

2022 E-FELLOWSHIP REPORT



Dr David Chieng (VIC) at ACC.22

Dr David Chieng, clinical fellow in electrophysiology and pacing at the Alfred Hospital, Royal Melbourne Hospital and Phd candidate through the Baker Heart and Diabetes Institute and University of Melbourne.

I would like to thank CSANZ for the e-Fellowship award to attend the ACC 2022 virtual conference in March this year.

I had 3 abstracts presented at this year's conference. For my first abstract we examined the effects of coffee intake on cardiovascular health using data from the large scale UK Biobank cohort. We found that regular coffee intake at mild-moderate levels (2-3 cups/day) was associated with significant reductions in incident arrhythmia, cardiovascular disease, and cardiovascular/all cause mortality. Based on this we had proposed that daily coffee intake should not be discouraged but rather be included as part of a healthy diet.

For my second abstract we examined the effects of coffee intake on outcomes in patients with underlying cardiovascular disease, in particular coronary heart disease and arrhythmia. Using information from the UK Biobank, we had shown that mild-moderate coffee intake was in fact associated with improved survival in those with cardiovascular disease and arrhythmia! Furthermore coffee consumption did not increase the risk of arrhythmia in those with prevalent cardiovascular disease. Lastly, we also looked at whether different coffee types, in particular ground, instant and decaffeinated coffee, impact cardiovascular health differently. We found that both caffeinated and decaffeinated coffee were associated with improved survival. However only caffeinated (ground, instant) coffee intake reduced arrhythmia risk, and not decaffeinated coffee.

Our abstracts were selected by the ACC organising committee for media release prior to the conference, and we were really excited and honored to be featured widely in both local and international print and TV media, including MSNBC, CNN, Channel 7, Channel 9, and [Medscape](#).

View Medscape article here <https://www.medscape.com/viewarticle/970989>

Other highlights from the conference for me would be the findings from the late breaker trial PARTITIA, which described the outcomes of early VT ablation in those with appropriate ICD shocks, and the VALOR-HCM trial which described the use of Mavacamtem in those with obstructive HCM.

2022 TRAVELLING FELLOWSHIP REPORTS



Dr Julia Isbister (NSW) at ESC 2022

Dr Julia Isbister, Agnes Ginges Centre for Molecular Cardiology, Centenary Institute and EP fellow at Royal Prince Alfred Hospital, Sydney.

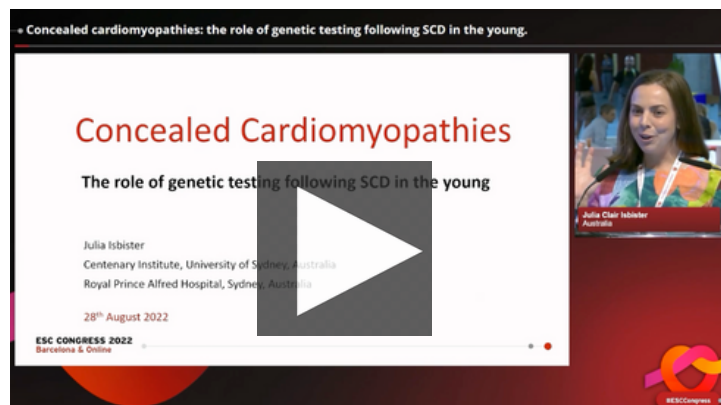
It was a pleasure to travel to the ESC Congress 2022 in Barcelona with the support of a CSANZ Travelling Fellowship for this exciting and energetic meeting.

I am in my final year of my PhD at the Agnes Ginges Centre for Molecular Cardiology, Centenary Institute and EP fellow at Royal Prince Alfred Hospital, Sydney. I was delighted to attend an my first in-person international meeting after the long COVID-enforced hiatus! The chance to meet with existing collaborators in person and hear from leaders in the field, particularly in the area of cardiac genetics and EP, was a wonderful experience.

I presented our recent study looking at concealed cardiomyopathy in autopsy-indeterminate sudden cardiac death victims, participated in the CSANZ daily highlights session showcasing work from Australia and New Zealand and gave an invited talk on the role of genetic testing following sudden cardiac death in the combined CSANZ/ESC session “Sudden cardiac death in the young: All you need to know”.

Many thanks to my PhD supervisors, Chris Semsarian and Ray Sy for their guidance and encouragement, and to the CSANZ for the support to attend and present at ESC 2022!

[View Julia's abstract here on ESC365: "Concealed Cardiomyopathies, the role of genetic testing following SCD in the young" presented at the ESC 2022 Congress.](#)



Starts at approx 37 mins into the session

TRAVELLING FELLOWSHIP REPORT



Ms Ada Lo (QLD) at ESC 2022

Ada Lo is the lead sonographer at the Royal Brisbane and Women’s Hospital Cardiology Echo Lab.

I submitted two abstracts of my PhD projects to ESC 2022 and they were accepted as moderated posters.

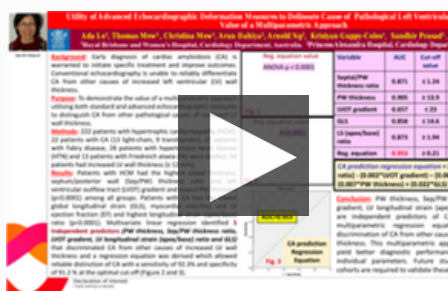
My job at the Royal Brisbane and Women’s Hospital Cardiology Echo Lab involves training student sonographers and cardiology advanced trainees. I am also heavily involved in research projects and education.

I submitted two abstracts of my PhD project to ESC 2022, and they were accepted as moderated posters: the first moderated poster presented was “Use of advanced echocardiographic modalities to discriminate preclinical HCM mutation carriers from non-carriers”. The second, was entitled "Use of advanced echocardiographic deformation measures to delineate cause of pathological left ventricular hypertrophy: value of a multiparametric approach”.

This was my first time to attend the world class conference, ESC 2022 Congress, and the experience was fantastic. However, I did find that many talks that I attended at the ESC had already been presented in our own CSANZ Annual Scientific Meeting just two weeks prior. I really want to congratulate the organizing committee of our own CSANZ who give us a world class annual meeting.

I was also invited to present in the CSANZ Highlights session on the second day of this conference. It was a great privilege to present together with several experts in Cardiology from Australia. I really enjoyed the interesting case presentations and other moderated abstracts presented from centres around the world. It gave me new insights of how some new measurements can be of use in either research or clinical aspects.

Finally, I want to thank the CSANZ committee for the sponsorship of my trip.



[View Ada’s abstracts here on ESC 365.](#)

TRAVELLING FELLOWSHIP REPORT



Dr Christopher Yu (NSW) at ESC 2022

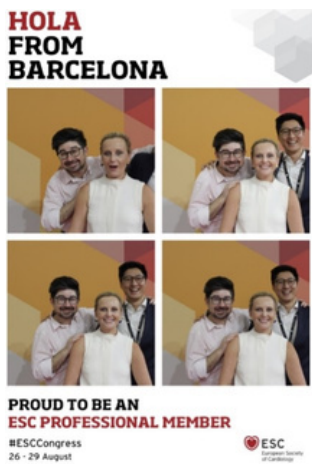
Dr Christopher Yu, Nepean Clinical School, University of Sydney.

I was fortunate to be awarded the 2022 CSANZ ESC Travel Fellowship. This year, the conference was held in Barcelona, Spain and was the first face to face conference in three years due to the COVID-19 pandemic. It was surreal to find my long-lost passport and get back onto a long-haul flight.

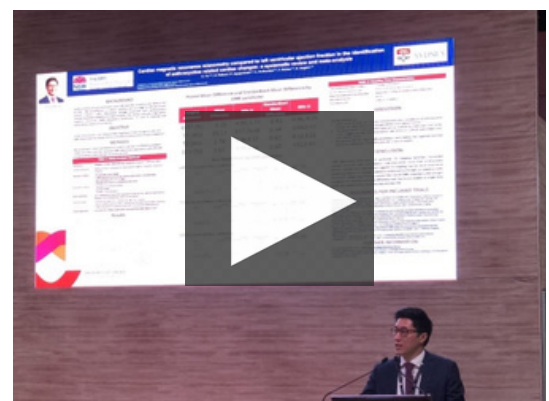
I was excited to present part of my PhD at the conference, with two abstracts accepted as moderated poster presentations. The first abstract was a subgroup analysis of the SUCCOUR study assessing the role of baseline left atrial strain in predicting cardiotoxicity. The second abstract was assessing the role of cardiac magnetic resonance relaxometry in detecting anthracycline related changes compared to left ventricular ejection fraction. The presentations were well received, and it was great to receive feedback from the doyens of cardio-oncology. My PhD is under the supervision of Professor Kazuaki Negishi, Nepean Clinical School, University of Sydney, to whom I am grateful for his supervision and mentorship.

The conference felt particularly special as the first ever cardio-oncology guidelines were launched by Dr Teresa Lopez-Fernandez and Dr Alex Lyon. The main hall was overflowing with attendees, and it was a highlight to feel the buzz and excitement at the largest cardiology conference in the world. It also demonstrated to me that there is so much work to be done in the field to improve the cardiovascular outcomes of our cancer patients. Other highlights included meeting fellow antipodeans and overindulging Catalan food and wine together.

I am extremely grateful to the CSANZ for supporting me to attend this fantastic conference. It has given me inspiration to expand my network and continue my research in cardio-oncology.



Having fun with CSANZ colleagues at ESC 2022, pictured (l-r) Dr Harry Klimis, Dr Alexandra Murphy, and Dr Chris Yu.



[View Chris's presentation here on ESC365](#)

TRAVELLING FELLOWSHIP REPORT



Mr Justin Braver (VIC) at AHA 2022

Attending at the AHA 2022 conference in Chicago was a privilege and I am grateful to the CSANZ for supporting my attendance via a Travelling Fellowship. I am a physiotherapist by background, undertaking a PhD at The University of Melbourne in the Baker Department of Cardiometabolic Health.

My research is exploring the effectiveness of disease management programs that incorporate digital health to prevent recurring cardiovascular events and mortality in patients with an acute coronary syndrome. I concurrently work in industry for a health insurer, whereby I design and implement remotely delivered preventative health programs.

At the AHA, I presented my research in the "Digital Health to Manage Cardiovascular Disease" session. The aim of this study was to assess the effectiveness of a 6-8 week digitally enabled cardiac rehabilitation program on improving risk factors and health status in patients who were hospitalized for coronary artery disease in Australia. Longer term follow-up over 12 months for hospital readmissions and mortality was also evaluated. All participants had private health insurance hospital cover with one provider. We showed that a digitally enabled cardiac rehab program improved clinical, behavioral and lifestyle risk factors. There was also a trend towards lower readmissions and mortality rates in people who undertook either the digitally enabled program or a traditional face-to-face cardiac rehab program compared to a propensity matched control group who did not undertake any cardiac rehabilitation program.

My area of interest at the conference centred around digital health to improve CVD outcomes. Leading researchers from Stanford, Johns Hopkins and the Cleveland Clinic presented on key themes, namely digital health equity ("techequity"), patient centred design, wearables (including their use across the health journey from wellbeing, diagnostics & disease management) and a lot of discussion on the influence of sleep for heart health. Moreover, it was interesting to learn that many of the same challenges that we face here in Australia are also felt globally. The issues around the underutilisation of cardiac rehab and the importance of co-design when developing digitally enabled healthcare programs are key for preventing recurrent events and mortality in patients suffering from acute coronary syndromes.

View Justin's Abstract, "[Effectiveness of a Digital Health Enabled Cardiac Rehabilitation Program in Reducing Recurrent Events For Private Health Insurance Patients in Australia](https://www.ahajournals.org/doi/abs/10.1161/circ.146.suppl_1.12446?af=R)" in AHA Journal, *Circulation* on the link here and below:
https://www.ahajournals.org/doi/abs/10.1161/circ.146.suppl_1.12446?af=R

TRAVELLING FELLOWSHIP REPORT



Dr Adeel Khoja (SA) at AHA 2022

Dr Adeel Khoja is a PhD Student (Year-3) at Faculty of Health & Medical Sciences, Adelaide Medical School The University of Adelaide.

As a final year PhD student, it was an amazing experience to attend and present at the American Heart Association (AHA) Scientific Sessions 2022 held from November 04 to 07, 2022 in Chicago, Illinois, USA and that too after almost 3 years.

My moderated digital poster presentation entitled “Pregnancy Complications Are Associated With Premature Coronary Artery Disease - Linking Three South Australian Cohorts” was held on Monday, November 07, 2022 in the Multi-Generational Cardiovascular Risk: Pregnancy and Childhood session. It was an honour to present at the flagship cardiology conference and to receive meaningful feedback and suggestions from some of the great experts in the field. This unique data linkage project merging three South Australian registries forms a major component of my PhD thesis and it was the first time I presented at an international conference as part of my PhD candidature.

In addition, I also got a chance to meet with Prof Salim Virani who works in the area of cardiovascular research at the Baylor College of Medicine (BCM), Houston, Texas. We had a good discussion regarding premature coronary heart disease registry at BCM, Houston exploring ways to compare it with the South Australian registry and later with the South-East Asian registries (including Pakistan and India). We also had some discussion on post-doctoral opportunities in USA particularly at BCM, Houston which he was aware of and highlighted potential opportunities. I also attended some nice poster sessions on epidemiology and public health, rapid-fire presentations on mHealth and community based interventions on achieving lifestyle goals and evidence-based clinical sessions. Overall, it was an amazing experience to be part of such a prestigious cardiology conference.



[View Adeel's abstract here in AHA's Journal, Circulation](#)

with Prof Salim Virani at AHA 2022

TRAVELLING FELLOWSHIP REPORT



Ms Khalia Primer (SA) at AHA 2022

Khaliia Primer is a final year University of Adelaide PhD candidate, based at the South Australian Health and Medical Research Institute.

With the support of the Cardiac Society's Travelling Fellowship, she attended the 2022 AHA Scientific Sessions conference which was held in Chicago from the 5-7 November.

Khaliia presented some key findings from her PhD project in the ATVB Elaine W. Raines Early Career Award session, which also included presenters from Canada, the United States, and the United Kingdom.

"It was such a fantastic experience to present my work in this forum. I received a lot of extremely useful feedback from the ATVB Early Career committee who organised the session, and it was wonderful to meet the other presenters as well.

I presented my work on how diabetes affects endothelial cell metabolism, and on a novel gene therapy our lab has created to augment metabolic reprogramming and improve angiogenesis in ischaemic disease.

I'm extremely grateful to my supervisors, Associate Professor Christina Bursill and Dr Joanne Tan for encouraging me to attend the conference, and for all their support throughout my PhD. Thank you also to the Cardiac Society of Australia and New Zealand for their support in assisting me to attend the AHA conference in November.

I'm definitely hoping to go to Adelaide for the ASM next year! I'm moving to Melbourne for medical school but I always love the CSANZ meetings so I'm really hoping to stay involved."

See Khaliia's abstract:

["Pyruvate Dehydrogenase Kinase 4 is a Novel Regulator of Endothelial Cell Mitochondrial Respiration in Diabetes-Impaired Angiogenesis: Implications for Preventing Diabetic Vascular Complications"](https://www.ahajournals.org/doi/10.1161/circ.146.suppl_1.10357) in AHA's Journal, *Circulation*
https://www.ahajournals.org/doi/10.1161/circ.146.suppl_1.10357



is a publication of the



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ABN 23 003 635 505