

On the **PULSE**

The official newsletter of the Cardiac Society of Australia and New Zealand

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**THE CSANZ BOARD AND STAFF WISH
ALL OUR MEMBERS AND THEIR
FAMILIES**

**A HEALTHY, HAPPY
& SAFE
HOLIDAY SEASON**

The CSANZ Offices will be closed from

Australia : 22 Dec 2023 - 2 Jan 2024

New Zealand : 22 Dec 2023 - 3 Jan 2024

NEW FELLOWS AND MEMBERS

The Society extends a warm welcome to all new Fellows and Members admitted from Sept-Dec 2023

FELLOWS

Dr Barveen Abu Baker (VIC), Dr Yohan Chacko (QLD) Dr Daniel Chan (NZ), Dr James Chong (NSW), Dr John Edelman (WA), Dr Kanishka Kamaladasa (NSW), Dr Hariharan Raju (NSW), Dr Jelena Saundankar (WA), Dr Mansi Turaga (NZ), Dr Mark Whitman (QLD).

MEMBERS

Mrs Jeselle Abad-Santos (QLD), Ms Zakeeya Ali (QLD), Ms Najmeh Alyasin (ACT), Mr Andrew Arriba (QLD), Mrs Kate Austin (ACT), Ms Vicki Bliss (QLD), Mrs Alison Bridges (WA), Mr Timothy Brouwer (QLD), Ms Wasiela Brown (QLD), Dr Nicole Chan (QLD), Ms Melanie Clode (VIC), Mrs Jaime Cooper (NSW), Dr Michael Dick (NZ), Dr Aindreas Dorai-Raj (WA), Dr Aleisha Easton (NZ), Mrs Michelle Edwards (TAS), Ms Ellen Gardner (VIC), Dr Stuart Gibson (VIC), Dr Joanna Gong (VIC), Miss Phaedra Gurton (WA), Ms Rebbecca Hahn (WA), Ms Joanna Hume (NSW), Dr Siavash Javadi (QLD), Dr Mohit Kumar (WA), Mrs Tanya Lindsay (WA), Miss Merilie Mangoba (NSW), Miss Fay McNamara (NZ), Dr Robert Michael (NZ), Dr Ammar Mortada (NSW), Mrs Rosita Narayan (NZ), Mrs Anh Hong Nguyen (SA) Miss Hoang Cam Van Nguyen (NSW), Dr Warren Pavey (WA), Mrs Emma Postles (NZ), Mr Joel Reading (NZ), Mrs Angelina Santos (QLD), Dr Anita Shirwaiker (VIC), Dr Afik Snir (VIC), Mrs Elaine Somerville (QLD), Mrs Andrea Spreadbury (QLD), Dr Jessica Tanusasmitta (WA), Dr Georgia Mylonas (QLD), Mrs Jennifer Udan (NSW), Mrs Tara Verma (NZ), Dr Cameron Walters (WA), Dr Timothy Yeung (VIC), Dr Edmond Wong (VIC).

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CSANZ: LOOKING FORWARD TO 2024 AND BEYOND...

Editorial by Prof William Parsonage

This final edition of **On The Pulse** for 2023 provided an opportunity to reflect on the activity of the society over the last year, but also to look forward to 2024 and beyond.

The results of our first ever membership survey were received at the March board meeting. As I wrote earlier in the year, the survey was not intended to be prescriptive, but to help the leadership understand which of the many issues that the society deals with were priorities for our members. The importance of workforce issues, government advocacy, clinical appropriateness together with health of Aboriginal, Torres Strait Islander, Māori and Pasifika people all ranked highly. The outcomes of the survey have helped to inform a number of important future activities.

The Quality and Standards Committee have undertaken considerable work to further formalise the process through which the CSANZ creates or endorses policy and practice documents. As well as providing guidance to members, these documents increasingly form part of our engagement with government and policy makers, for example, by being incorporated into the Medicare Benefits Schedule. In early 2024, members wishing to initiate, or be involved with, policy development be able to access a concise graphical representation of how these documents are created, as well as a form that will step authors through the process to completion of a document, on the society website. Additionally, details on creating a Practice Update will also be rolled out. This will allow authors the possibility to write more targeted and locally relevant documents, and can be considered when a widely accepted and up to date guideline, created by another organisation, already exists. As always - the place to start is with your Council, as their support is essential.

This year also saw the establishment of an Equity, Diversity and Culture committee co-chaired by Jenny Deague and Swati Mukherjee. The committee is currently refining its terms of reference, but will influence the work of the society across a breadth of issues relating to workplace, workforce, representation and professional standards as well as helping to modernise the mission, values and constitution of the society to ensure that we look to a future that continues to represent the interests of our over 2500 members. The committee will work

closely with the Professional Ethics and Standards Committee as well as the Indigenous Health Council. With the latter in mind, the Board welcomed the findings of the Te Whare Tututuku Wānanga held at Akarana Yacht Club, Orakei, Auckland in June. The Wānanga (workshop) provided invaluable advice on how the society can better engage with Māori and Pasifika health workers and researchers.

Finally, this year saw us welcome our new Executive Officer, Julianne James-Smith. You can read a little more about Julianne on page 22. As we move into 2024 please take the opportunity to introduce yourself and join me in welcoming her to this pivotal role in the workings of the society.

Mindful that cardiovascular disease never takes a break, I know that many of you will be working across the holiday period. Your service to our communities is much appreciated and highly valued, but I also hope that you find at least some time to spend with your families and friends.

On behalf of the society, I wish you a safe, happy and healthy holiday season!

Will Parsonage

On the Pulse Magazine

For information regarding submissions for *On the Pulse* please email us: info@csanz.edu.au

Views expressed in On the Pulse are not necessarily the views of the Cardiac Society or its Board.



Prof William Parsonage
Editor



START PLANNING YOUR TRIP TO PERTH WESTERN AUSTRALIA

1 – 4 AUGUST 2024

CSANZ 2024

72ND ANNUAL SCIENTIFIC MEETING OF THE
CARDIAC SOCIETY OF AUSTRALIA AND NEW ZEALAND

HOSTED BY CSANZ WESTERN AUSTRALIA

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ANZET24

Tourism Western Australia

2024 CSANZ ASM Named Lecturers

RT Hall Lecturer



Edward Lakatta
National Institutes of Health, Baltimore, USA

Kempson Maddox Lecturer



Prashanthan Sanders
University of Adelaide, SA

Allied Health, Science and Technology
Lecturer



Andrew Maiorana
Fiona Stanley Hospital, WA

CSANZ Basic Science Lecturer



Christina Bursill
SAHMRI, SA

Gaston Bauer Lecturer



Julian Paton
University of Auckland, NZ

Patricia M. Davidson Lecturer

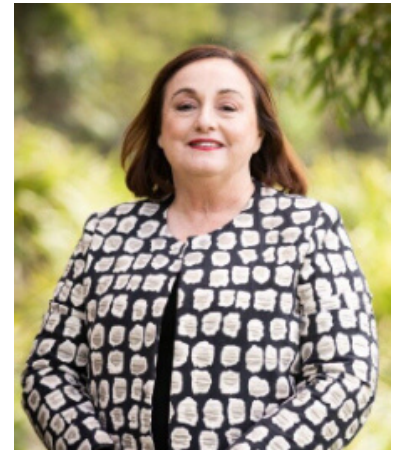


Aaron Conway
Queensland University of Technology

PATRICIA M. DAVIDSON LECTURE

The Cardiovascular Nursing Council submitted a proposal for the Board's consideration to re-name the Cardiovascular Nursing Lecture in honour of Prof Patricia Davidson and it was unanimously approved at the Board meeting on 3 November 2023.

The Cardiovascular Nursing named lecture, presented prior to the Cardiovascular Nursing Prize session at the Annual Scientific Meeting of the Cardiovascular Society of Australia and New Zealand (CSANZ), will now be named the Patricia M. Davidson Lecture, in recognition of Professor Davidson's considerable contribution to the nursing profession in Australia, internationally and to CSANZ.



Throughout her career, Professor Davidson has been focussed on mentoring the next generation of health professionals and scientists. In 2016, she was the first nurse to receive the Australian Museum Eureka Prize for Outstanding Mentor of Young Researchers. Prof Davidson has received funding from the National Institutes of Health, the National Health & Medical Research Council, and the Australian Research Council. She has received multiple awards in recognition of her contributions to cardiovascular care and nursing. In 2021 she was the recipient of the Consortium of Universities for Global Health (CUGH) Distinguished Leader Award and the 2021 Advance Awards winner in the Education and Research category.

Prof Patricia Davidson was appointed Vice-Chancellor and President of the University of Wollongong in May 2021. Prior to this current role, she was the dean of the Johns Hopkins School of Nursing in Baltimore, USA and a professor in the Bloomberg School of Public Health. Her career has focussed on improving the outcomes of individuals with chronic illness and developing policy relevant health interventions. As a global leader in nursing, health care, and advocacy, Prof Davidson's work focuses on person-centred care delivery and the improvement of cardiovascular health outcomes for women and at risk populations.

Prof Davidson has been instrumental to developing the leading cardiovascular nurse researchers in Australia to improve cardiovascular health of their communities. She is committed to mentoring the next generation of research leaders across many disciplines. Through her research career, she has supervised more than 56 doctoral students. She has over 700 publications, a large number are published with students, mentees, clinical collaborators and fellow nurse scientists, many of whom are former students or mentees.

2024 CSANZ ASM and ANZET Meeting Abstracts are Now Open

Abstracts submission closes at 20:00 (AEDT) Monday, 11 March 2024

[CSANZ ABSTRACT
2024](#)

[ANZET ABSTRACT
2024](#)

Did you know that we have a vibrant and enthusiastic Working Group dedicated to improving equity for women at all levels of the career journey?

Our goal is to engage a higher representation of women in Cardiology, given we have the lowest level of representation amongst all Medical specialties. Currently, only 15% of all cardiologists are women, with only 5% specialising as interventional cardiologists.

The current Chair is the dynamic Dr Sonya Burgess, an interventional cardiologist based in Sydney. Members of the Steering Committee include Dr Sarah Zaman, Dr Clara Chow, Dr Anastasia Mihailidou, Dr Rebecca Kozor, Dr Swati Mukherjee, Dr Belinda Gray, Dr Elizabeth Shaw, Dr Ruth Arnold, Dr Alicia Chan, Dr Cara Barnes, Dr Louise Segan, Dr Jain Manali, Dr Anastasia Vlachadis-Castles, Dr Lynne Pressley and Dr Rebecca Jedwab.

The focus of the Working Group is to have the CSANZ Board, and members, to support women and improve representation of women in cardiology at all levels – from conference invitations to committee membership, policies, equity and future leaders. There are plans to coordinate preparing a WiC day focused on interview skills CV preparation for advanced trainee, fellowships, and early career positions, with a workshop and skills day lead by Dr Rebecca Kozor and Dr Sonya Burgess. We also wish to encourage having a network where the offline conversations, mentoring, and sponsorship can grow. One of the most rewarding changes we have seen, as we try to achieve more equity and diversity in cardiology, is that it generates mentoring and support. We have had women in Cardiology at all levels reaching out to members of this group with questions, requests for data, support and further plans for research and networking.

In Australia and New Zealand, women are still underrepresented at trainee level and published modelling, based on Australian data, suggests the rate of change is underwhelming. We currently are unlikely to reach gender parity for at least 50 years, and our rate of change is worse than that of Surgery. There is longstanding evidence of inequity for women seeking careers in Cardiology. Research shows women are under-represented at consultant, trainee level and professor promotion. Research also shows that in Cardiology we have ongoing cultural issues, including conscious and unconscious bias, that as a specialty we are yet to successfully address. These issues have an impact on outcomes for our colleagues, trainees, students and patients.

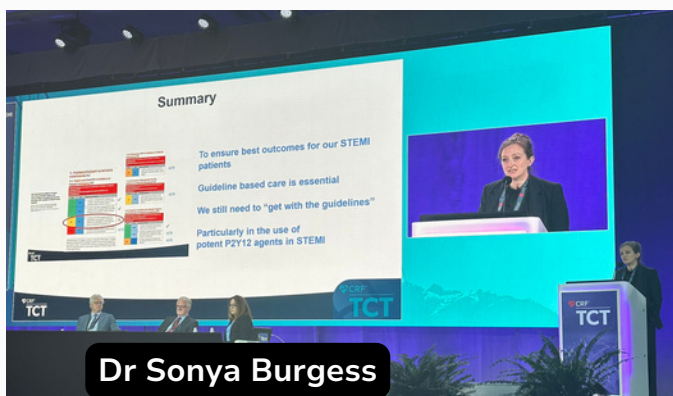
Importantly, changes are happening, in individual departments and hospitals throughout our countries, in our policies and systems, and in our conference committees as we all try to facilitate positive change. One recent example of a WiC initiative supported by NSW cardiology heads of department, led by Dr Tom Ford, were changes to the under-representation of women at the Heads of Department “cull meeting”. This meeting considers, grades, and ranks all applicants for Advanced Training positions in Cardiology for advanced trainee positions in New South Wales. Of the large 12-15 person voting panel, there was only one-woman representative. As NSW health policy for recruitment and training aims to avoid poor representation of women on interview panels by stipulating on a 5-person panel, at least one voting panellist should be a man, and at least one person should be a woman. The CSANZ WiC group requested that for the panels, such as the cull meeting, that similar minimal ratios should be sought and the voting committee members should not be greater than 80% male (or greater than 80% female), based on the minimum 1:4 ratio within NSW policy. The CSANZ WiC group worked together with Dr Tom Ford (who chairs this meeting) and all of the Department Heads, which led to greater than 20% of the panel for were women this year for the first time. This positive progress is encouraging.

WOMEN IN CARDIOLOGY (CONT.)

As a group, we are working on increasing visibility on the both the national and international stage, to provide supportive role models for the next generation of not only Cardiology trainees but all women in cardiology, including nursing, allied health and research and more equity focused research and research funding. In 2023, we have seen members of our steering committee actively working on these goals. Our proudest moments come when we see our trainees/mentees/students doing well and breaking their own glass ceilings. For example, in 2024 Dr Roopa Krishnamoorthy will become the first female advanced trainee to take up an interventional cardiology fellowship at Nepean Hospital, and start her journey in interventional cardiology.

Our Steering Committee members are recognised both at national & international levels, and are recognised leaders in the Cardiology field or rising stars.

- Dr Sonya Burgess, Chair WiC group, presented as faculty at TCT2023, one of the premier interventional congresses and had her STEMI papers cited in 2023 ESC guidelines, co-authored an EAPCI position paper on radiation safety (1) and secured funding and started early data collection for occupational radiation safety in pregnancy research.
- Dr Sarah Zaman is invited as one of 21 Lancet Commissioners on the Lancet Commission on Atherosclerotic Heart Disease and has been included in CSANZ STEMI guideline committee.
- Dr Elizabeth Shaw, our first Australian interventional cardiologist to perform TAVI has now also become the second female Head of Cardiology Department in New South Wales.
- Dr Anastasia Mihailidou was invited Discussant at the American Heart Association Late Breaking Science this year and Keynote presentation at the 10th National Prevention Conference in Ireland. She also was one of the invited Faculty to review the content for the World Health Organisation technical specifications for pre-market assessment of blood pressure measuring devices (2).
- Dr Ruth Arnold was the first female Head of department of Cardiology at Orange Health Service and successfully lead the initiative to include more women at the head of department cull meeting. Dr Arnold received an OAM for services to rural cardiology. With her colleague Dr David Amos, she has worked to establish an accredited rural advanced trainee position based at Orange and linked to RPAH. This is the first rural hospital to be able to recruit advanced trainees. She is hoping to expand the rurally based training program across western NSW.

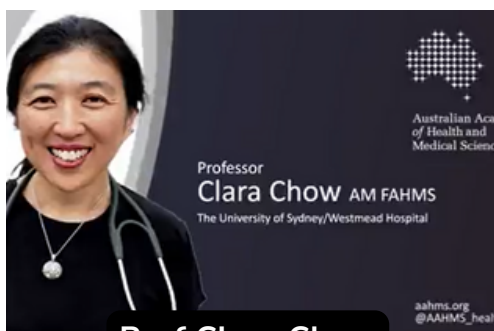


WOMEN IN CARDIOLOGY (CONT.)

- Dr Clara Chow received an OAM for her service to medicine and research, and was appointed as a new Fellow by The Australian Academy of Health and Medical Sciences and was Digital Health Technology Award Finalist.
- Dr Rebecca Jedwab is a Critical Care Registered Nurse and PhD (Nursing) graduate from Deakin University. She is a Fellow of the Australian College of Nursing and passionate about advancing mentorship, professional development and research within her healthcare organisation.
- Dr Louise Segan received the Baker Heart and Diabetes Institute Bright Sparks Scholarship Recipient and Baker Research Forum quarterly prize winner as well as APHRS Young Investigator Award 2023. Louise is one of our rising shining stars with having first author on original research published in European Heart Journal this year (3). Congratulations Louise!
- Dr Alicia Chan is a co-author of the Australian Consensus on the Management of Heart Failure, active in the heart failure and pacing/cardiac devices space and is a board member of CSANZ and National Heart Foundation (SA).
- Dr Belinda Gray is current Chair of the CSANZ genetics council and Heart Foundation Future Leader. Dr Gray was also the Australian lead and only Australian author for the recent LIVE-HCM-large multicentre international study assessing safety of vigorous exercise in hypertrophic cardiomyopathy which will bring change in clinical practice (4).
- Dr Swati Mukherjee is the first woman of colour to qualify as an interventional cardiologist in Australia and New Zealand, and the first female interventionalist to be awarded a prestigious SCAL-USA Fellowship in recognition of interventional cardiology excellence. Dr Mukherjee is co-chair of the CSANZ Equity, Diversity and Culture Committee and member of Gender Equity in Medicine Committee of the Royal Australian College of Physicians (RACP).



Dr Rebecca Jedwab



Prof Clara Chow



Dr Louise Segan

We look forward to welcoming you to our WiC Working Group and there are no exclusions!

If you are interested to join us on our mission, please contact Sonya Burgess via email: Sonya.burgess@health.nsw.gov.au or via Nepean hospital Ph: 0247342000

References

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2. WHO (2023). Technical specifications for pre-market assessment of blood pressure measuring device with cuff, automated and semi-automated.
3. Segan L et al. (2023) New-onset atrial fibrillation prediction: the HARMS2-AF risk score. *Eur Heart J*; 44:3443-3452
4. Lampert R, Ackerman MJ, Marino BS, Burg M, Ainsworth B, Salberg L, Tome Esteban MT, Ho CY, Abraham R, Balaji S, Barth C, Berul CI, Bos M, Cannom D, Choudhury L, Concannon M, Cooper R, Czosek RJ, Dubin AM, Dziura J, Eidem B, Emery MS, Estes NAM, Etheridge SP, Geske JB, Gray B, Hall K, Harmon KG, James CA, Lal AK, Law IH, Li F, Link MS, McKenna WJ, Molossi S, Olshansky B, Ommen SR, Saarel EV, Saberi S, Simone L, Tomaselli G, Ware JS, Zipes DP, Day SM; LIVE Consortium. Vigorous Exercise in Patients With Hypertrophic Cardiomyopathy. *JAMA Cardiol*. 2023;8(6):595-605

HEART, LUNG & CIRCULATION JOURNAL

The TOP ARTICLES downloaded for 2023

(Click on the article text below)

- [1 A Clinical Guide for Assessment and Prescription of Exercise and Physical Activity in Cardiac Rehabilitation. A CSANZ Position Statement](#)**
Christian Verdicchio, Nicole Freene, Matthew Hollings, Andrew Maiorana, Tom Briffa, Robyn Gallagher, Jeroen M. Hendriks, Bridget Abell, Alex Brown, David Colquhoun, Erin Howden, Dominique Hansen, Stacey Reading, Julie Redfern
- [2 Declining Public Awareness of Heart Attack Warning Symptoms in the Years Following an Australian Public Awareness Campaign: A Cross-Sectional Study](#)**
Janet Bray, Stuart Howell, Ziad Nehme, Amanda Buttery, Dion Stub, Susie Cartledge, Judith Finn
- [3 New Drug Targets and Preclinical Modelling Recommendations for Treating Acute Myocardial Infarction](#)**
Yuanzhao Cao, Meredith A. Redd, Chen Fang, Dalia Mizikovsky, Xichun Li MS, Peter S. Macdonald, Glenn F. King, Nathan J. Palpant
- [4 Efficacy and Safety of Mavacamten in the Treatment of Hypertrophic Cardiomyopathy: A Systematic Review](#)**
Daniel Bishev, Stephanie Fabara, Isaac Loseke, Akankcha Alok, Hashim Al-Ani, Yvette Bazikian
- [5 Mind The Gap, Aboriginal and Torres Strait Islander Cardiovascular Health: A Narrative Review](#)**
Michael McGee, Lauren Shephard, Stuart Sugito, David Baker, Stephen Briennesse, Mohammed Al-Omary, Rhian Nathan-Marsh, Doan T.M. Ngo, Patrick Oakley, Andrew J. Boyle, Gail Garvey, Aaron L. Sverdlov
- [6 Impact of Early COVID-19 Waves on Cardiac Rehabilitation Delivery in Australia: A National Survey](#)**
Susie Cartledge, Emma E. Thomas, Barbara Murphy, Bridget Abel, Christian Verdicchio, Robert Zecchin, Jan Cameron, Robyn Gallagher, Carolyn Astley, COVID working group
- [7 Australian Atherosclerosis Society Position Statement on Lipoprotein\(a\): Clinical and Implementation Recommendations](#)**
Natalie C. Ward, Gerald F. Watts, Warrick Bishop, David Colquhoun, Christian Hamilton-Craig, David L. Hare, Nadarajah Kangaharan, Karam M. Kostner, Leonard Kritharides, Richard O'Brien, Trevor A. Mori, Paul J. Nestel, Stephen J. Nicholls, Peter J. Psaltis, Natalie Raffoul, Harvey D. White, David R. Sullivan



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December 2023 Volume 32 Issue 12

2023 TRAVELLING FELLOWSHIP REPORTS

The following reports are sent in by our young Travelling Fellowship winners giving a report on their experience at the ESC 2023 in August 2023 and the AHA 2023 Scientific Sessions in November 2023.



Outcomes

- With increasing PHT severity, 1- and 5-year actuarial mortality increased from 8.5% and 38.7%, and from 11.0% and 78.8% respectively ($p < 0.0001$).
- Similarly, adjusted survival analysis showed the risk of long-term mortality progressively increased with higher eRVSP levels (adjusted hazard ratio (aHR) 1.20, 95% confidence interval 1.04-1.38 for borderline PHT; to aHR 2.86, 95%CI 2.48-3.31 in severe PHT, $p < 0.0001$) (Figure 1).

Conclusion

- In this large study we characterized the close but incompletely understood relationship between significant PA and complicating PHT.
- Mortality increases as PHT becomes more severe from an eRVSP of approximately 35mmHg onwards.

Dr Seshika Ratwatte

Dr Stephanie Rowe

Dr Jonathan Sen

2023 TRAVELLING FELLOWSHIP REPORTS

Dr Seshika Ratwatte, ESC 2023

PhD Student University of Sydney and Adult Congenital Heart Disease Fellow at Royal Prince Alfred Hospital, Sydney.

It was wonderful to have the opportunity to travel to the ESC Congress 2023 in Amsterdam with the support of a CSANZ Travelling Fellowship!

I am in my second year of PhD through the University of Sydney and am the Adult Congenital Heart Disease Fellow at Royal Prince Alfred Hospital. I was very excited to attend and present at my first in-person, major, international conference! I had not had the opportunity prior due to the COVID hiatus.

I enjoyed the opportunity to present parts of my PhD at the conference, with four abstracts accepted as moderated e-poster presentations. These abstracts utilised data from the National Echo Database of Australia and related to pulmonary hypertension in left heart disease, specifically cohorts with significant i) aortic regurgitation, ii) aortic stenosis, iii) mitral regurgitation and iv) reduced left ventricular ejection fraction. Each project showed a graded and independent relationship between the severity of raised pulmonary pressures and subsequent mortality – even at low levels.

The chance to meet and hear from leaders across different cardiology sub-specialties was a highlight for me. I learnt very early in the conference that if you wanted to get a seat in a big session you had to arrive at least 20 minutes in advance! The volume and quality of research presented was unlike what I've previously experienced and was certainly motivating for me to expand my network and research moving forwards.

I'd like to thank my PhD supervisor Professor David Celermajer for his guidance, support and encouragement with my research. Many thanks also go to my NEDA collaborators and to CSANZ for their support of me presenting at this meeting!

Seshika's abstracts presented can be found on the ESC365 links below:

- Prevalence of pulmonary hypertension in reduced left ventricular systolic function and its influence on outcomes <https://esc365.escardio.org/presentation/269615>
- Prevalence of pulmonary hypertension in aortic regurgitation and its influence on outcomes <https://esc365.escardio.org/presentation/267031>
- Prevalence of pulmonary hypertension in mitral regurgitation and its influence on outcomes <https://esc365.escardio.org/presentation/269409>

TRAVELLING FELLOWSHIP REPORT

Dr Stephanie Rowe at ESC 2023

Cardiologist at St Vincent's Hospital, Melbourne

I was fortunate to be awarded the 2023 CSANZ ESC Travelling Fellowship which allowed me to attend my first in-person major international meeting. This year, the conference was held in Amsterdam, The Netherlands.

I am a Cardiologist at St Vincent's Hospital Melbourne and in my first year of my PhD. I was excited to present my abstract as a moderated poster in the session 'What more do I need to know about the athlete's heart?'. My research was entitled 'Cardiac remodelling in male and female athletes: An MRI assessment of cardiac size and its impact on cardiorespiratory fitness' and focussed on the strong positive relationship between increasing cardiac size and fitness in elite endurance athletes.

It was wonderful to meet our international collaborators in person as well as having the opportunity to network with leaders in our field. I particularly enjoyed the sessions on sports cardiology and cardiac genetics. The biggest takeaway for me was the new ESC guidelines for the management of cardiomyopathies which highlighted the important role of genetic testing and counselling. Outside of the conference, it was lovely to have the opportunity to explore Amsterdam and the surrounding area.

I am very grateful to the CSANZ for giving me this opportunity and supporting me in my PhD studies. This experience has helped expand my international network, and really inspired me for the coming years of my PhD.

Stephanie's abstract presented can be found on ESC365 link below:

Cardiac remodelling in male and female athletes: An MRI assessment of cardiac size and its impact on cardiorespiratory fitness <https://esc365.escardio.org/presentation/267908>

NB: unfortunately most of these ESC links are now not on open access due to the time since the meeting, hopefully you can find a colleague with ESC365 access if you are not a member of the ESC.

TRAVELLING FELLOWSHIP REPORT

Dr Jonathan Sen

Cardiology Advanced Trainee at the Princess Alexandra Hospital, QLD

I am a final year Cardiology Advanced Trainee at the Princess Alexandra Hospital in Brisbane, as well as a PhD candidate with the University of Melbourne under the supervision of Professor Tom Marwick. It was an honour to attend the recent European Society of Cardiology meeting in Amsterdam in August 2023 with support from a CSANZ Travelling Fellowship. At the Congress, I presented the following three abstracts:

- Comorbidity is the driver of adverse outcomes in patients with moderate aortic stenosis: <https://esc365.escardio.org/presentation/267042>
- Derivation and validation of a risk score to predict mortality or heart failure-related hospitalization based on clinical and echocardiographic factors in moderate or severe aortic stenosis: <https://esc365.escardio.org/presentation/267041>
- Progression of different echocardiographic parameters of aortic stenosis have different clinical associations: <https://esc365.escardio.org/presentation/266578>

My research uses Big Data to investigate the ageing myocardium and aortic valve disease. Using unsupervised machine learning algorithms, my research found that comorbidities, beyond echocardiographic parameters, are key drivers of adverse outcomes in patients with moderate aortic stenosis. We developed a risk score as a decision support tool in risk stratification for patients with aortic stenosis. Additionally, demographic and clinical factors were also shown to impact the progression of aortic stenosis. This research highlights the need for clinicians to carefully consider comorbidities that predispose adverse outcomes when managing patients with aortic stenosis.

The ESC Congress was an excellent platform in which to immerse myself in the latest advancements in cardiology. The Hot Line, late-breaking science, and New ESC Guidelines sessions, particularly those on the latest advancements in heart failure, imaging, and valvular heart disease, were enlightening. During the “Valvular heart disease: echocardiography and beyond” and “The challenging management of moderate aortic stenosis” sessions, I engaged in discussions with others who shared a similar research interest. Meeting mentors and experts in the field offered unique insights and fostered professional relationships that will facilitate future collaborations. Overall, the experience inspired a sense of excitement and enthusiasm in further research endeavours.

This was an exceptional opportunity to present my research, learn from experts, and connect with like-minded colleagues. Attending this international Congress has significantly contributed to my growth as a cardiology advanced trainee and PhD Candidate, and has motivated me to continue contributing towards advancement of this field. I am grateful for the Travelling Fellowship that made this experience possible.

TRAVELLING FELLOWSHIP REPORT



Dr Zhaleh Ataei AHA 2023

**Masters of Biomedical Science, University of Melbourne
Researcher, Baker Heart and Diabetes Institute**

A medical doctor undertaking a Master of Biomedical Science at the University of Melbourne. She has been doing a research project at the Baker Heart and Diabetes Institute for almost two years.

Attending the AHA conference for the first time was an incredible experience. I learned a lot from the bests in my field and got the chance to network with scientists in the same area.

I presented our study on how physical activity modified the risk of incident cardiovascular disease in women with early menopause and complicated pregnancy in the “hot topics in heart disease in women” session.

I am incredibly grateful to my family for their constant support throughout my life and to my supervisors, Associate Professor Erin Howden, Dr Sergio Ruiz-Carmona, and Dr Leah Wright, for all their guidance in these two years!

Special thanks to the CSANZ for their support in attending such a fantastic conference!

Please find Zhaleh’s presented abstract on the link below:

https://www.ahajournals.org/doi/10.1161/circ.148.suppl_1.18857

TRAVELLING FELLOWSHIP REPORT



Joshua Wong - AHA 2023

Cardiologist at Peter MacCallum Cancer Centre, VIC

It was a great privilege to be awarded the CSANZ Travelling Fellowship to attend the American Heart Association Scientific Session 2023 in Philadelphia, USA.

I was delighted to present research from my PhD at the AHA. My abstract examined the impact of cancer and chemotherapy on the development of heart failure in people with diabetes. This population study linked large datasets with the Australian National Diabetes Services Scheme and found evidence to suggest that cancer itself is a driver of heart failure in the diabetes population, regardless of prior chemotherapy prescription. The presentation was well received and sparked interesting discussion.

Cardio-oncology is a rapidly emerging field, so it was a highlight to learn and connect with the expanding global cardio-oncology community. America and Europe have well established cardio-oncology units and training programs and it was inspiring to learn valuable lessons to implement back home.

Another highlight of the conference was the presentation of the landmark SELECT Trial - which showed Semaglutide improved cardiovascular outcomes in obese/overweight people with established cardiovascular disease in the non-diabetic population. The excitement and attention to the main event presentation was electric with people spilling over into the hallways.

Philadelphia was absolutely stunning in the fall and I had enough Philly Cheesesteaks to last me a lifetime! I was also able to travel down to New York and meet with Dr Jennifer Liu, the Director of Cardiology at Memorial Sloan Kettering Cancer Centre to set up a future research collaboration for my PhD.

I would like to give my heartfelt thanks to my supervisor Professor Tom Marwick who is an invaluable source of constant guidance and mentorship and to CSANZ for their generosity and support of young clinician-researchers like myself - this experience would not have been possible without them.



Please find link to Joshua's abstract on the link below:

[Abstract presented at the AHA Scientific Sessions - November 2023.](https://www.ahajournals.org/doi/10.1161/circ.148.suppl_1.14262#:~:text=Conclusion%3A%20Cancer%20diagnosis%20is%20associated,with%20HF%20irrespective%20of%20chemotherapy.)

https://www.ahajournals.org/doi/10.1161/circ.148.suppl_1.14262#:~:text=Conclusion%3A%20Cancer%20diagnosis%20is%20associated,with%20HF%20irrespective%20of%20chemotherapy.

FELLOWS-IN-TRAINING WEBINAR SERIES

Congratulations to the 2023 CSANZ Fellows-in-Training Committee, led by Dr Naomi Wattchow, for their wonderful contribution to another successful year for the CSANZ Fellows-in-Training Heart School webinar series.

The CSANZ Heart School Webinar Series is produced to support Advanced Trainees, Basic Physician Trainees and medical students with their professional development; and to continue to improve practice. This series is aimed at trainees, but we feel sure that all early career members will find the webinars of great interest.

Thank you to all the wonderful presenters who contributed their valuable time and energy into presenting their expert topic and for enabling our Advanced Trainees to enjoy one on one Question and Answer time at the end of each session.

We wish all new and continuing Fellows-In-Training success in their training program. If you missed any of these webinars please click on the images below to take you through to [CSANZ Education for on the website \(member login required\)](https://www.csanz.edu.au/education/#heart-school).

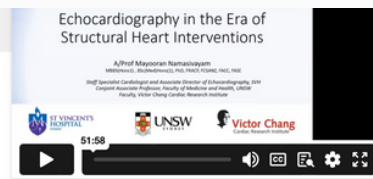
<https://www.csanz.edu.au/education/#heart-school>



FIT_Heart School: Life with...

CSANZ FIT_Heart School: Life without a pulse – LVAD emergencies - Nov 2023

Presented by Dr Felicity Lee



FIT_Heart School: Echocar...

CSANZ

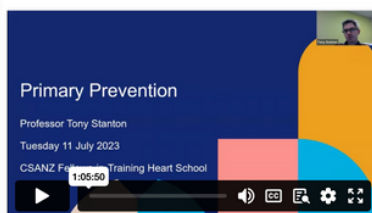
Presented A/Prof Mayoora Namasivayam, St Vincent's Sydney (Oct 2023)



FIT_Heart School: Approac...

CSANZ

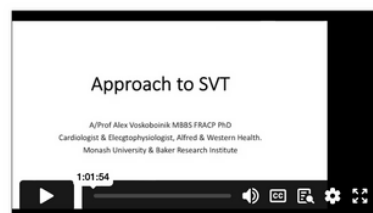
Presented by Dr Pradyot Saklani, Sir Charles Gairdner Hospital, Perth



FIT_Heart School: Primary ...

CSANZ

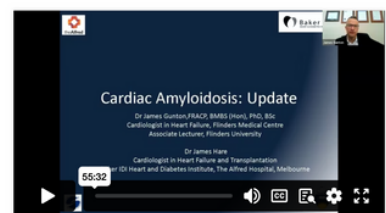
Presented by Prof Tony Stanton



FIT_Heart School: Approac...

CSANZ

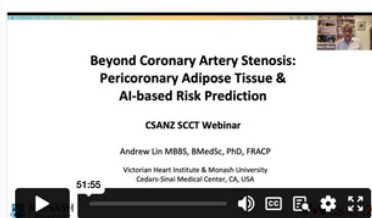
presented by A/Prof Alex Voskoboinik



FIT_Heart School - Cardiac ...

CSANZ

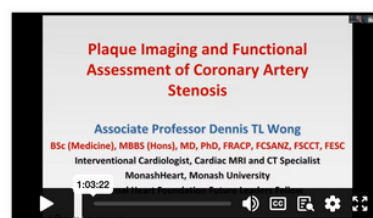
Presented by Dr James Gunton



FIT - SCCT : Beyond Coron...

CSANZ

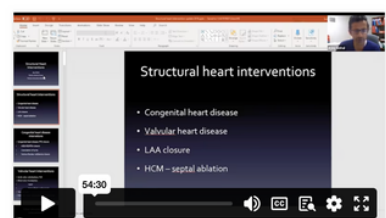
Presented by Dr Andrew Lin and chaired by Prof Barry Elison and Dr Ryan Shulman



FIT - SCCT: Plaque Imaging...

CSANZ

Thank you to A/Prof Dennis Wong for his interesting presentation.



FIT - Structural heart interv...

CSANZ

presented by A/Prof Ajay Sinhal - the final in the CSANZ Fellows in Training webinar series for...



Apply for a CSANZ Travelling Fellowship in 2024 ...

The CSANZ Travelling Fellowships are intended to provide an opportunity for young investigators in the early stage of their research career to present at the American, European and Asian Scientific Sessions.

Applications are open now for International Travelling Fellowships to attend the following Scientific Sessions.

Detailed information on full eligibility criteria and how to apply can be found below. Please read the documents above for each travel grant carefully, as these have recently changed for 2024.

- [American College of Cardiology \(ACC.24\) to be held in Atlanta, Georgia from 6 - 8 April, 2024. \(application closes 29 January 2024\)](#)
- [International Society for Heart Lung Transplantation \(ISHLT\) to be held in Prague, Czech Republic 10 – 13 April 2024. \(application closes 29 January 2024\)](#)

All applicants must :

- be current financial CSANZ members at the time of application and have been a CSANZ member for at least one year by application close by date.
- be no more than five years post their most recent post graduate qualification.
- have already had an abstract accepted for presentation at the Scientific Session.

Preference is given to those attending their first Scientific Session of that meeting.

Read more about other travel grants as they become available on the [CSANZ website here https://www.csanz.edu.au/for-professionals/scholarships-and-prizes/](https://www.csanz.edu.au/for-professionals/scholarships-and-prizes/)

Applications should be emailed to the Honorary Secretary at info@csanz.edu.au

For more information please do not hesitate to contact us on +612 9226 7900 or the email info@csanz.edu.au for more assistance.

ASM AND OTHER MEETING KEY DATES:



[Submit your abstract now](#)

[Registration is open](#)

[Abstracts close: 28 February 2024](#)

[Early-bird registration closing: 11 March 2024](#)



**CSANZ New Zealand
Annual Scientific Meeting**
Te Pae, Christchurch | 13-15 June 2024
www.csanzasm.nz

[Submit your abstract now](#)

[Registration is open](#)

[Abstracts close: 4 March 2024](#)

[Early-bird registration close: 15 April 2024](#)



[Submit your abstract now](#)

[Abstracts close: 11 March 2024](#)

[Registration opens: 14 March 2024](#)

[Early-bird closing: 5 June 2024](#)

NOTES FOR THE DIARY 2024

(Blue - Australia / NZ Meetings Green - International Meetings)

6 - 8 Apr : ACC.24/WCC American College of Cardiology with
World Heart Federation (WCC), Atlanta GA, USA - [link](#)

10 - 13 Apr : ISHLT 2024 International Society for Heart Lung Transplantation
Prague, Czech Republic - [link](#)

8 - 10 May : International Clinical Cardiovascular Genetics, (ICCG) Brisbane - [link](#)

11 - 14 May : ESC Heart Failure Meeting 2024, Lisbon, Portugal - [link](#)

13 - 15 Jun : CSANZ NZ ASM 2024 - Auckland - [link](#)

14 - 15 Jun : ESC ACNAP Congress Wrocław, Poland - [link](#)

1 - 4 Aug : CSANZ ASM 2024, Perth - [link](#)

: ANZET 2024, Perth - [link](#)

30 Aug-2 Sept : ESC Congress 2024 - London, UK - [link](#)

27 - 30 Sept : HFSA 2024 Heart Failure Scientific Meeting, Atlanta GA, USA - [link](#)

16 - 18 Nov : AHA 2024, Chicago - [link](#)

Don't forget to submit your application for
2024 CSANZ Travelling Fellowships
if you have had an abstract accepted at an International Meeting.

Visit [CSANZ Scholarships and Prizes](#) on the website

NEW CSANZ APPOINTMENTS

NSW/ACT State Joint Committee have a new Chair and Secretary

Chair : Prof Ravinay Bhindi

Secretary. : Dr James Weaver



Julianne James-Smith
CSANZ
Executive Officer



Emma Richards
CSANZ
Program Manager

We are delighted to introduce Julianne James-Smith, as CSANZ Executive Officer and Emma Richards, our new Program Manager at the Cardiac Society of Australia and New Zealand.

Julianne originally comes from an environmental engineering background, she has a degree in Chemical and Environmental Engineering from the University of Queensland, and a Masters in Engineering (Research) from the University of Adelaide. Julianne brings a wealth of knowledge and experience in organisational management, strategic thinking and analytic program management, with strong business acumen and leadership skills, vast experience in advocacy and stakeholder relationships across both public and private health practice and the environmental space.

We are also excited to welcome Emma Richards to the team, Emma originally comes from an Allied Health background, however her most recent role was Clinical Education Manager and Associate lecturer at the University of Technology Sydney. Emma will be working on program initiatives with the Education Committee; the Advanced Training Committee; and the Equity, Diversity and Culture Committee; and the Indigenous Health Council.

Both have hit the ground running and are getting up to speed with all the myriad of components that makes up our Cardiac Society.

We hope you will join with us to wish them well.

CSANZ BOARD

Stephen Nicholls

President

Clara Chow

Immediate Past President

Mayanna Lund

President Elect/ Honorary Secretary

William Parsonage

Hon. Assistant Secretary/Treasurer

Matthew Worthley

Chair, Advanced Training Committee

Jenny Deague

Chair, Education Committee

Sally Inglis

Chair, Professional and Ethical Standards Committee

Dominica Zentner

Chair, Quality Standards Committee

Martin Stiles

Chair, Scientific Committee

Lee Nedkoff

Chair, Allied Health Science and Technology Council

Caleb Ferguson

Chair, Cardiovascular Nursing Council

Jonathan Kalman

Chair, Heart Rhythm Council

Gregory Scalia

Chair, Cardiac Imaging Council

Sidney Lo

Chair, Interventional Council

Michael Cheung

Chair, Paediatric and Congenital Council

Raj Puranik

Clinical Practice Advisor

Selwyn Wong

Chair, New Zealand Regional Committee

Ashutosh Hardikar

Surgical Representative

Elected Board Members

Liza Thomas, NSW David Cross, QLD

Alicia Chan, SA James Rankin, WA

Dominica Zentner, VIC Nathan Dwyer, TAS

Mayanna Lund, NZ

Regional Committees

NSW Prof Ravinay Bhindi, Chair
Dr James Weaver, Secretary

QLD Sandhir Prasad, Chair
William Wang, Secretary

SA Alicia Chan, Co-Chair
Dennis Lau Co-Chair

TAS Don McTaggart, Chair
Philip Roberts-Thomson, Secretary

VIC Dominica Zentner, Chair
Adam Hutchison, Secretary

WA Rukshen Weerasooriya, Chair
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