 Editors Section

This issue includes information from the recent ISCP meeting in Bucharest in May and the ISCP session at the WCC in Dubai.

Additional resources available through the ISCP website include an Expert Opinion section. We have included a brief summary of this new initiative by Assoc. Prof. Dimitrios Tziakas, the editor of Expert Opinion. This section is currently available to full payment members of the ISCP but will shortly be available to all members.

The ISCP website also includes Case-Builder™ a case-based portal. John Fairbairn, International Education Coordinator at ISCP is leading this project which will provide peer-to-peer professional education as well as capturing data on clinical and knowledge insight.

Members may be interested to know that the first book in the ISCP Cardiovascular Pharmacotherapy Series edited by UK Governor, Prof Albert Ferro will be published fairly soon.

If you have any articles, news or information on upcoming conferences or meeting that you would like included in the September 2012 Newsletter please e-mail to lisa.demos@monash.edu by the 24th of August, 2012.

Editors: John McNeil & Lisa Demos

President’s Section

HDL-cholesterol: A nut too hard to crack?

Juan Carlos Kaski
President

Experimental and epidemiological studies over the past few decades have consistently shown cholesterol is an important risk factor for atherosclerosis and its complications and therefore a potential therapeutic target. The role of HDL-cholesterol as a risk factor and a target for therapy was extensively discussed at the Annual Meeting of ISCP in Bucharest on the 4-5 May 2012. Speakers at the session focusing on HDL-cholesterol and chaired by M. Kenda (Slovenia) and T. Kahan (Sweden) included L. Badimon (Barcelona), A. Wierzbicki (London), G. Cockerill (London) and J.C. Kaski (London). The controversial results of epidemiological studies and prospective clinical trials as well as the disappointing findings in recent niacin and cholesteryl ester transfer protein (CETP) inhibitor studies were specifically highlighted in the session and a summary published in the recent edition of the Cardiovascular Drugs and Therapy (CDT) Journal.

Epidemiological and clinical studies have indicated that high HDL-cholesterol plasma concentration have a protective effect whereas low HDL-cholesterol levels are associated with impaired cardiovascular outcomes. This protective role is also supported by experimental studies which have reported a large number of antiatherosclerotic properties. These findings suggest that HDL-cholesterol might be a suitable therapeutic target to reduce the complications of atherosclerosis. However, studies have consistently indicated the complexities associated with the different subforms of HDL and their metabolism and clinical trials of drugs that increase HDL-cholesterol concentrations, i.e. niacin and CETP inhibitors, (AIM-HIGH, ILLUMINATE, DAL) did not result in improved clinical outcomes and were discontinued due to futility and/or harm.

Further studies are needed to address the unresolved questions on the role of HDL and its subforms on the cardiovascular system.

Council of Governors

New members of the Board of Governors for 2012 include the following.

Americas

Argentina: Dr Alberto Lorenzatti
Brasil: Dr Celso Amodeo
Chile: Dr Juan Carlos Prieto
Domenican Rep: Dr Roberto Fernández de Castro
Mexico: Dr Xavier Escudero
U.S.A: Dr Hector Ventura

Arab States & Middle East

UAE: Dr Ghazi Radladeh

Africa

Nigeria: Prof Ibraheem Katibi

Asia

Hong Kong: Prof Bernard Cheung
As a member of Council of Governors of the International Society of Cardiovascular Pharmacotherapy, I have undertaken the responsibility to organize and provide an Expert Opinion in Cardiovascular Pharmacotherapy section of the Society’s web-page. I have the honour to co-ordinate an editorial board of prestigious experts in all fields of Cardiovascular Medicine from all around the world, who are dedicated to filter out every day published medical literature relevant to Cardiovascular Pharmacotherapy, to summarize research findings and implement them to every day clinical practice.

As information changes around us at a dizzying pace, we are confronted with a vital question: how are we to keep up with it all? As recently as 10 years ago, the difficult part was gaining access to information. Now, we are awash in more information than we can handle—certainly more information than we need. Cardiovascular physicians encounter everyday an “information jungle” when it comes to medical literature. The amount of information available can be overwhelming. There were over 20,000,000 articles recorded in PubMed in 2010, with a current annual rate of 800,000 new indexed articles. The everyday practitioner is bombarded with approximately 75 new clinical trials and 10 review articles every day. If clinicians, trying to keep up with the medical literature, were to read two articles per day, in just 1 year they would be over nine centuries behind in their reading having studied only a tiny portion—approximately 0.5%—of published knowledge.

Therefore, the best way to keep up is to set up a system that delivers the information needed without the information not needed. We want information that is valid and relevant to our practice. It also should be inexpensive and easy to use. Relevant information is that which we can use to make decisions. News, on the other hand, is anything we didn’t know yesterday. Therefore, we have tried to develop the Expert Opinion in Cardiovascular Pharmacotherapy section by following these simple rules. We have come up with a system that provides practicing physicians with information relevant to Cardiovascular Therapeutics—not just news—that can be used in everyday clinical practice. The information provided is focused on outcomes that are meaningful when dealing with patients, is filtered and critically viewed and finally has been translated into clinical practice. It is our belief that although much of the new research is preliminary or exploratory, and not ready for widespread use, hidden in all of this noise there is valid research that should change the way we practice medicine.

Finally, as the Expert Opinion Section of the ISCP web-page is the result of the effort of many people, I would like personally to thank everyone involved in the current project including members of the Editorial Board, Reviewers of the literature, Editorial Managers and the ISCP Administrative office. Without their input, this project will never have been completed.

In conclusion, the practicing physician is overwhelmed by the over-inflation of published medical literature regarding knowledge and progress in Cardiovascular Therapeutics. The aim of the Editorial Board is to offer to practicing physicians a tool so as to translate recent findings of published medical research into everyday clinical practice.

I truly hope that you will join us in this new endeavour and I am also confident that the Expert Opinion Section of the ISCP web-page will stand up to the expectations of the Cardiovascular Medical community.

Dimitrios N Tziakas
Assoc. Professor Cardiology, Democritus University of Thrace, Alexandroupolis, Greece.
Interventional & Clinical Cardiologist, Cardiology Department, University Hospital of Alexandroupolis.

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**ISCP Cardiovascular Pharmacotherapy Series**

The following is the preface for the first book - *Antiplatelet and Anticoagulant Therapy*.

Aspirin has been in clinical use for over 100 years, making it one of the oldest commonly used drugs in medicine, and is now predominantly used as an antiplatelet agent. Major new antiplatelet drug classes have recently become available that offer the promise of major improvements in the treatment and prevention of arterial thrombotic disease. In the field of anticoagulation, the vitamin K antagonists such as warfarin have been the only orally administered option for several decades. The last few years have seen the arrival of new drug classes, the orally active direct thrombin inhibitors and factor Xa antagonists, which offer a number of advantages, but not without important drawbacks.

In the face of these important advances in both antiplatelet and anticoagulant therapy, clinicians often feel confused, even overwhelmed, as to what is now available and which drugs are useful (and indicated) in which circumstances. *Antiplatelet and Anticoagulant Therapy* is designed with such people in mind. It is written in an easy-to-follow format and with many illustrations to aid clarity and the assimilation of information. Each chapter is written by established authorities in their fields who are also experienced in explaining often complex concepts. The result is a unique book which is not only...
Is comprehensive but also clear and useful for the busy medical practitioner. This first book in the ISCP Cardiovascular Pharmacotherapy Series is edited by Dr. David Garcia (University of New Mexico School of Medicine) and myself. Professor Albert Ferro

UK Governor

**ISCP Website Resources: Case Builder Capacity**

The new Case-Builder portal provides the ability for ISCP members to explore state of the art treatment algorithms and patient case studies in order to benefit from expert opinion, latest thinking and to see how peers respond to contextualized evidence based challenges. Furthermore the society will benefit from being able to evaluate user data captured via the portal, live meetings, workshops and iAPPS.

- ISCP members will drive valuable metrics revealing perceptions, knowledge gaps and unmet needs.
- ISCP board will provide ‘reporting’ based on behavioural data to sponsors and to all ISCP stakeholders for internal review driven by ISCP education coordinator.
- This will reveal further educational needs that can be addressed by the portal and developed to generate potential further sponsorship.

The Steering Committee for the project includes Prof JC Kaski, Prof J Camm, A/Prof DN Tziakas, Prof GA Dan, Dr G Rosano and Prof C Ceconi.

Non-ISCP members will be able to register to gain access.

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**The Cardiovascular Drugs and Therapy (CDT) Journal**

Cardiovascular Drugs and Therapy is the official journal of the ISCP. It includes peer-reviewed articles on basic pharmacology, clinical pharmacotherapy, clinical trials, pharmacoeconomics and pharmacoepidemiology of novel and established therapeutic agents in a wide range of cardiovascular disease areas, including heart failure, hypertension and coronary artery disease. The second issue of 2012 (CDT issue 26:2) has been published online, issue 26:3 has just been published online on June 5th and the print issue should be sent out within the next few weeks. Issue 26:4 is due to be published in August, 26:5 in October, and 26:6 in December.

To access the journal Cardiovascular Drugs and Therapy through the ISCP website login with your username and password and click on the **JOURNAL** link.

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**Meetings Organised or Endorsed by the ISCP**

**XVII International Congress of the ISCP - Bucharest**

The XVIth International Congress was held from 4-5 May in Bucharest Romania. Over 150 physicians participated in this event and the faculty was represented by 30 speakers from all over the world.

Any updated scientific manifestation gives legitimate rise to questions regarding its motivation. The beginning of the third millennium is characterized by unimaginable scientific and technological progress in cardiology. Drug therapy belongs to the avant-garde of this revolution. New molecules, new targets and new therapeutical concepts characterize the dynamism of the new trends in cardiovascular pharmacotherapy and are the basis for the amazing rapid changing of the guidelines recommendations.

The aim of the 2012 Congress was to present new pharmacological drugs and concepts and to provoke debates from the perspective of the most important achievements in the field of the cardiovascular prevention and pathology.

There were 7 scientific sessions dedicated to cardiovascular disease prevention, atherogenesis and disease progression, hypertension, heart failure, management of acute coronary syndromes and antithrombotic therapy.

Also there were 5 sponsored scientific symposia discussing hot medical topics such as: heart rate in heart failure as a factor and marker of risk, atrial fibrillation burden, dabigatran- from theory to clinical practice, new antiplatelet therapy for coronary heart disease and global cardiovascular risk reduction.
The 2012 "Henry N. Neufeld Lecture" was dedicated to the increasing perspective of the future involvement of the pharmacogenomics in clinical practice.

The congress featured a poster session and a Young Investigator Award session. Four winners were nominated from 30 candidates. First prize was awarded to Yoichi Sunagawa (University of Shizuoka, Shizuoka, Japan), for the paper “Nobiletin derived from a citrus flavanoid prevents the deterioration of systolic function after myocardial infarction in rats”; second prize went to Filip Dan Florin (Emergency County Hospital, Baia Mare, Romania) for the poster “Role of angiotension-enzyme inhibitors on subclinical organ damage factors in patients with arterial hypertension, preserved left ventricular ejection fraction and diastolic dysfunction” and third prize was received by Elena Terecoasa (University Hospital Bucharest, Bucharest, Romania) for the poster entitled: “Effectiveness of intravenous thrombolysis with alteplase in patients with cardioembolic stroke”. A special prize was awarded to Mihaela Popescu (Carol Davila University of Medicine and Pharmacy, Bucharest, Romania) for the experimental work on “Sevoflurane preconditioning induces endothelial progenitor cell mobilization and recruitment in the injured myocardium”.

### News from World Heart Federation (WHF)

**Report released on the cardiovascular harms from tobacco use and secondhand smoke:** World Heart Federation, International Tobacco Control Project (ITC) and World Health Organization released a new report on knowledge about CVD and tobacco around the world. The report reveals that many people still do not know the links between tobacco use and heart disease, and even fewer know the dangers of secondhand smoke to heart health. The report, *Cardiovascular harms from tobacco use and secondhand smoke*, is available at: [www.worldheart.org/tobacco-control](http://www.worldheart.org/tobacco-control).

**Tobacco and Heart Health: Taking Action workshop:** Presentations are available from this World Heart Federation pre-conference workshop held in Singapore on 19 March.

**CVD Taskforce calls WCC delegates to action:** The Global Cardiovascular Disease Taskforce called on WCC delegates in Dubai, and the CVD community at large, to support the adoption of a global goal to reduce premature non-communicable disease mortality by 25% by 2025.

### News Brief

*Issue 9* included the following News Briefs: Reducing levels of “bad” cholesterol from early in life has the potential to reduce the global burden of coronary heart disease; Identifying cost effective strategies for the prevention and control of CVD in low resource settings; Moderate meat consumption is not associated with an increased rate of CVD mortality; Adopting a healthy lifestyle in young adulthood positively impacts cardiovascular health in middle age; New report calls for efforts to prevent teens and young adults from using tobacco. *Issue 10* includes the following News Briefs: Nation-wide study reveals the reasons behind high prevalence of multiple cardiovascular risk factors in Asian Indian urban populations; New Rheumatic Heart Disease Global Registry launched to bridge knowledge gap; Incidence of events and deaths from CVD can be reduced by up to 3% per year by increasing high blood pressure screening in low- and middle-income countries; Several factors can predict who has mitral valve regurgitation improves after surgical replacement of stenotic aortic valve; And Obesity can adversely affect the functioning of the heart in children and adolescents.

**World Heart Day** will be celebrated on Saturday 29 September 2012. This year the focus will be cardiovascular disease prevention among women and children in continuation from the [One World, One Home, One Heart](http://www.cardiodebate.com) theme.

At the [World Health Assembly](http://www.who.int) in May all 194 World Health Organization Member States endorsed a historic target to reduce premature deaths from non-communicable diseases (NCDs) by 25% by 2025. The World Health Assembly resolution also noted "strong support" on work to reach a consensus on targets to address the four major NCD risk factors: tobacco, alcohol, unhealthy diet and physical inactivity, with an interest in developing “voluntary targets” for raised blood pressure, tobacco, salt/sodium and physical inactivity. The resolution also stated that governments and other stakeholders support the development of targets on obesity, fat intake, alcohol, cholesterol and “health systems responses such as the availability of essential medicines.” These targets will be developed through an additional set of government and other stakeholder consultations to take place from now until the end of October 2012.
# Upcoming Meetings, Courses & Workshops 2012-13

*Highlighted meetings have been organised or endorsed by ISCP*

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<tr>
<th>Event</th>
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<td><strong>Nordic Cardiovascular Imaging</strong></td>
<td>15 - 16 June, 2012</td>
<td>Copenhagen, Denmark</td>
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<td><strong>UN Rio+20 Conference</strong></td>
<td>20 - 22 June, 2012</td>
<td>Rio de Janeiro, Brazil</td>
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<td><strong>Workshop on Management of Hypertension, Atrial Fibrillation and Stroke</strong></td>
<td>22-24 June, 2012</td>
<td>Campus Virchow-Klinikum, Charite' Hospital, Berlin</td>
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<td><strong>ICI Imaging in Cardiovascular Interventions</strong></td>
<td>27 June, 2012</td>
<td>Frankfurt, Germany</td>
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<td><strong>CSI Congenital &amp; Structural Interventions</strong></td>
<td>28 - 30 June, 2012</td>
<td>Frankfurt, Germany</td>
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<tr>
<td><strong>Workshop on Management of Hypertension, Atrial Fibrillation and Stroke</strong></td>
<td>29 June – 1 July, 2012</td>
<td>Campus Virchow-Klinikum, Charite’ Hospital, Berlin</td>
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<tr>
<td><strong>International Society for the Study of Hypertension in Pregnancy 18th World Congress 2012 (ISSHP 2012)</strong></td>
<td>9 - 12 July, 2012</td>
<td>Geneva, Switzerland</td>
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<td><strong>19th ASEAN Federation of Cardiology Congress 2012</strong></td>
<td>13 - 15 July, 2012</td>
<td>Singapore, Republic of Singapore</td>
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<td><strong>6th Annual Australian and New Zealand Endovascular Therapies Meeting 2012 (ANZET 2012)</strong></td>
<td>15 - 16 August, 2012</td>
<td>Brisbane, Australia</td>
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<td><strong>South American Congress of Cardiology 2012</strong></td>
<td>15 - 18 August, 2012</td>
<td>Asuncion, Paraguay</td>
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<td><strong>60th Annual Scientific Meeting of the Cardiac Society of Australia and New Zealand (CSANZ 2012)</strong></td>
<td>16 - 19 August, 2012</td>
<td>Brisbane, Australia</td>
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<td><strong>ESC CONGRESS</strong></td>
<td>25 - 29 August, 2012</td>
<td>Munich, Germany</td>
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<td><strong>Trend Asia-Pacific: Trend 2012 Asia-Pacific</strong></td>
<td>29 September, 2012</td>
<td>Hong Kong, China</td>
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<td><strong>Hypertension Sydney 2012</strong></td>
<td>30 September - 4 October, 2012</td>
<td>Sydney, Australia</td>
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<td><strong>8th World Stroke Congress</strong></td>
<td>10 - 13 October, 2012</td>
<td>Brasilia, Brazil</td>
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<td><strong>Great Wall International Congress of Cardiology</strong></td>
<td>11 - 14 October, 2012</td>
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<td><strong>Pan American Heart Failure Congress 2012</strong></td>
<td>18 - 21 October, 2012</td>
<td>Panama City, Panama</td>
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<td><strong>8th Asian Pacific Society of Atherosclerosis and Vascular Diseases</strong></td>
<td>20 - 22 October, 2012</td>
<td>Phuket, Thailand</td>
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<td><strong>AHA Scientific Sessions 2012</strong></td>
<td>3-7 November, 2012</td>
<td>Los Angeles, California, USA</td>
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<td><strong>LAA (Left Atrial Appendage) 2012</strong></td>
<td>16 - 17 November, 2012</td>
<td>Frankfurt, Germany</td>
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<td><strong>1st American Diabetes Association Middle Congress “Diabetes Prevention and Treatment”</strong></td>
<td>4 - 6 December, 2012</td>
<td>Dubai, United Arab Emirates</td>
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<td><strong>CVCT Forum 2012</strong></td>
<td>30 November - 1 December, 2012</td>
<td>Paris, France</td>
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<td><strong>5th Middle East Cardiopace</strong></td>
<td>6 - 9 March, 2013</td>
<td>Beirut, Lebanon</td>
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