventional procedures.

As a part of this initiative, a team of Doctors and Nurses from Children's Hospitals and Clinics of Minnesota visited RTIICS in the month of Feb-March 2015, to provide the core clinical expertise, training and mentoring during the visit.

As a continuation of this Program, Dr. Biswajit Bandyopadhyay (HOD, Pediatric Cardiology, RTIICS), Dr. M. Das (HOD, Cardiac Surgery, RTIICS), Dr. E. Rupert (Clinical Zonal Director, RTIICS) and Nursing Head visited US in Nov 2015 to observe the medical facilities being provided and to discuss the implementation of same in RTIICS, Kolkata.



As an extension of this partnership, the medical volunteer team from Children's Hospitals and Clinics of Minnesota will be visiting RTIICS in April 2016.

WORLD HEART DAY CELEBRATION 2015 : BREAKING OF A NEW DAWN

This year the Cardiological Society of India (CSI) Headquarter at Kolkata celebrated the World Heart Day on a bigger scale under the able leadership of **Dr. S. C. Kundu**.

This year two functions were organized, namely, **World Heart Day Celebration on 29th Sept 2015** at **Indian Heart House** and **Seminar on "Creating Heart-Healthy Homes"** on **4th October 2015** at **Swabhumi**. The seminar at Swabhumi was organised by the branch on behalf of the central CSI.

On 29th September a "**Walk for Heart**" started from the Indian Heart House, Kankurgachi. The walkathon was graced by the presence of eminent lyricist **Sri Pratul Mukhopadhyay** and eminent footballers namely – **Sri Manas Bhattacharya, Sri Bidesh Bose, Sri Crompton Dutta** and **Sri Krishnendu Roy**. We are proud to announce that this year we had the largest participation in walkathon so far. The walkathon was followed by an interactive session with the general population which was attended by the honourable **Vice-Chancellor of West-Bengal Health University, Dr. Bhabotosh Biswas** as the Chief Guest.

On 4th October a booklet named "**TEN COMMANDMENTS FOR CREATING HEART-HEALTHY HOMES**" was released on behalf of CSI headquarters at a function at Swabhumi. This booklet was created according to the guidelines laid down by the World Heart Federation for "creating a heart-healthy environment" and was based on our own data from the recently concluded epidemiological survey on school children – the **CRISS study**. The meeting was attended by the **presidents/secretaries of 14 state branches of CSI, All-India President, Dr. H. K. Chopra, President-elect Dr. Santanu Guha and General Secretary, Dr. Mrinal Kanti Das** of CSI and **past-presidents of All-India CSI- Dr. Amal Banerjee and Dr. P. K. Deb**. The honourable **Vice-Chancellor of West-Bengal Health University, Dr. Bhabotosh Biswas** was the **Chief Guest** and **Additional Health, Director of Non-Communicable Diseases, Union Health Ministry, Dr. Damodar Bachani** and **Joint Director of School Education, West Bengal Government Sri Abdur Rezaque** were the **Guests of Honour**. The meeting was compered by **Dr. Arunangshu Ganguly, and Dr. Saumitra Ray**.

The booklet contained precise and simple instructions for CVD prevention in **11 languages – English and 10 Indian languages (Hindi, Bengali, Ahamia, Odiya, Tamil, Telegu, Kannada, Malayalam, Marathi and Gujrati)**. This booklet will be distributed primarily among school children, who are expected to spread the message to their family and friends. In West Bengal, we are aiming to distribute the booklet among about 6 lakh school children in 12,000 schools and already got assurance from the Joint Director, School Education West Bengal for the logistic support for the project.

Also on this occasion, **Kolkata Akashvani and Dooradarshan, Radio Mirchi, and INCODA TV** had spread the key messages for prevention of CVD through their programmes to the masses. The state branch had also put up a **banner on E. M. Bypass** depicting the key messages for prevention.

All these initiatives will be continued over successive years.

WORLD HEART DAY 2015

IMAGES



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