



The Cardiac Society
of Australia and
New Zealand

on the pulse

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Meeting

Editorial by Dr Clara Chow

Volume XXV, No 4

December 2013

So will your patients be enjoying all their gooey Christmas treats and their bacon and eggs with a lighter conscious after watching Catalyst this year? The two-part 'Heart of the Matter' program shown on ABC catalysis drew in close to 1.5 million viewers for each part and was a success for ABC ratings. It questioned the paradigm that saturated fat was bad and that statins did little to prevent heart disease implying they were purely a money spinner for pharmaceutical companies. If you didn't see the program and are wondering why your patients are asking questions or just deciding that they have been 'had' by the industry and taking themselves off their tablets, the programs and program scripts are still accessible on the web as I write this. <http://www.abc.net.au/catalyst/stories/3881441.htm>

While it may seem hard to depict bacon and eggs as good for you – the first part of Catalyst tried very hard with the program dominated by two relatively unknown American experts using strong and convincing language purporting that saturated fat wasn't bad and diets should not be changed to avoid saturated fat. The second part of the series questioned the benefit of statins and depicted pharma as the villain. With again a little known professor stating that people taking statins are unlikely to benefit even if they have multiple risk factors.

The program has been widely criticised. It has been seen as particularly damaging by many public health groups including the Heart Foundation, who released an official response. It was also criticised by journalists from Media Watch as being unbalanced in not presenting the other

side of the scientific argument. The program has been highly criticised by key medical experts including the Heart Foundation, Professor Emily Banks from the Advisory Committee on the Safety of Medicines and ABC Health expert Dr Norman Swan. It has also been uncovered that some key conflicts of interest by the main speakers on the programs with respect to publicizing a controversial book on the subject were not declared. Professor David Sullivan, lipid expert from Royal Prince Alfred Hospital, was interviewed for 2 hours by Catalyst but this was barely shown on the program and has reported that his views were largely ignored. Yet despite all this, there are clear and possible adverse effects of the program's message to the public. There are a growing number of anecdotal experiences reporting adverse effects of the series. If you have had experiences, please share them with us as The Cardiac Society is considering a response and would like to have it accompanied by evidence of harm if this evidence exists.

But how does one address the questions posed by the program to confused patients who are already highly suspicious of the pharmaceutical industry and medical profession? Indeed the program offered little alternative dietary advice. Perhaps just the simple message, eat less and drink water?! The statin question is definitely easier as the benefit for patients with coronary heart disease are pretty clear and overwhelming and it is here where Cardiovascular professionals can clearly take a stand to try and correct the unmeasurable damage that has resulted from the Catalyst program.

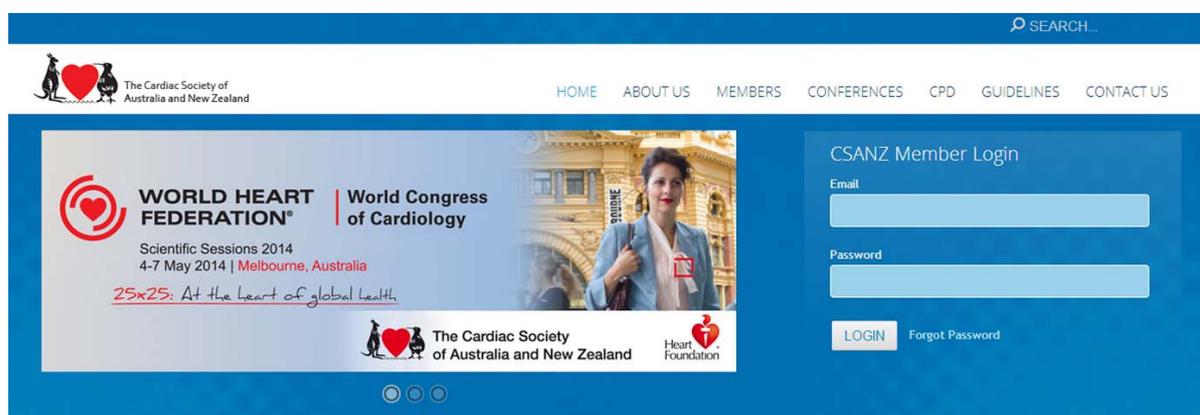
Are your colleagues and trainees members of CSANZ?

Membership Benefits

- Heart Lung and Circulation
- Reduced registration at the Annual Scientific Meeting
- Access to **HeartOne** - CSANZ online CPD programme (coming in early 2014!)
- Scholarships, Fellowships and Awards - Indigenous research scholarship, research scholarships and travelling fellowships to local and major international meetings

How to Join

For information detailing Membership and to download an application please visit www.csanz.edu.au/members/join-csanz/



We have launched our new website!
www.csanz.edu.au

Members can:

- Access Heart Lung and Circulation
- Pay Annual Subscriptions online (Australian members)
- Update personal details
- Access Member's Only Directory



*To our members and their
families,
the Editor and staff wish
you all
a safe and happy
Festive Season*

**Criteria for CSANZ Heart Failure Council
travel grant for the
International Society for Heart & Lung
Transplantation
10-13 April, 2014, San Diego, California, USA**

1. **At the time of application**, applicants must be current financial FCSANZ, Associate Members or Affiliate Members of the Cardiac Society, with preference given to early career applicants attending their first meeting.
2. The work must have emanated from Australia or New Zealand.
3. Applicants **must** have an abstract on a topic relevant to Heart Failure, accepted for presentation.
4. Applications must be accompanied by a letter from the supervisor or Director of the laboratory or service from which the work has emanated, clearly detailing the specific contribution made by the applicant towards the work being presented.
5. Preference will be given to those who have not previously been awarded a CSANZ Travelling Scholarship.
6. Conditions apply to successful applicants not domiciled in Australia or New Zealand.
7. Late applications will **NOT** be considered.
8. The Scholarship is valued at \$3,000

Applications should be accompanied by:

- a) copy of submitted abstract(s) and official notification of acceptance;
- b) brief curriculum vitae;
- c) supporting letter from the supervisor or Director;

Applications should be emailed to info@csanz.edu.au

CLOSING DATE

20 January, 2014

Please note: if applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the CSANZ at info@csanz.edu.au

**CSANZ
OFFICE**

Holiday Closure

*The CSANZ
will be closed
from
Monday,
23 December
2013*

*and will
re-open on
Monday,
6 January
2014*



**WORLD HEART
FEDERATION®**

**World Congress
of Cardiology**

Scientific Sessions 2014

4-7 May 2014 | **Melbourne, Australia**

25x25: At the Heart of global health

GLOBAL PLATFORM

For cardiovascular disease specialists and public health professionals to share knowledge and network with their peers

WORLD LEADING EXPERTS

Presenting 150 sessions on cardiology, policy and public health

LATEST SCIENTIFIC FINDINGS

Featured in over 1,000 new abstracts on prevention, diagnosis and treatment of cardiovascular disease

INTERNATIONAL CONGRESS WITH A SPOTLIGHT ON REGIONAL ISSUES

Highlighting local successes in rheumatic heart disease and tobacco cessation

BEST-PRACTICE SHARING

Across different resource settings with a highlight on how international learning can be adapted to national circumstances

UNITING EFFORTS TO REDUCE PREMATURE CVD DEATHS 25% BY 2025

Through mobilizing the CVD community and working with the WHO

www.worldcardiocongress.org



The Cardiac Society
of Australia and New Zealand





As the Annual Scientific Meeting of the Cardiac Society of Australia and New Zealand will be part of the World Congress of Cardiology in May 2014, ANZET14 will be a standalone meeting for the first time.

It will offer an extended program that will include:

- Live case broadcasts from leading Australasian and international centres with a focus on complex coronary interventions and non coronary cardiac procedures
- A highly interactive program with international and national experts discussing cases, interventional techniques and strategies
- Live case transmissions will be interlaced with lectures, reviewing the latest clinical studies
- An Affiliates' Symposium focusing on issues relevant to Cath Lab staff
- Fellows' Symposium for the 2014 ANZET Prize.



www.anzet.com.au

CSANZ Awards

The following Awards are available for nomination. If you know of someone who has made a significant contribution in any of the categories listed below, you may nominate them for a CSANZ Award.

Distinguished Service Award

Those who serve the Society with distinction including, but not limited to, contributions to the Society in relation to outstanding administrative service, organization of major meetings, and/or excellence of achievement in teaching, research and education.

President's Medal

Generally reflect criteria in the distinguished service award, but will be awarded for a major, specific and substantial service to the Society.

Distinguished Career Achievement Award

For a lifetime distinguished career in clinical and/or academic medicine, research or public health as a Society member.

Young Investigators Award

For an outstanding body of research achieved by a young career investigator.

Eligibility Criteria

1. Awards will be considered for CSANZ members including, Fellows, Ordinary, Associates and Affiliates. The candidate may be considered even if retired from practice.
2. Nomination will be accepted with recommendation by two Fellows.
3. Nominations will include a CV from the nominee, specific reasons provided by the nominators as to why the nominees should be considered for the award and why they meet the criteria for the award. Support letters from the nominee's mentors or supervisors during training, support letter from the nominee's workplace colleagues, and letters from Fellows not involved in the nomination, may be provided for consideration as part of an application/nomination.
4. Nominations will be directed to the CSANZ Board.
5. The number of awards considered annually will include up to five distinguished service awards, two young investigator awards and two distinguished career achievement awards. Awards for the President's Medal will be made in specific circumstances of merit and may not necessarily be awarded on an annual basis. The Board has the discretion to review the number of awards annually.

Nominations for one of the above Awards can be emailed to the Honorary Secretary at info@csanz.edu.au
Nominations **must** include all relevant documents eg Nominee's CV.

Research in Indigenous Cardiovascular Health

Expression of **Interest**

The CSANZ Indigenous Scholarship in Cardiovascular Health

CALLING FOR EXPRESSIONS OF INTEREST

Are you resident in Australia or New Zealand?

And are you of Indigenous background (Aboriginal, Torres Strait Islander, Maori or Pacific Islander)?

Are you also a health worker, post graduate scholar (Masters, PhD) or a Post Doctoral Scientist working in the field of Indigenous cardiovascular health?

If you are seeking funding for a clinical research project directed towards improving the cardiovascular health of Indigenous populations of Australia and/or New Zealand, **we want to hear from you.**

Please contact the Cardiac Society of Australia and New Zealand (CSANZ) and inform us of your name, contact details and the title of your research project.

Value: Up to maximum of \$70,000. The scholarship may be shared at the discretion of the Board.

The CSANZ Project Manager will contact you regarding submitting a full proposal.

**Expressions of interest close
Friday 28 February 2014.**



The Cardiac Society
of Australia and
New Zealand

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E info@csanz.edu.au
www.csanz.edu.au

Criteria for CSANZ Heart Failure Council travel grant for the European Society of Cardiology—Heart Failure Meeting 17—20 May, 2014, Athens, Greece

1. **At the time of application**, applicants must be current financial FCSANZ, Associate Members or Affiliate Members of the Cardiac Society, with preference given to early career applicants attending their first meeting.
 2. The work must have emanated from Australia or New Zealand.
 3. Applicants **must** have an abstract on a topic relevant to Heart Failure, accepted for presentation.
 4. Applications must be accompanied by a letter from the supervisor or Director of the laboratory or service
- from which the work has emanated, clearly detailing the specific contribution made by the applicant towards the work being presented.
5. Preference will be given to those who have not previously been awarded a CSANZ Travelling Scholarship.
 6. Conditions apply to successful applicants not domiciled in Australia or New Zealand.
 7. Late applications will **NOT** be considered.
 8. The Scholarship is valued at \$3,000
- Applications should be accompanied by:
- a) copy of submitted abstract (s) and official notification of acceptance;
 - b) brief curriculum vitae;
 - c) supporting letter from the supervisor or Director;
- Applications should be emailed to info@csanz.edu.au

CLOSING DATE

17 March, 2014

Please note: if applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the CSANZ at info@csanz.edu.au

Guidelines Updated

The following guidelines have been updated and can be accessed at www.csanz.edu.au under the Guidelines tab.

Guidelines for Clinical Practice:

- *Familial Dilated Cardiomyopathy*
- *Familial Hypercholesterolaemia*

Travelling Fellowships to WCC2014

Applications are invited from presenting authors for Travelling Fellowships to attend the World Congress of Cardiology 2014 in Melbourne.

**Applications close 5 pm
Friday 10 January 2014**

For more information or to download an application form go to www.csanz.edu.au Members, Scholarships and Fellowships

CSANZ Affiliate Clinical Development Award (CDA)

Applications are called for the **Clinical Development Award** to enable **Affiliate Members** of the CSANZ to attend the World Congress of Cardiology 2014 in Melbourne, Australia. The Awards are intended to further develop the successful candidate through an increase in their clinical knowledge and expertise, an increased awareness of research and evidence-based practice and will also allow the successful candidate to build on their professional network. In particular this strategy addresses succession planning for leadership positions in cardiovascular practice, research, education and management. Candidates applying for a CDA are not required to have an abstract accepted for presentation at the World Congress.

The Awards:

- The Awards are valued at \$1,000 each to assist in defraying the costs of travel, accommodation etc with up to five being awarded.
 - There will be up to three Awards to nursing and up to two to non-nursing applicants.
- Preference will be given on an equal basis to:
 - a first time applicants for a CDA;
 - b applicants who have not previously attended a CSANZ conference;
 - Should the recipient of a CDA subsequently be awarded a CSANZ ASM Travelling Fellowship in the same year, the recipient may choose which award they wish to have, but are only entitled to one award.

Selection criteria:

- 1 The applicant must have held CSANZ Affiliate Membership for at least 1 year and be currently financial.
- 2 Working or studying in a clinical area of cardiology or cardiothoracic surgery or working in an area where there is a large caseload of patients with cardiac conditions.
- 3 Applicants must reside outside of the State or Region in which the World Congress is being held.

How to apply:

- Applicants should submit a one page document describing their interest in cardiovascular health and stating what outcomes they anticipate from the conference. For example, how it will add to the applicant's knowledge base and career, how it will benefit their workplace and how the applicant can contribute to the CSANZ Affiliates;
- Applicants should include details of their clinical area of work or study, including patient caseload and patient cardiac conditions;
- Include the names of two referees with whom you have worked closely and who have been involved in your career development ie mentor, supervisor, manager;
- Successful candidates will be required to write a report for the On The Pulse newsletter;
- Applications should be emailed to the Honorary Secretary at info@csanz.edu.au

CLOSING DATE

Friday 10 January 2014

CSANZ Affiliate CDA Report

I write to convey my sincere thanks for the CSANZ Affiliate Clinical Development Award to attend the annual scientific meeting on the Gold Coast. The opportunity to travel and attend the meeting was an invaluable experience.

As members of a multi-disciplinary health care team managing cardiac patients, there are many opportunities for nurses to be engaged in research and better understand how evidence informs practice. My goals in attending the meeting were to ensure my knowledge and practice was current, engage with colleagues and use the experience to learn how to

develop a research question, design and undertake a research project, and present the results at a national meeting. I am particularly interested in evaluating the implementation of innovative ways to deliver care and quality improvements. Our unit in Wellington is the only centre in New Zealand to operate as a combined cardiology and cardiothoracic unit and provides a unique opportunity to assess this model of care provided by a multidisciplinary team.

In my current role as Charge Nurse Manager, I am in a position to build research capacity in our unit, support initiative and effect evidence-

based change. Since my return from the Gold Coast, I have undertaken a small research project and presented at a regional cardiology meeting. We also have another research project underway with the aim to present our findings at the CSANZ meeting in Dunedin in 2014.

I am grateful to the Society for assisting financially to make the trip possible.

Margaret Couper
Charge Nurse Manager
Wellington Regional Heart
and Lung Unit,
Wellington Regional Hospital

Membership Changes and Additions

The following changes and new admissions to Membership occurred at the CSANZ August Board meeting. The Society extends a warm welcome to all.

Affiliate Members

Dr Z Ademi, Ms A L Askin, Mrs M Bayles, Ms H Brannigan, Ms M A Chen, Dr J P Fanning, Mrs S Field, Ms N Greenwood, Ms J E Grey, Mrs H J Gunter, Mrs L R Hearn, Miss C Higgins, Mr K Howard, Miss F Jackson, Mrs R Maharjan, Mrs R Mathew,

Mrs T J McKay, Ms C Mercier, Mrs J Morgan, Mr D L Nicolici, Ms S J Nikomvan, Dr M A Rahman, Mrs A Sharman, Dr S Soh and Mrs J Wickham.

Associate Members

Dr A Bhaskaran, Dr V Kushwaha, Dr V Mutha, Dr E

Robertson, Dr A Sasse, Dr V Venkatachalam and Dr L Wang.

FCSANZ Members

Dr N Dwyer, Dr J Habersberger, Dr P Jogia, Dr B S H Ko and Dr A Mishra.

Travelling Fellowship to the ACC.14

Applications are called for the **CSANZ Travelling Fellowships** for travel grants to enable investigators to attend the **63rd Annual Scientific Sessions of the American College of Cardiology** to be held in Washington, DC, from 29–31 March, 2014. The Fellowships are intended to provide an opportunity for investigators in the early stage of their research career, to present at a major international conference.

The conditions are:

1. The Fellowships are valued at \$3,000 each.
2. The top ranked candidate will be awarded the CSANZ McCredie / Wilcken Travelling Fellowship.
3. **At the time of application, applicants must be current financial FCSANZ, Associate or Affiliate Members of the Cardiac Society** with preference given to those attending their first meeting.
4. The work must have emanated from Australia or New Zealand.
5. Applicants must have an abstract accepted for presentation at the ACC meeting.
6. Applications must be accompanied by a letter from the supervisor or Director of

the laboratory or service from which the work has emanated, clearly detailing the specific contribution made by the applicant towards the work being presented.

7. Preference will be given to those who have not previously been awarded CSANZ travelling scholarships.
8. Conditions apply to successful applicants **not domiciled in Australia or New Zealand**.
9. Late applications will NOT be considered.

Applications should be emailed to the Honorary Secretary at info@csanz.edu.au and **must** include:

- 1) copy of submitted abstract(s) and ACC notification of acceptance
- 2) brief curriculum vitae (maximum 1 page)
- 3) supporting letter from the supervisor or Director

CLOSING DATE

31 January 2014

Please note: if applicants have not received email confirmation of receipt of their application within 1 week of submission, they should contact the Secretariat at info@csanz.edu.au


ACC.14
 TCT@ACC-12
Discover
 emerging techniques
Advance Registration Ends Feb. 19!
Register Now and Save!
March 29 – 31, 2014
WASHINGTON, DC

Travelling Fellowship Update -



Dr Susie Parnham, from Flinders University, Adelaide, South Australia, received a CSANZ Travelling Fellowship to attend the 2013 European Society of Cardiology Congress in Amsterdam from 31 August – 4 September, 2013

This letter is written for appreciation and gratitude towards CSANZ for the ESC Fellowship Award 2013. The learning updates and experience from Amsterdam ESC Congress 2013 was made possible from the generosity of this scholarship.

My name is Dr Susie Parnham, a new fellow of cardiology physician this year (originally trained in Victoria), and currently in the second year of full-time PhD study at Flinders University, South Australia.

My first encounter with international medical conference was at ESC in Stockholm 2010. Three

years passed, being accepted as a speaker for oral abstract to ESC 2013 in Amsterdam this year was a dream come true. As a full-time student without income earlier this year, the scholarship fulfilled this dream. The title of the abstract was Renal Transplant Patients Have Impaired Myocardial Perfusion Independent of the Degree of Left Ventricular Hypertrophy.

When one career as professional athlete ends, another career in cardiac profession opens. I am pleased to inform you that the research received great interest and feedback. The invaluable experience of performing at world championships further strengthen the confidence of public speech. It also feels so great to meet colleagues nationally and internationally in this conference.

The ESC 2013 Scientific Sessions also provided me with updated knowledge in hypertension and hypercholesterolaemia management with the message of bringing it home to cardiology. A perfect timing to start the life as a physician cardiologist. Once again, I thank CSANZ and all colleagues for all your help and support to continuously improve and update, and be better.

Cardiac Sonographer

(for Maternity Leave cover 03/03/14 to 28/07/14)

1 day per week on Mondays.

We are a busy private Cardiology Practice located in Bankstown, Sydney, who require a Cardiac Sonographer to cover Maternity leave from 03/03/14 to 28/07/14, 1 day per week (Mondays). Rate neg/to be discussed.

Applicants will require the following:

- ASAR Accreditation in Cardiac Sonography.
- Proven clinical experience.
- Excellent communication, presentation and time management skills.
- Reliability.
- A commitment to outstanding patient care.

To be eligible to apply for this position you must have an appropriate Australian or New Zealand work visa.

Please email resume and short letter to rfdheart@gmail.com at Bankstown Heart Clinic.

CSANZ Board

President:

Richmond Jeremy

President Elect:

Andrew MacIsaac

Elected Board Members:

Nigel Jepson, NSW
John Atherton, QLD
Stephen Nicholls, SA
Joseph Hung, WA
Ian Meredith, VIC
Luke Galligan, TAS
Mark Webster, NZ

Affiliate Representatives:

Robyn Gallagher (Nursing)
Julie Redfern (Allied Health)

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Jonathan Kalman

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Robert Justo

Surgical Representative:

Paul Bannon

National Heart Foundation of Australia:

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Jim Stewart

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Anne Mar
Stephanie Johnston



Clara Chow

Editor

On the pulse

For information regarding submissions for *On the pulse* please email info@csanz.edu.au. Views expressed in *On the pulse* are not necessarily the views of the Cardiac Society or its Board.

Regional Committees

New Zealand:

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Harvey White, Secretary

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Roger Allan, Chair
Nigel Jepson, Secretary

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Omar Farouque, Chair
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The Cardiac Society of
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Forthcoming Meetings

NORTH AMERICA

ACC14

29 - 31 March, 2014

Washington, DC

www.cardiosource.org/acc

AHA2014

15 - 19 November, 2014

Chicago, Illinois

www.scientificsessions.americanheart.org/

EUROPE

ESC Congress 2014

30 August - 3 September 2014

Barcelona, Spain

www.escardio.org

ASIA PACIFIC

WCC 2014

World Congress of Cardiology

4–7 May, 2014

Melbourne, Australia

www.worldcardiocongress.org

ANZET14

20–22 August, 2014

Melbourne, Australia

Secretariat:

The Conference Company

Phone: 64 9 360 1240

www.csanz.edu.au

A more comprehensive list of
meetings and events can be viewed
on the Society's website
www.csanz.edu.au