



The Cardiac Society
of Australia and
New Zealand

on the *pulse*

Inside this issue:

World Congress of Cardiology	3
ANZET14	4
CSANZ Awards	5
Book Review	6
CDA Report	7
Travelling Fellowship Report	9

Scholarships and Travel Grants

- CSANZ Indigenous Scholarship in CV Health EOI
- Travelling Fellowship Applications for ESC 2014
- CSANZ Heart Failure Council Travel Grant to Heart Failure Society of America Conference

Is marriage good for you?

Editorial by Dr Clara Chow

Volume XXVI, No 1

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How is your marriage? Do you ever see your spouse? Have you been previously married and now are separated? Or have you never tied the knot? Most importantly did you get or give roses on Valentine's Day? Am I being too intrusive? Or are these questions relevant to ascertaining your risk of heart disease? Well it seems that for your health, and to reduce your risk of suffering a fatal ischaemic heart disease event, marriage is a good thing.

So what has provoked this topic? Well my spouse, who referred me to this piece in conversation, had his interests pricked by a news piece describing a recent analysis of the million women study in the UK. It found that while women who were married or living with a partner had a similar risk of having a first ischaemic heart disease (IHD) event, they had a substantially lower risk (~30%) of IHD mortality compared to women who were not married or living with a partner.

There has been considerable interest in the topic of sex differences with respect to heart disease over the years. A number of reports in the literature indicate single men have an increased risk

of dying after their heart attack. More broadly there is a largish literature on the benefits of having a partner on general health. While many reports have focused on the benefits men derive from their spouses, there are fewer reports on the benefits that women derive from marriage which was the focus of this latest paper on the topic.

A little bit more however needs to be done to establish this as a causal relationship. There is some evidence of a dose-response relationship – risk is lowest for currently married, and previously married have a lower risk of IHD mortality compared to those never married. Yet as far as I can ascertain from a very quick peruse of the literature it is unclear whether marriage quality, frequency or duration modifies the relationship.

So that just leaves one more question – is marriage a modifiable risk factor? Do we need a randomised trial to work out whether we should prescribe marriage? Well there's an idea for a new reality show series to explore in the future! Hope to see you at an early CSANZ meeting in May, which is being hosted with the World Congress this year.

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
- Access Clinical Keys
- Pay Annual Subscriptions online (Australian members)
- Update personal details
- Access Member's Only Directory



**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.

Book Review

"A Sonographer's Guide to the Assessment of Heart Disease" has been written by very well-known and respected echo educator, **Bonita Anderson**. Bonita is a Senior Lecturer in Cardiac Ultrasound at the Queensland University of Technology, Brisbane, Australia with over 30 years experience as a sonographer and educator in echocardiography at The Prince Charles Hospital, Brisbane. An Accredited Medical Sonographer with a Diploma in Medical Ultrasonography (Cardiac) and a Master of Applied Science (Medical Ultrasound), she was awarded a Fellowship of the American Society of Echocardiography in 2009.

Bonita's aim was to "provide a comprehensive review of transthoracic echocardiography in the assessment of various cardiac pathologies" and she has achieved this. This text is an inclusive echocardiographic reference relevant to students, qualified cardiac sonographers and indeed any health professional with an interest in echocardiography.

The text is hard covered, A4 size of 500 pages with a clear index. Topics covered in the 15 chapters include basic haemodynamic calculations, assessment of systolic and diastolic ventricular function, hypertensive heart disease, ischaemic heart disease, cardiomyopathies, valve disease, prosthetic valves, diseases of the aorta, pericardial disease, cardiac masses and endocarditis, cardiac manifestations of systemic disease and an introduction to congenital heart disease.

Each chapter begins with a summary of the applicable cardiac anatomy and physiology, includes measurement techniques and their limitations, technical tips for obtaining accurate measurements, and concludes with a summary of key points and a further reading list.

The strength of this book is in its clear expression and demonstration of commonly encountered cardiac pathologies. A good example of this is the chapter on "Aortic Valve Disease". It begins with anatomy of the valve and root with diagrams and pathological examples to illustrate the text. Aortic stenosis is described and explained also with diagrams and pathological specimens. There are echo examples and descriptions of the measurements and calculations required to assess the valve, including the use of stress echo. The section on Aortic regurgitation follows a similar format.

The chapter "IHD" succinctly links the coronary circulation with echocardiographic views and demonstrates the potential complications of coronary artery disease.

Throughout the book there are exceptionally good illustrative, pathological examples. Real-time echo clips of the Figures are available via the website www.echotext.info (The website is currently under construction)

Of particular interest are technical tips and vignettes interspersed throughout the text giving rapid insights into selected topics.

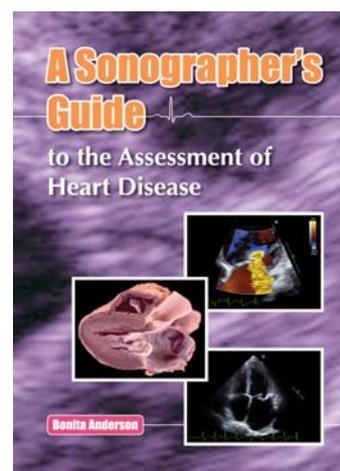
The appendices are extensive and useful indicating, prosthetic valve values, congenital heart defects in genetic syndromes, diagrams of palliative and corrective operations for congenital heart defects, reference tables and a comprehensive glossary of terms.

Although it was noted that 3D and global longitudinal strain are new technologies and therefore not discussed in this book, it may have been pertinent to mention the use of 3D and bi-plane imaging in mitral stenosis for more accurate valve area planimetry measurement and of 3D and GLS in the assessment of left ventricular systolic function.

I am pleased to have Bonita's second book in our department. "A Sonographer's Guide to the assessment of Heart Disease" will be a welcome addition to any echo reference library for sonographers in clinical practise.

Catherine Mylrea AMS
Echo Educator
MonashHeart, Victoria

The Society would like to thank Catherine for providing this book review.



CSANZ Affiliate CDA Report

In August 2013 I was honoured again to be a recipient of the CSANZ Affiliate Clinical Development Award to attend the 61st Annual Scientific Meeting on the Gold Coast.

Earlier in the year as part of my Clinical Nurse Specialist role I additionally took over the role of TAVI Co-ordinator so my focus in attending this conference was on valvular disease and interventions. A breakfast session on TAVI and measuring frailty was especially relevant to me.

In my role as Clinical Nurse Specialist I cover two cardiology wards and a coronary care unit so I aimed at attending a blend of sessions from the Heart Failure/Hypertension, Multi-disciplinary, Arrhythmia, and Interventional/Surgical streams. This was often a difficult choice but I succeeded in taking home a smorgasbord selection of knowledge and evidence to share with my colleagues and also influence direct care of patients. Within my TAVI population it has given me ideas and tools for assessment of functional status in

this group of complex elderly patients.

The international guest speakers were inspirational to hear and they represented medical and nursing leaders in clinical and research fields. Poster presentations were varied and interesting and it was pleasing to view and support posters presented by my nurse specialist colleagues at Christchurch Hospital.

As teaching is an important component of my role I appreciated the opportunity to gain insight into the latest in evidence-based practice. Teaching is one avenue that I share the knowledge gained at CSANZ conference with wide audiences. It gives a glimpse of future directions and provides the opportunity to be at the 'cutting edge' of emerging diagnostic tests, technologies and treatments.

Trade exhibition stands provide the opportunity to source product and medication information from experts in the industry. Their coffee stands were welcomed also and a great way to start each day off! The catering was truly awesome and must be acknowledged for both the quality and quantity. The

facilities of the Conference Centre were impressive and staff exceptionally courteous.

Had life been 'normal' in Christchurch this conference meeting was due to have been hosted by Christchurch. It was a sad reminder that Christchurch is without a town hall, conference centre, and indeed a city centre. The opportunity to enjoy some mid-winter sunshine and warmth was appreciated, as was the chance to visit the Pacific Fair shopping centre which was within walking distance!

I would like to express my sincere gratitude to the CSANZ for their financial support which has made this hugely beneficial and valuable professional development opportunity possible.

Murray Hart
Clinical Nurse Specialist
Cardiology,
Christchurch Hospital

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 30 May 2014.**



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Australia and
New Zealand

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Improving the Odds for Heart Failure Patients



HFSA

18th Annual Scientific Meeting



Caesar's Palace • Las Vegas, Nevada • September 14-17, 2014

Criteria for CSANZ Heart Failure Council travel grant for the Heart Failure Society of America Conference

14—17 September, 2014,

Las Vegas, Nevada, 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

30 June, 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

* Contact info@csanz.edu.au to obtain a copy of the conditions

Congratulations

Congratulations are extended to the following members who have been awarded a **2014 CSANZ Travelling Fellowship** to attend the 2014 World Congress of Cardiology in Melbourne. *Ms Jocasta Ball*, Baker IDI Heart and Diabetes Institute, VIC; *Dr Ee-May Chia*, Liverpool Hospital, NSW; *Dr James Chong*, Westmead Hospital, NSW; *Dr Andris Ellims*, Alfred Hospital and Baker IDI Heart and Diabetes Institute, VIC; *Ms Jane Hannah*, Auckland City Hospital, Auckland, New Zealand; *Dr Calvin Hsieh*, Westmead Hospital, NSW; *Ms Saifei Liu*, The Queen Elizabeth Hospital, Adelaide, SA; *Mr Nathan Procter*, The Queen Elizabeth Hospital, Adelaide, SA; *Dr Ali Safaa*, The Prince Charles Hospital, Brisbane, QLD; *Dr Katherine Teng*, University of Western Australia, WA; *Dr Tom Wang*, Auckland City Hospital, Auckland, New Zealand and *Dr Michael Wong*, Royal Melbourne Hospital, VIC.

Congratulations are also extended to *Ms Debbie Chappell*, Waikato District Health Board, New Zealand; *Miss Cher-Rin Chong*, The Queen Elizabeth Hospital, Adelaide; *Mr Tom Donoghue*, Capital & Coast District Health Board, Wellington, New Zealand; *Ms Catherine Moore*, The Prince Charles Hospital, Brisbane, QLD and *Mr Steven Faddy*, Ambulance Services of NSW, Sydney, who were awarded a **2014 CSANZ Affiliate Clinical Development Award (CDA)** to attend the 2014 World Congress of Cardiology in Melbourne.

Travelling Fellowship Update

Saifei Liu, from the University of Adelaide, South Australia, received a CSANZ Travelling Fellowship to attend the 2013 American Heart Association Scientific Sessions.

My name is Saifei Liu; I am currently a PhD student in the University of Adelaide, based in the Cardiology Unit in the Queen Elizabeth Hospital.

With the help from the "CSANZ travelling fellowships AHA scientific session", I was so glad to be able to attend the American Heart

Association Conference 2013, which was held in Dallas from 16 - 20 November 2013.

This was my second time to present my work in this international conference. The title of my presentation was "Impaired BNP effects on neutrophil burst in heart failure patients" During the presentation, I had many opportunities to discuss my work with several professional researchers who gave me enormous amount of valuable advices and suggestions, which was of great help for my future research.

Furthermore, this was a great opportunity for me to obtain new knowledge and research perspectives not only in my own field of interest but also a numerous different fields.

Last but not least I deeply appreciate the support from the CSANZ and wish to gain more help and assistance in my future career.

Travelling Fellowship Update

Dr Jerrett Lau, Advanced Trainee, Concord Hospital, Sydney, received a CSANZ Travelling Fellowship to attend the 2013 European Society of Cardiology Congress.

I was very fortunate to have had the opportunity to attend the ESC Congress 2013 in Amsterdam, Netherlands last year. It was a fantastic experience to not only attend but present local research at one of the largest Cardiology meetings on the international calendar. I enjoyed listening to the big names in clinical trials present their late breaking results and the experts speak about clinically relevant topics. Some highlights included listening to Josep Brugada speak during a session about difficult ECGs and Eugene Braunwald chairing a plenary

lecture in a room filled with thousands of people. The room that I presented in, of course, was much smaller but there were still hundreds of people in attendance listening to the results of research carried out in my department. Fielding questions from people from multiple countries around Europe rounded out my 15 minutes in the spotlight.

The CSANZ travelling scholarship helped cover the expenses involved with flights, accommodation and registration fees.

I am appreciative of the support that I received from the CSANZ, my department and hospital research committee, all enabling me to attend this conference which was an invaluable part of my advanced training.

Sea change, tree change, lifestyle change...

An opportunity exists, to partner with a cardiologist in an existing practice, with a view to working toward a job sharing provision of service for an established practice, based on site at a private hospital minutes from the centre of Hobart.

The arrangement would suit a colleague who is looking to set up practice, as all equipment is in place and a referral base is in place. If desired, there would also be the opportunity to build on the existing work load.

The opportunity could also suit a colleague who would like to achieve a work/ lifestyle balance, by working on average a week on week off with some flexibility.

Turnover, costs and income are all somewhat flexible and can be tailored to suit.

We provide consulting, outpatient testing, in-patient care, pacing, TTE and TOE, stress echo and ex ECG, angiography and angioplasty and cardiac CT services.

If you have any level of interest, please feel free and under no obligation to ask for more information by email
warrick.bishop@calvarycare.org.au

Please include a contact number as often a chat on the phone can cover much more than lengthy emails.

Also, please feel free to give me a call directly, between 7:30 am and 8:00 am (EST) is a good time to catch me.

Warrick Bishop

0416 100 064



Applications are called for the **CSANZ Travelling Fellowships** for travel grants to enable investigators to attend the **European Society of Cardiology Congress 2014** to be held in Barcelona, Spain, from 30 August – 3 September, 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 AU\$3,000 each.
2. The top ranked candidate will be awarded the CSANZ McCredie/Wilcken Travelling Fellowship.
3. Applicants **must be current financial FCSANZ, Associate Members 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 ESC 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 ESC notification of acceptance
- (2) brief curriculum vitae (maximum 1 page)
- (3) supporting letter from the supervisor or Director

Applications close:

19th May, 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*

* Contact the Secretariat to obtain a copy of the conditions (info@csanz.edu.au)

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Clara Chow

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On the pulse

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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



www.heartfoundation.org.a