



# NEWSLETTER

October 2019 Edition

## INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH

An Official Publication  
Of  
Indian Society for Atherosclerosis Research (ISAR)

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**Dear Members/Friends,**

It is my proud Privilege to be associated with the Indian Society for Atherosclerosis Research for the Past 20 yrs. In my capacity as Secretary and now as President, I have tried to contribute to the growth of this prestigious society. And have been encouraged in my relentless work by the blessings of my seniors and unshakeable faith and support of my juniors and colleagues.

We are well aware of the widespread impact of uncontrolled Atherosclerosis and its widely prevalent complications like Myocardial infarction and stroke. It brings us back to the yet unsolved research issues of relative risk, reliable biomarkers and preventive and effective management strategies of Atherosclerosis. I have personally been working in various projects on genomic and proteomic markers of vulnerable as well as stable ischemic plaque for the last decades and have national and international awards appreciating my research, which I hope to translate to patient care in future. This year is a special year when the secretariat of ISAR has taken the responsibility to organise the 32nd Annual Conference of ISAR (ISARCON 2019) at Lady Hardinge Medical College New Delhi on 8th -10th Nov 2019 with preconference workshops on intravascular imaging, stem cells, genetic methodologies and radiological assessment of Atherosclerosis.

As members of this prestigious society I invite you all to participate in a big way and make this society and conference a success.

*With Best Wishes*



**DR. RITU SINGH**

**President-ISAR**

*MD, FIMSA, FIME, WHO Fellowship (Lab Genetics) AIIMS,*

*DHR- Cardiovascular Genomics fellow (USA)*

Director- Professor

Dept. of Biochemistry, Lady Hardinge Medical College, New Delhi

**Dear Members/Friends,**  
*Greetings to the ISAR fraternity!*

It is a great honour to be communicating with you all. ISAR is a young society with a little over three decades of its establishment, however, it has grown by leaps and bounds in recent times due to the hard work put in by successive ISAR Executive Committees. In recent years, the office bearers too have put in lot of efforts to infuse enthusiasm, vigour and vitality in the organization. It is pertinent to mention two particular names who have adorned the post of General Secretary of ISAR recently, Dr. Amitesh Aggarwal (2015-2017) and Dr. Parul Goyal (2017-2019), and the excellent work put in by both of them. I wish to put on record the hard work and dedication with which they have worked for the benefit of ISAR, taking out their time and taking ISAR to greater heights. Both of them have had been at the receiving end of brickbats too, but that is part of life, and I must say that they ensured ISAR progresses despite all hindrances.

The opening of state chapters has been a novel venture for the ISAR, and again has infused a fresh zeal in the ISAR too. Besides, young and newer faces have come in the Executive Body, and the ISAR fraternity looks at them to take ISAR to greater heights. As the term of the present Executive Committee ends with the conduct of ISARCON 2019, I must also acknowledge the contribution of Dr. Ritu Singh, President ISAR 2017-2019, who has been totally dedicated to ISAR for the past couple of decades, and has made exemplary contribution to ISAR. She is hosting the 32nd Annual Conference of ISAR, ISARCON 2019 at LHMC Delhi, which is a century old institute, and with her dedication, zeal and enthusiasm, I am sure ISARCON 2019 will be a grand success.

I request all ISAR members to attend the ISARCON 2019 in great numbers and contribute to its success. We should all put in our contributions to the ISAR, and ensure that ISAR climbs greater heights in the years to come.

*Wishing ISARCON 2019 a grand success, and long live ISAR!*

*Jai Hind!*



**DR. ANUPAM PRAKASH**  
**President-Elect, ISAR**

*Professor of Medicine,  
Lady Hardinge Medical College, New Delhi*

**Dear Members/Friends,**

*Greetings from Indian Society for Atherosclerosis Research!*

We are all looking forward to the next Annual conference at New Delhi from 8-10th November 2019. The organizing Secretary, Dr. Ritu Singh is leaving no stone unturned to make it an academic feast. I invite everybody on her behalf to be a part of this mega event.

May I also remind the members to keep updated with website so as not to miss the announcements regarding awards, presentations and fellowships.

I once again applaud Dr. Vivek Suman and Dr. Parul Goyal for their selfless endeavour in bringing out this edition of newsletter.

*Long live ISAR!*



**DR. AMITESH AGGARWAL**

**Vice-President, ISAR**

*Professor of Medicine,  
University College of Medical Sciences, Delhi*

**Dear ISAR Members,**

Firstly, I would like to thank all the members of society for having faith in us as office bearers. It has been a pleasure and an honour to be the Secretary of ISAR for the past two years.

I would like to extend my gratitude to all the office bearers of ISAR who have supported me and guided me. I am deeply grateful to Dr Ritu Singh, President, for providing guidance and direction to the committee, and for her unwavering trust & support throughout my journey in this society. My thanks to Dr Anupam Prakash, President Elect, for his constructive and valuable feedbacks at crucial times. I am extremely grateful to Dr Jayashree Bhattacharya, Dr Yeolekar, Dr Nalini and Dr SB Sharma for guiding me whenever I had approached them. Dr Amitesh Aggarwal, former Secretary, had always given me his inputs and all the possible help that I needed. Dr Mohit Mehndiratta, Treasurer, needs a special mention for his meticulous, detailed and transparent financial management, timely filing of ITR for both the financial years and for clearing all our tax liabilities. I appreciate Dr Vivek Suman efforts in putting together this newsletter with me and I hope it provides for an interesting read.

Many new members have joined us in the last one year and I welcome them all to this prestigious society. I am sure they will enrich this society with their knowledge, experience and research contributions. The ISAR Directory has been updated and has been put up on the website. Members are requested to check their contact and other details and can mail to the secretariat for any corrections.

The state chapters have been carrying out their regular CMEs and are playing a vital role in disseminating knowledge about atherosclerosis. I would request other states too to put together their chapters in the years to come to further increase our outreach in fight against atherosclerosis.

ISAR Fellowship criteria have been formulated by a committee and this can be discussed in the upcoming EBM.

I congratulate the organisers of ISARCON 2018, held in JIPMER, Puducherry last year. This year's annual conference, ISARCON 2019, is in LHMC, New Delhi from 8<sup>th</sup>-10<sup>th</sup> November on **"New Insights in Atherosclerosis – from etiopathogenesis to clinical management"**. I look forward to meeting most of the members here.

My sincere thanks to all the members for their participation and involvement in the various activities of the society. We all are committed towards the betterment of ISAR and in taking it to new heights so that it continues to play a pivotal role in the global fight against atherosclerosis.

*Best Regards,*



**DR. PARUL GOYAL**

**Secretary, ISAR**

*Professor, Department of Biochemistry,  
PGIMER - RML Hospital, New Delhi*

**Dear ISAR Members,**

The ISAR has been steadily developing and many new members have been added this year. The society is financially stable. I request all the members to actively persuade their colleagues to join ISAR. The constant endeavours of all the members of our society has contributed successfully towards advances in atherosclerosis research to provide better understanding of the disease.

I am sure that the upcoming annual conference at LHMC, New Delhi ISARCON 2019 will be yet another enriching and scientific experience. The event will be a grand success. It has been a pleasure and honour to work as Treasurer for ISAR.

Wishing all members, a great year ahead.



**DR. MOHIT MEHNDIRATTA**

**Treasurer, ISAR**

*Associate Professor, Department of Biochemistry*

*University College of Medical Sciences and GTB Hospital, Delhi*

**Dear Friends and Readers,**

**Greetings!**

It is a great honor and proud privilege to me to edit the ISAR Newsletter. I am happy and glad to see the ISAR growing and flourishing day by day under the mature hands of all the office bearers.

We all are aware that India's burden of non-communicable diseases is escalating year by year and atherosclerosis related diseases are leading the way. Its progress can be halted by keeping the medical fraternity updated and proper sensitization of the population. The ISAR and its chapters are doing commendable job by disseminating the knowledge about recent advances and research among the medical fraternity by aid of organizing time to time medical educational programs and seminars. It is also holding public awareness talks, activities and camps to benefit and outreach the general population.

The upcoming event in this aspect is its Annual conference - ISARCON 2019 at Lady Hardinge Medical College from 8<sup>th</sup>-10<sup>th</sup> November 2019, being organized by Dr Ritu Singh and team. My best wishes to the whole organizing committee.

*The Newsletter mirrors a society its vision and mission.* In our newsletter we aim to provide useful information to the readers and have incorporated recent research, publications and news articles related to the field of atherosclerosis; recent events organized by the society and its chapters. To go green is the need of the hour, so we are publishing only the electronic newsletter version here!

I am grateful to Dr Amitesh Aggarwal and Dr Anupam Prakash for all the guidance and unconditional support and sincere thanks to Dr Parul Goyal for showing faith and providing the opportunity to edit the newsletter of ISAR once again.

*Best Wishes,*



**DR. VIVEK SUMAN**  
**EDITOR**

**Executive Member- ISAR**

*Associate Professor- Medicine*

*LHMC & SSK Hospital, New Delhi*

Int Immunopharmacol 2019; 73:146-155.

## NLRP3 inflammasome as a treatment target in atherosclerosis: A focus on statin therapy.

(PMID:31100709)

Parsamanesh N<sup>1</sup>, Moossavi M<sup>1</sup>, Bahrami A<sup>2</sup>, Fereidouni M<sup>1</sup>, Barreto G<sup>3</sup>, Sahebkar A<sup>4</sup>

Activation of NOD-like receptor (NLR) family and pyrin domain containing 3 (NLRP3) inflammasome contributes to inflammation and may lead to atherosclerosis. The NLRP3 inflammasome as a molecular platform regulates the activation of ATP signaling, K<sup>+</sup> efflux, cathepsin-B activity, lysosomal function and pro-inflammatory cytokines (i.e. IL-1 $\beta$  and IL-18). Statins has been widely prescribed for the treatment of hyperlipidemia and cardiovascular diseases. In addition to lipid-lowering effect, statins have immunomodulatory, anti-inflammatory, antioxidant and antiapoptotic functions. An increasing number of studies indicated NLRP3 inflammasome and their downstream mediators as important targets for statin drugs in inflammatory diseases. In this review, we discussed different aspect of the NLRP3 inflammasome signaling pathways and focused on the effect of statin drugs on NLRP3 inflammasomes in association to atherosclerosis in order to elucidate possible targets for future research and clinical setting.



### Atherosclerosis

[Volume 289](#), October 2019, Pages 85-93

## Longitudinal low density lipoprotein cholesterol goal achievement and cardiovascular outcomes among adult patients with familial hypercholesterolemia: The CASCADE FH registry

Duell PB<sup>1</sup>, Gidding SS<sup>2</sup>, Andersen RL<sup>3</sup>, Knickelbine T<sup>4</sup>, Anderson L<sup>3</sup>, Gianos E<sup>5</sup>, Shrader P<sup>6</sup>, Kindt I<sup>7</sup>, O'Brien EC<sup>6</sup>, McCann D<sup>8</sup>, Hemphill LC<sup>9</sup>, Ahmed CD<sup>10</sup>, Martin SS<sup>11</sup>, Larry JA<sup>12</sup>, Ahmad ZS<sup>13</sup>, Kullo IJ<sup>14</sup>, Underberg JA<sup>15</sup>, Guyton J<sup>16</sup>, Thompson P<sup>17</sup>, Wilemon K<sup>10</sup>, Roe MT<sup>6</sup>, Rader DJ<sup>18</sup>, Cuchel M<sup>19</sup>, Linton MF<sup>20</sup>, Shapiro MD<sup>1</sup>, Moriarty PM<sup>21</sup>, Knowles JW<sup>22</sup>



## Highlights

- Adults with familial hypercholesterolemia in lipid specialty clinics achieve further LDL-C lowering in specialty care but less than half get to LDL-c < 100 mg/dl.
- Atherosclerotic event rates remain high, including among those with prior atherosclerotic vascular disease and average LDL-c < 100 mg/dl.

## Abstract

### Background and aims

There are limited data from the US on outcomes of patients in specialty care for familial hypercholesterolemia (FH).

### Methods

CASCADE FH Registry data were analyzed to assess longitudinal changes in medication usage, in low density lipoprotein cholesterol (LDL-C) levels, and the rate of major adverse cardiovascular events (MACE (myocardial infarction, coronary revascularization, stroke or transient ischemic attack) in adults with FH followed in US specialty clinics.

### Results

The cohort consisted of 1900 individuals (61% women, 87% Caucasian), with mean age of  $56 \pm 15$  years, 37% prevalence of ASCVD at enrollment, mean pretreatment LDL-C  $249 \pm 68$  mg/dl, mean enrollment LDL-C 145 mg/dl and 93% taking lipid lowering therapy. Over follow up of  $20 \pm 11$  months, lipid lowering therapy use increased (mean decrease in LDL-C of 32 mg/dl ( $p < 0.001$ )). Only 48% of participants achieved LDL-C < 100 mg/dl and 22% achieved LDL-C < 70 mg/dl; ASCVD at enrollment was associated with greater likelihood of goal achievement. MACE event rates were almost 6 times higher among patients with prior ASCVD compared to those without (4.6 vs 0.8/100 patient years). Also associated with incident MACE were markers of FH severity and conventional ASCVD risk factors.

### Conclusions

With care in FH specialized clinics, LDL-C decreased, but LDL-C persisted >100 mg/dl in 52% of patients. High ASCVD event rates suggest that adults with FH warrant designation as having an ASCVD risk equivalent. Earlier and more aggressive therapy of FH is needed to prevent ASCVD events

# Lifestyle factors modulate postprandial hypertriglyceridemia: From the CORDIOPREV study

Ana Leon-Acuña<sup>a b 1</sup> Jose D.Torres-Peña<sup>a b 1</sup> Juan F.Alcala-Diaz<sup>a b</sup> Cristina Vals-Delgado<sup>a b</sup> Irene Roncero-Ramos<sup>ab</sup> Elena Yubero-Serrano<sup>a b</sup> Francisco J.Tinahones<sup>b c</sup> Manuel Castro-Clerico<sup>d</sup> Javier Delgado-Lista<sup>a b</sup> Jose M.Ordoñas<sup>e f g</sup> Jose Lopez-Miranda<sup>a b 1</sup> Pablo Perez-Martinez<sup>a b 1</sup>

## Highlights

- We studied the influence of regular alcohol intake, physical activity and smoking habit modulating PPT in the CORDIOPREV study.
- PPT and the prevalence of undesirable response was evaluated in each subgroup. We assessed the main determinants risk factors in the presence of undesirable response.
- Smoking is an independent risk factor modulating the magnitude of PPT.
- After tobacco cessation, in long-term ex-smokers, PPT progressively decreases to similar magnitude to never smokers.
- No differences observed in the magnitude of PPT according to regular physical activity or alcohol intake habits.

## Abstract

### Background and Aims

Recent evidence suggests that postprandial hypertriglyceridemia (PPT) is associated with the incidence of CVD. Several non-modifiable factors (genetics, age, gender) and lifestyle factors (physical activity, smoking, regular alcohol) have shown their ability to modulate PPT. We evaluate the influence of regular alcohol intake, physical activity and smoking habit modulating PPT in the CORDIOPREV study (NCT00924937).

### Methods

1002 patients were subject to an oral fat load test meal and serial blood samples were drawn at 0, 1, 2, 3 and 4 h during postprandial state. A PPT concentration above 2.5 mmol/L (220 mg/dL) at any time point has been established as a detrimental response. Alcohol consumption was defined as non-drinkers, moderate and severe intake; regular physical activity exceeding than or lower than 1000 MET/week; smoking habit was classified in current, never, recent ex-smokers and long-term ex-smokers.

### Results

The prevalence of undesirable PPT response was 68% in current, 58% in recent ex-smokers, 49% in long-term ex-smokers and 48% in never smokers ( $p < 0.001$ ). Current and recent ex-smokers displayed higher PPT response as well as a greater area under the curve (AUC) and higher

incremental (iAUC) of triglycerides (TG) compared with long-term ex-smokers and never smokers ( $p < 0.05$ ), without differences among these subgroups. No differences were observed in the magnitude of PPT according to regular physical activity or alcohol intake habits.

## Conclusions

Smoking is an independent risk factor modulating the magnitude of PPT. However, after tobacco cessation, ex-smokers show a progressive decrease on their PPT to reach levels similar to those of never smokers.

## Atherosclerosis

[Volume 290](#), November 2019, Pages 37-43

### Elevated serum uric acid is associated with peripheral endothelial dysfunction in women

Riad Taher<sup>a</sup> Jaskanwal D.Sara<sup>b</sup> Megha Prasad<sup>c</sup> Nikhil Kolluri<sup>d</sup> Takumi Toya<sup>b</sup> Lilach O.Lerman<sup>e</sup> Amir Lerman<sup>b</sup>

#### Highlights

- Serum uric acid is associated with microvascular peripheral endothelial dysfunction.
- Uric acid threshold for vascular health is lower than the upper normal range limit.
- Uric acid is associated with vascular health in apparently low risk individuals.

#### Abstract

##### Background and Aims

Both elevated serum uric acid (SUA) and peripheral endothelial dysfunction (PED) are associated independently with cardiovascular disease (CVD). However, the association between SUA and PED is yet to be established. We hypothesized that high normal range of SUA is associated with PED.

##### Methods

We performed a retrospective cross-sectional analysis of patients who were referred to Mayo Clinic between 2006 and 2014 for routine cardiovascular evaluation and who underwent evaluation of Reactive Hyperemia Peripheral Arterial Tonometry (index  $< 2$  consistent with PED). A high UA was defined as  $\geq 5$  mg/dL, in keeping with previous studies evaluating the link between SUA and CVD outcomes.

##### Results

One hundred forty patients were included (mean age  $50.7 \pm 12.9$  years, 86 (61.4%) female). Twenty four patients (17.1%) had pre-existing CVD (8 (9.3%) in females). Thirty patients (21.6%) had a Framingham score  $> 10\%$  (8 (9.4%) in females). Fifty eight (41.4%) had PED and 77 (55.0%) had an

elevated SUA. SUA levels were higher in patients with PED compared to those without ( $5.5 \pm 1.4$  vs  $4.8 \pm 1.2$  mg/dL;  $p = 0.004$ ). In an univariate analysis, elevated SUA levels were associated with PED (Odds Ratio (OR): 2.7; 95% confidence interval [CI] 1.33–5.48;  $p = 0.005$ ). In a multivariate analysis adjusting for age, sex, presence of obstructive CVD and Framingham score  $>10$ , elevated SUA levels were associated with PED (OR 2.45; 95% CI 1.08–5.52;  $p = 0.031$ ). After stratifying by sex, this association persisted in females only.

## Conclusions

High normal SUA levels are associated with PED in women who are otherwise at low risk for CVD. Thus, SUA is a promising circulating biomarker that could be used to assist in risk stratification in female patients with chest pain and/or those undergoing evaluation of CVD risk.



## Young Female Smokers at Especially High Heart Risk



MONDAY, June 24, 2019 (HealthDay News) -- Smoking increases the risk of heart attack in all people, but much more so in young women, a new study shows.

British researchers examined data on more than 3,300 cases of acute ST segment elevation myocardial infarction (STEMI) that occurred in the Yorkshire region of England between January 2009 and July 2014.

STEMI is sometimes called a major heart attack and is caused by complete blockage of one of the main heart arteries. Previous research has linked smoking to nearly 50% of STEMI cases.

The percentage of patients in the study who were current smokers was 47.6% of men and 46.8% of women.

Smoking increased the risk of STEMI in all patients, regardless of age or gender, but the risk was higher in women than in men, the study found.

The largest risk difference between men and women smokers was among those aged 50 to 64, but the highest risk increase in both genders was among those aged 18 to 49.

Women in this age group who smoked had a more than 13 times higher risk of STEMI than those who didn't smoke. Men in this age group who smoked had an 8.6 times higher risk than nonsmokers.

The findings were published June 24 in the *Journal of the American College of Cardiology*. There are several possible reasons why smoking leads to a much greater risk of STEMI in women than in men, according to the authors. One is that smoking may lower women's levels of estrogen, which has been shown to protect against narrowing of the arteries.

Also, men have larger heart arteries than women, which means that chronic inflammation caused by smoking may result in greater narrowing of women's heart arteries.

The authors noted that while smoking increases the risk of STEMI, the risk is quickly lowered if you quit.

"Our study found that smoking cessation, regardless of age or gender, reduces STEMI risk to that of a never-smoker, possibly within a month," said study senior author Dr. Ever Grech a consultant interventional cardiologist at South Yorkshire Cardiothoracic Center in Sheffield.

"Patients who smoke merit encouragement to give up their habit, and this study adds quantitative evidence to the massive benefits of doing so," Grech said in a journal news release



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## **Vitamin D supplementation does not significantly reduce risk of type 2 diabetes, D2d Study finds**

Among vitamin D-sufficient adults at high risk for type 2 diabetes, vitamin D<sub>3</sub> supplementation at a dose of 4000 IU per day did not significantly lower the risk of diabetes compared to placebo, according to the results of the Vitamin D and Type 2 Diabetes (D2d) Study – A Multicenter Randomized Controlled Trial for Diabetes Prevention. The results of the study were presented Friday, June 7, at the 79th Scientific Sessions.

In the study, the investigators randomly assigned adults who met at least two of three glycemic criteria for prediabetes (fasting plasma glucose level of 100 to 125 mg per deciliter; plasma glucose level two hours after a 75 g oral glucose load of 140 to 199 mg per deciliter; and glycated hemoglobin level of 5.7 to 6.4 percent) and no diagnostic criteria for diabetes to receive 4000 IU per day of vitamin D<sub>3</sub> or placebo, regardless of the baseline serum 25-hydroxyvitamin D level. A total of 2,423 participants at 22 U.S. study sites were randomized to take vitamin D<sub>3</sub> or placebo and followed for new-onset diabetes for a median of 2.5 years.

"The primary outcome in this time-to-event analysis was new-onset diabetes, and the trial design was event-driven, with a target number of diabetes events of 508," said Anastassios G. Pittas, MD, MS, Co-Director of the Diabetes and Lipid Center at Tufts Medical Center and principal investigator of the D2d Study. "To maximize the study's ability to observe a treatment effect, participants were asked to refrain from using diabetes-specific and/or weight loss medications during the study and to limit the use of outside-of-study vitamin D to 1000 IU per day from all supplements, including multivitamins."



By month 24, the mean serum 25-hydroxyvitamin D level in the vitamin D group was 54.3 ng per milliliter (from 27.7 ng per milliliter at baseline), compared to 28.8 ng per milliliter in the placebo group (from 28.2 ng per milliliter at baseline). After the median follow-up of 2.5 years, the primary outcome of diabetes occurred in 293 participants in the vitamin D group and 323 in the placebo group (9.39 and 10.66 events per 100 person-years, respectively). The hazard ratio for vitamin D as compared with placebo was 0.88. The incidence of adverse events did not differ significantly between the two groups.

## **HEALTH NEWS**

JUNE 26, 2019 / 4:50 PM

### **Even little exercise may protect against deadly stroke**



The risk of deadly stroke falls as exercise increases, a new study found. Photo courtesy of HealthDay News

Just a little exercise may help protect you against a type of deadly bleeding stroke, a new study suggests.

As many as half of people who suffer a subarachnoid hemorrhage die within three months.

While smoking and high blood pressure have been shown to increase the risk of this deadly stroke, there has been little evidence on whether exercise can help reduce it.

For this study, researchers examined data from about 70,000 people in Finland and concluded that as little as 30 minutes a week of light exercise reduces the risk by about 5 percent.

The risk falls as the amount of exercise increases, according to the study published June 25 in the journal *Scientific Reports*.

"Even moderate physical exercise, such as a 30-minute walk or bike ride four days a week reduces the risk... by roughly 20 percent, regardless of age and gender," principal author Dr. Joni Lindbohm said in a University of Helsinki news release.

"As such, the finding did not really come as a surprise, as exercise is known to work well in preventing many other cardiovascular diseases. However, the extent and comprehensive nature of the benefit among various groups of people was a positive surprise," she added.

The study also found that exercise can reduce the risk caused by smoking and high blood pressure. For smokers, exercise lowers the odds up to two times more than in the general population.

"However, what must not be overlooked is the fact that smoking remains the number one risk factor for [this stroke] and that quitting smoking is the principal way of preventing the appearance of the disorder," Lindbohm said.

Study co-author Dr. Miikka Korja, head of neurosurgery at Helsinki University Central Hospital, reflected on the reduced risk.

"Even with no accurate scientific evidence of the biological mechanism of action produced by exercise... the reduced risk is most likely connected with a reduction in a systemic inflammatory state, which also affects the walls of cerebral arteries," he said.



## Higher Levels of Exercise in Childhood Improve Heart Health

Better cardiovascular health indicators seen with engaging in higher levels of physical activity



TUESDAY, June 11, 2019 (HealthDay News) -- Engaging in higher levels of physical activity in childhood is associated with better cardiovascular health indicators, according to a study published online June 11 in *Pediatrics*.

Nicole A. Proudfoot, from McMaster University in Hamilton, Ontario, Canada, and colleagues conducted a prospective, observational cohort study involving 418 3- to 5-year-olds with annual assessments for three years. Over seven days, total physical activity (TPA) and moderate-to-vigorous physical activity (MVPA) were measured using accelerometry. Cardiovascular health indicators included cardiovascular fitness, resting arterial stiffness, and seated systolic blood pressure.

The researchers found that TPA and MVPA had main effects on treadmill time and heart rate recovery. TPA had a main effect on pulse wave velocity and an interaction between MVPA and time. The effect of an interaction between TPA and time was not significant for carotid  $\beta$  stiffness index, but there was a significant interaction between MVPA and time. For girls, MVPA was associated with a slower rate of change in systolic blood pressure.

"Engagement in physical activity results in greater cardiovascular fitness, better autonomic function, and lower arterial stiffness during early childhood," the authors write. "More intense physical activity (i.e., MVPA) provides additional benefits because it is associated with slowing the progressive stiffening of arteries, which is a marker of atherosclerosis."

## ORIGINAL ARTICLE

JIACM 2019; 20(2): 92-94

## Correlation of Lipid Sub-Fractions with Atherosclerosis in Indian Coronary Artery Disease Patients

Amitesh Aggarwal\*, Saurabh Srivastava\*\*, Rahul Sharma\*\*\*, Sonal Pruthi\*\*\*\*

### Abstract

**Introduction:** Few studies have been done to assess the correlation of lipid sub-fractions with atherosclerosis, taking carotid intima-media thickness as a surrogate marker. The correlation has been seen with LDL cholesterol, LDL-HDL ratio and apo-B and apo-A1 ratio; however, only one study has shown correlation with triglyceride and total cholesterol levels. Therefore, majority of physicians are giving paramount importance to LDL sub-fraction only. The present study was planned to find the correlation of all lipid sub-fractions with increased atherosclerosis with carotid-intima-media thickness (CIMT) as a surrogate marker.

**Material and methods:** Case records of the patients, fulfilling the criteria of Coronary Artery disease (CAD) and having details of lipid sub-fractions and CIMT were enrolled for the study. All the patients were divided into two groups, group I (young CAD) with age  $\leq$  40 years and group II (older CAD) with age  $>$  40 years. Mean CIMT and lipid profile were tabulated in both the groups. Mean CIMT between the two groups was compared using unpaired t-test. Pearson correlation was used to find the correlation between mean CIMT and lipid sub fractions.

**Results:** Total 519 patients were included in the study. Group I comprised of 156 patients and group II comprised of 362 patients. The CIMT, as a surrogate marker for atherosclerosis, correlated significantly with triglyceride and total cholesterol levels, irrespective of age.

**Conclusion:** Both total cholesterol and triglyceride fractions should be considered important in atherosclerosis, irrespective of age. The treating physician should give due importance to these lipid sub-fractions also in planning the management of CAD patients.

**Key words:** Lipid, sub-fractions, atherosclerosis, correlation.

## Association of Oxidative Stress and Psychological Stress in Hypertensive and Normotensive Diabetes Patients

Khim Dhoj Karki<sup>1</sup>, Dr. Shikha Agarwal<sup>2\*</sup>, Dr. Gladys Rai<sup>3</sup>, Rahul Saxena<sup>4</sup>, Saurabh Srivastav<sup>5</sup>, Sandesh Shrestha<sup>6</sup>, Dr. Ijen Bhattacharya<sup>7</sup>

<sup>1</sup>Postgraduate scholar, Department of Biochemistry, SMSR, Sharda University, Greater Noida, UP, India

<sup>2</sup>Assistant Professor, Department of Biochemistry, Rama Medical College and Hospital, Pilakhua, Hapur, UP, India

<sup>3</sup>Professor & Head, Department of Biochemistry, SMSR, Sharda University, Greater Noida, UP, India

<sup>4</sup>Associate Professor, Department of Biochemistry, SAHS, Sharda University, Greater Noida, UP, India

<sup>5</sup>Professor, Department of Medicine, SMSR, Sharda University, Greater Noida, UP, India

<sup>6</sup>Tutor, Department of Biochemistry, Rama Medical College and Hospital, Pilakhua, Hapur, UP, India

<sup>7</sup>Professor, Department of Biochemistry, Rama Medical College and Hospital, Pilakhua, Hapur, UP, India

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\*Corresponding author: Dr. Shikha Agarwal

### Abstract

### Original Research Article

**Objectives:** Diabetes is a metabolic disease which hosts plethora of disease conditions. Among which is hypertension is the key initiating the cascade of metabolic derangements. Blood pressure impairs the metabolic functions and even leads to inviting high free radicals (reactive species). Alongside, increase in psychological stress occurs too aggravating the situation which may be borne out of diabetic conditions or others environmental elements. **Methods:** We collected blood samples from 100 diabetic patients and 50 controls. Serum levels of malondialdehyde and cortisol were measured by ultraviolet spectrophotometry and enzyme-linked immunosorbent assay kit, respectively. **Results:** We found serum total-antioxidant, malondialdehyde and cortisol levels of both the hypertensive and normotensive diabetes patients significantly higher than their healthy counter parts. **Conclusion:** The present study showed that increased serum levels of malondialdehyde and cortisol are strongly associated with diabetes but not with each other. Therefore, we believe elevations of malondialdehyde and cortisol in serum level arise independently and they could serve as biomarkers for diabetic patients.

**Keywords:** Hypertension, malondialdehyde, cortisol, anti-oxidant.



**ISARCON 2019 –32<sup>nd</sup> Annual Conference**

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32nd Annual

Conference and International Symposium  
of Indian Society for Atherosclerosis Research

# ISARCON 2019

Lady Hardinge Medical College, New Delhi  
8th to 10th November, 2019

Theme

"New Insights in Atherosclerosis



– from etiopathogenesis to clinical management"

Pre conference workshops in Delhi on 7th Nov 2019

- |                                     |   |
|-------------------------------------|---|
| 1. LHMC & SSK hospital :            | Genetic methodologies                           |
| 2. Sir Ganga Ram Hospital (GRIPMER) | Stem cells and clinical applications            |
| 3. G.B.Pant Hospital (GPIMER)       | Intravascular imaging and clinical correlations |
| 4. RML Hospital (PGIMER )           | Imaging modalities of plaques                   |

[www.isarcon2019.in](http://www.isarcon2019.in) Email - [org.sec.isarcon2019@gmail.com](mailto:org.sec.isarcon2019@gmail.com)



# ISARCON 2019



## *Invitation*

Dear Colleagues ,

On behalf of the local organising committee and the hosting institution, it is our pleasure to invite you to the 32nd Annual Conference of Indian Society for Atherosclerosis Research- ISARCON 2019 at Lady Harding Medical College, New Delhi from 8th to 10th November, 2019. ( [www.isarcon2019.in](http://www.isarcon2019.in) )

The theme of the conference is " New Insights in Atherosclerosis – from etiopathogenesis to clinical management "

ISAR ( [www.isar.co.in](http://www.isar.co.in) ) is a multidisciplinary society established in 1987 with Cardiologists, Cardiac Surgeons , Physicians, Pathologists , Radiologists , Microbiologists , Scientists , Pharmacists , Pharmacologists , and Biochemists as its members – All with the common goal of understanding , preventing , managing and treating Atherosclerosis and its associated complications.

ISAR is a member society of International Atherosclerosis society based in Milan , Italy. ( [www.athero.org](http://www.athero.org) ) The ISAR conference is a much awaited, academic fiesta, which attracts faculty, students, clinicians and researchers from across the globe. It will be a three-day academic event featuring the best works of various disciplines in medical field in research, therapeutics, preventive and prognostic aspects of atherosclerosis. It is preceded by pre conference workshops in tertiary care hospitals of Delhi with renown faculty offering their expertise in upcoming areas like genetic methodologies, stem cells , clinical presentations and intravascular imaging. The diverse program will feature plenary lectures, orations, symposia, workshop, webinar , poster presentations, panel discussions and free papers . The speakers will include International faculty and Indian experts .

As you will venture out of the world of atherosclerosis in confines of the state of the art 'Swaran Jayanti Auditorium' at LHMC , situated centrally in Cannaught place and Lutyens Delhi - the vibrant and pleasant Delhi weather of November , along with the warm hospitality and bustling energy will enthrall you. The Local Organizing and Scientific Committees will make all possible efforts to make sure that your participation will be scientifically rewarding and you have a pleasurable experience of our capital city. At the banquet , you will experience the ambience and hospitality of the Delhi Gymkhana Club established in 1913 as the Imperial DGC by the then British Government .

We would be delighted to have you present at this conference to hear, interact and share knowledge of the latest advancements and their impact in combating the epidemic of atherosclerosis. Looking forward to your esteemed presence at ISARCON 2019 at New Delhi.

Dr Ritu Singh  
National President ISAR  
& Organising Secretary ISARCON 2019  
Director Professor, LHMC and SSKH, KSC Hospitals  
New Delhi  
[drritusingh19@gmail.com](mailto:drritusingh19@gmail.com)  
Mobile +91 9811173213







# ISARCON 2019

## Organizing Committee



### Patrons:

Dr Sanjay Tyagi, Dir Prof. Cardiology  
Dean MAMC & GBPH  
Dr Rajiv Garg, Dir. Prof. Ophthalmology  
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### International and National Advisors:

Dr Sampath Parathasarathy, USA  
Dr.N.K.Ganguly, Delhi  
Dr Sanjay Tyagi, Delhi  
Dr Tangarila, USA  
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Dr Jialal, USA  
Dr Yeolkar, Mumbai  
Dr Dwivedi, Delhi  
Dr D.K. Srivastava, Delhi  
Dr Sudhakaran, Kerala  
Dr S.R Gupta, Andhra Pradesh

### Organizing Chairpersons :

Dr J. Bhattacharjee  
Dr S.B.Sharma  
Dr Nalini Namasivayam

### Joint Organising Secretaries

Dr Parul Goyal, PGIMER-Dr RMLH, Delhi  
Dr Seema Bhargava, SGRH, Delhi  
Dr Pradeep Dabla, GIPMER, Delhi  
Dr Smita Tripathi, LHMC, Delhi

### Finance Committee

Dr Harmeet Singh Rehan, LHMC  
Dr Ritu Singh, LHMC  
Dr Anupam Prakash, LHMC  
Dr Mohit Mehndiratta, UCMS  
Dr Mukesh Meena, LHMC

### Committees, Website and Venue Coordinator

Dr Parul Goyal, Secretary, ISAR

### National Body ISAR

President : Dr Ritu Singh  
President Elect : Dr Anupam Prakash  
Vice President : Dr Amitesh Aggarwal  
Secretary : Dr Parul Goyal  
Treasurer : Dr Mohit Mehndiratta

### Core Committee Members

Dr S. Dwivedi	Medicine
Dr D.K.Srivastava	Biochemistry
Dr Jayashree Bhattacharjee	Biochemistry
Dr S.B.Sharma	Biochemistry
Dr Anju Jain	Biochemistry
Dr Anjali Arora	Biochemistry
Dr Dhamija	Neurology
Dr Anil Gurtoo	Medicine
Dr Seema Bhargava	Biochemistry
Dr S.K.Verma	Pathology
Dr Harmeet Singh Rehan	Pharmacology
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Dr Mohit Mehndiratta	Biochemistry
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Dr Jagriti Bhatia,	Pharmacology
Dr Amitesh Aggarwal	Medicine
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Dr Sreevastha	CTVS
Dr Kavitha Rajashekhar	Scientist E
Dr Sunita Sharma	Pathology
Dr Safal	Cardiology
Dr Pradeep Dabla	Biochemistry
Dr Smita Tripathi	Biochemistry
Dr Vivek Suman	Medicine

Conference Secretariat: [org.sec.isarcon2019@gmail.com](mailto:org.sec.isarcon2019@gmail.com)

Conference website : [www.isarcon2019.in](http://www.isarcon2019.in)



# ISARCON 2019



## *Focus Areas*

### Symposia Focus areas ( For Guest speakers )

1. Molecular and cellular insights to atherosclerosis
2. Novel markers of atherosclerosis
3. Current perspectives on dyslipidemias and atherosclerosis
4. Non-Conventional risk factors for atherosclerosis
5. Diabetes ,metabolic syndrome and atherosclerosis
6. Imaging perspectives in atherosclerosis
7. Atherosclerosis- Non-interventional Management perspectives
8. Atherosclerosis- Interventional Management perspectives
9. Immune and metabolic responses of Atherosclerosis
10. Cardio-oncology
11. Ischaemic stroke and its management guidelines
12. Obesity, lifestyle ,nutrition and Atherosclerosis
13. Thrombotic complications of Atherosclerosis

### Abstract Topics ( For poster and oral presentations)

1. Recent insights in etiopathogenesis of atherosclerosis
2. Diabetes, hypertension and metabolic syndrome as harbringers of atherosclerosis
3. Lifestyle, obesity and stress
4. Genetic determinants of CAD and other associated diseases
5. Thrombotic and inflammatory concepts
6. Primary and Secondary Dislipidemia
7. Pharmacotherapeutics
8. Recent advances in management of atherosclerosis and interventions
9. Complications of atherosclerosis
10. Novel biomarkers and imaging perspectives



# ISARCON 2019

## Registration Details



Registration type	Up to 15 th July 2019	16 <sup>th</sup> July to 31st Aug 2019	1st Sept to 15th October 2019	On Spot
Member	6000	7000	8000	9000
Accompanying person (With member)	5000	6000	7000	8000
PG student (member)  (MD/PhD/  M Sc/JRF/SRF)	3500	4000	5000	5000
Accompanying person (With PG student)	3000	3500	4000	4000
Non-member	9000	9000	9000	10000

Conference registration is mandatory for abstract submission and for pre-conference workshop registration

Pre-conference workshop attendees will be charged a nominal extra cost .

One person can register for one workshop only .Details of each workshop and payment portal will be uploaded on website by 31st July 2019 .

Dates to remember

Online registration

Last date : 15th Oct 2019

Abstract (for poster and oral presentation)

Last date :15th Aug 2019

- For online registration , uploading abstract and PG certificates from HOD , please follow the links at [www.isarcon2019.in](http://www.isarcon2019.in)
- For communication , please email at [org.sec.isarcon2019@gmail.com](mailto:org.sec.isarcon2019@gmail.com)
- ISAR membership may be taken by applying to ISAR. For details visit [www.isar.co.in](http://www.isar.co.in) .In case of any problem regarding membership please contact the secretary ISAR Dr Parul Goyal
- PG students must be member of ISAR for abstract submission and to avail discounted rates, otherwise will be considered as non-members. They must upload a certificate from their Head of Department confirming their status as PG student.
- Accompanying persons can attend the lectures only if greater than 18 years .He/She is invited for all meals but will not be given delegate kit.
- There are a large number of prizes /awards to encourage exceptional work .
- In addition , complimentary accommodation will be offered to first prize in poster presentation , first prize in oral presentation , Balaji Endowment Medal , Sri Venkateshwara Medal and Lord Sreenivasa Gold Medal ( please see [www.isar.co.in](http://www.isar.co.in) for details )





# ISARCON 2019



## *About Delhi*



Delhi, India's capital territory, is a massive metropolitan area in the country's north. In Old Delhi, a neighborhood dating to the 1600s, stands the imposing Mughal-era Red Fort, a symbol of India, and the sprawling Jama Masjid mosque, whose courtyard accommodates 25,000 people. Nearby is Chandni Chowk, a vibrant bazaar filled with food carts, sweets shops and spice stalls.

Various shopping malls and local markets are there for the locals and the visitors, providing them a wide option to shop in the city. Other options of entertainment are also available in the city such as discs, cafes, cinema halls. Wide options for eating out in the city are there as the capital city houses numerous eating outlets and restaurants serving relishing and traditional cuisines.



The Delhi Metro is a rapid transit system serving Delhi and its satellite cities of Gurgaon, Noida, Faridabad, Ghaziabad, Bahadurgarh and Ballabhgarh, in the National Capital Region of India For more details [www.delhimetrorail.com](http://www.delhimetrorail.com)

Connaught Place of New Delhi is the largest commercial center of the region. The market place is named after the Duke of Connaught and Strathearn. The structure is a heritage building of the land, which was constructed in early 20th century. As of 2018, the Connaught Place is tagged as the ninth expensive office location of the world.



Lutyens' Delhi is an area in New Delhi, India, named after the British architect Sir Edwin Lutyens, who was responsible for much of the architectural design and building during the period of the British Raj, when India was part of the British Empire in the 1920s and 1930s and 1940s

# ICI<sup>meeting</sup> 2019

December 8-10, 2019 | Tel-Aviv, Israel

International Meeting for Innovation in Cardiovascular Interventions

## Choose Your Topic and Share Your Work:

- Brain: Interventions and Protection
- The Pulmonary Vasculature Hypertension and Beyond
- Structural Heart Disease
- The Tricuspid Valve - New Challenges
- Device Innovation
- TAVR - Current and Future
- My Crazy TAVR Case
- Bioresorbable Scaffolds

**David InterContinental Hotel, Tel Aviv**

**December 08 - 10, 2019**



[www.icimeeting.com](http://www.icimeeting.com)



Conference Secretariat:  
Paragon Israel (Dan Knassim Ltd).  
Telefax: +972-3-5767705/39  
Email: [secretariat@icimeeting.com](mailto:secretariat@icimeeting.com)

**ISARCON 2018****31<sup>st</sup> Annual Conference**

Organized By

**INDIAN SOCIETY FOR  
ATHEROSCLEROSIS RESEARCH**

**11<sup>th</sup> – 13<sup>th</sup> October 2018**

**ISARCON 2018**, 31<sup>st</sup> Annual conference, International Symposium and Translational Research Workshop was organized by department of Surgical Gastroenterology, Pathology, Cardio Vascular & Thoracic Surgery, Neurology and Neurosurgery in JIPMER, Puducherry. It is an Annual conference and International symposium of the Indian Society for Atherosclerosis Research (ISAR). ISARCON 2018 conference was themed as “Past, Present and Future of Atherosclerosis – Where do we stand?” The Organizing Committee was headed by Organizing Chairman Dr. Surendra Kumar Verma, Organizing secretary Dr. Biju Pottakkat and joint organizing secretary Dr. Sreevathsa. K.S. Prasad. National faculties from various institutions all over India and International Faculties Dr. Maciej Banach (Poland), Dr. Dorian Haskard (London), Dr. Sampath Parthasarathy (USA), Dr. Ravichandran Ramaswamy (New York) and Dr. Gundu Rao (USA) were the speakers of scientific sessions. Free paper session and poster presentations were held during the conference. The main topics of the symposium included epidemiology and pathogenesis of atherosclerosis, prevention and cure of atherosclerosis, diabetes and atherosclerosis, coronary artery disease, biomarkers and risk factors, dyslipidemia, lipid and atherosclerosis. A plenary session on “Is Alzheimer’s disease a complication



arising from atherosclerotic disease” was conducted in scientific session. Panel discussions on lifestyle and atherosclerosis, mesentery venous ishchemia, hypertension and accelerated atherosclerosis were held as a part of scientific program. Executive committee meeting and general committee meeting were conducted by President Dr. Ritu Singh, Vice president Dr. Amitesh Aggarwal, Secretary Dr. Parul Goyal and members of ISAR.



# State Chapters

## INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH (DELHI CHAPTER)

### ISAR-DCCON 2019 CONFERENCE REPORT

The 5<sup>th</sup> Annual Conference of Indian Society for Atherosclerosis Research, Delhi Chapter (ISAR-DCCON 2019) was organized by Department of Pharmacology on 3<sup>rd</sup> August 2019 at All India Institute of Medical Sciences, New Delhi. The venue of ISAR-DCCON 2019 was Lecture theatre 3, fourth floor, Teaching block, AIIMS. The Organizing Secretary and Organizing Chairman were Prof Jagriti Bhatia and Prof DS Arya in the Department of Pharmacology, AIIMS, New Delhi respectively. It was a full day conference that was well attended by more than 120 delegates. The participants included students, scientists and faculty from various fields in medicine. The full day conference had three sessions: session 1 was 'Award session: Oral Paper Presentation', sessions 2 and 3 had invited talks on 'Pathophysiology and Epidemiology of Atherosclerosis' and 'Recent Advances in the management of Atherosclerosis and its Sequelae' respectively.

The session 1 was chaired and judged by Prof KK Sharma, National Scientific CME Co-ordinator, National Academy of Medical Sciences and Ex-Professor & Head, Department of Pharmacology, UCMS-GTB Hospital; Prof Kamal Kishore, Ex-Professor, Department of Pharmacology, AIIMS, New Delhi; Prof Nibhriti Das, Ex-Professor, Department of Biochemistry, AIIMS, New Delhi; Prof Ashok Kumar Dubey, Prof & Head, School of Medical Sciences and Research, Sharda University, Greater NOIDA; and Dr Kamna Srivastava, Assistant Professor, Dr BR Ambedkar Centre for Biomedical Research, University of Delhi. There were 20 oral presentations in this session; 7 in basic research category and 13 in clinical research category. In both basic and clinical categories, the best five presentations were awarded 'Young Investigator Award' first, second, third and two consolation prizes. The award recipients in both the categories were as under:

Name and affiliation of the Presenter	Award (Category)	Title of the paper
Ms. Poorva Bhargava, Department of Pharmacology, AIIMS, New Delhi	First (Basic)	Cardioprotective effect of hesperidin in an experimental model of cardiac hypertrophy
Ms. Swati Sharma, Defence Institute of Physiology & Allied Sciences, Timarpur, Delhi	Second (Basic)	Pravastatin, an established antiatherosclerotic drug, ameliorates in vivo thrombosis by inhibition of factor Xa

Dr. Vinnyfred Vincent, Department of Biochemistry, AIIMS, New Delhi	Third (Basic)	Flow cytometry-based quantitative monocyte adhesion assay to estimate endothelial cell activation <i>in vitro</i>
Ms. Ekta Mutneja, Department of Pharmacology, AIIMS, New Delhi	Consolation (Basic)	Erdosteine, a mucolytic drug attenuates isoproterenol induced myocardial necrosis through modulation of MAPK pathway
Dr. N. Senduran, Department of Pharmacology, AIIMS, New Delhi	Consolation (Basic)	Orally deliverable nanoformulation of liraglutide against experimental diabetic rat model
Mr Nitesh Mishra, Department of Biochemistry, AIIMS, New Delhi	First (Clinical)	Altered expression of complement regulatory proteins CD35, CD46, CD55 and CD59 on leukocyte subsets in individuals suffering from coronary artery disease
Dr Jay Narayan Pandit, Department of Forensic Medicine & Toxicology, AIIMS, New Delhi	Second (Clinical)	Myocardial changes with respect to atherosclerosis in cases of suspected sudden cardiac death: A cross sectional study
Dr Kanhu Charan Mallik, Department of Physical Medicine and Rehabilitation, AIIMS, New Delhi	Consolation (Clinical)	Rehabilitation of spinal cord injury associated with metabolic syndrome and cardiac autonomic dysfunction in a young male: a case report
Dr Nitesh Goyal, Department of Pharmacology, LHMC, New Delhi	Consolation (Clinical)	A prospective randomised open label study to compare the effect of various antihypertensive drugs on leptin- adiponectin ratio and insulin resistance

After the conclusion of session 1 there was lunch break; thereafter, the inauguration ceremony of the conference was held which included a lamp lighting ceremony, Saraswati vandana, release of the souvenir book and address by all the invited dignitaries on the dais. Prof DK Sharma, Medical Superintendent, AIIMS, New Delhi graced the inauguration ceremony as the 'Chief Guest'. The 'Guests of Honor' for this event were Prof KK Sharma, Prof DK Srivastava, Patron, ISAR-DC; Prof Ritu Singh, President ISAR and Prof Seema Bhargava, Secretary, ISAR-DC. Also present on the dais was Prof VL Kumar, Head, Department of Pharmacology, AIIMS, New Delhi and Advisor, ISAR-DCCON 2019; Prof DS Arya, Organizing Chairman ISAR-DCCON 2019 and Prof Jagriti Bhatia, Organizing Secretary, ISAR-DCCON 2019.

The session 2 on 'Pathophysiology and Epidemiology of Atherosclerosis' was chaired by Prof HS Rehan, Head, Department of Pharmacology, LHMC, New Delhi; Prof R Lakshmy, Department of Cardiac Biochemistry, AIIMS, New Delhi; Prof Anupam Prakash, Department of Medicine, LHMC, New Delhi. The invited talks in this session were presented by Dr Archana Singh, Associate Professor, Department of Biochemistry, AIIMS, New Delhi on 'Analysing HDL functionality in patients with acute coronary syndrome and its modulation after statin therapy; and by Prof Ambuj Roy, Department of Cardiology, AIIMS, New Delhi on 'Cardiovascular epidemiology and outcome studies from India'.

After the end of session 2 there was a brief tea break and thereafter the session 3 started. This session was chaired by Prof SK Maulik, Department of Pharmacology, AIIMS, New Delhi; Prof Sanjeev Sinha, Department of Medicine, AIIMS, New Delhi and Prof Seema Bhargava. Secretary ISAR-DC and Chairperson and Sr. Consultant, Department of Biochemistry & Professor GRIPMER, Sir Ganga Ram Hospital, New Delhi. The invited talks in this session were presented by Prof Rajiv Narang, Department of Cardiology, AIIMS, New Delhi on 'Recent advances in the management of Acute Coronary Syndrome'; Prof G Karthikeyan, Department of Cardiology, AIIMS, New Delhi on 'Novel insights into Atherosclerosis' and Prof Sanjay Wadhwa, Department of Physical Medicine and Rehabilitation, AIIMS, New Delhi on 'Atherosclerosis and rehabilitation of persons with coronary artery disease'

The Prize distribution and Valedictory function was organized after the end of session 3. Prof KK Sharma was the 'Chief Guest' of the Valedictory function. The stage was shared by other prominent dignitaries: Prof Rajiv Narang, Prof Sanjeev Sinha, Prof SK Maulik, Prof Sanjay Wadhwa, Prof Mohammad Zahid Ashraf (Department of Biotechnology, Faculty of Natural Sciences, Jamia Milia Islamia, New Delhi) and Prof Seema Bhargava. The 'Young Investigator Award' prize, which included a certificate and a subject text book, were awarded to all the above mentioned meritorious award recipients. In addition, all the volunteers of the conference were felicitated with a token gift to mark appreciation of their hard work. The feedback from the students, delegates and dignitaries regarding the conference was taken. The students had enjoyed participating in the Award competition and everyone appreciated the scientific output of the conference. It was discussed that in future, the conference may be coupled to a workshop to make it a bigger learning exercise especially for the students and young faculty. The valedictory session ended with a vote of thanks from Prof Jagriti Bhatia and this was followed by tea and dispersal of all the delegates.









## Academic Meetings of the ISAR UP Chapter

### 1. CME on “Management of co-morbidities in Heart Failure” at 8.15 p.m. on the 4<sup>th</sup> November 2018

S.No.	Topics	Speaker	Chairperson
1	Anaemia and Heart failure	<b>Dr. Sandeep Chaudhary</b>	Dr. K. K. Sawlani Dr. Samir Gupta
2	Journey From HTN to Heart Failure and Atrial Fibrillation	<b>Dr. Sanjay Arora</b>	Dr. Jeevan Prakash Dr. Sanjay Kumar Dr. Sajid Ansari
3	NOACs in Cardiovascular Disease	<b>Dr. Vaibhav Shukla</b>	Dr. Lalita Prasad Dr. Zeba Siddiqui
4	Interesting Case: CVD and Comorbid Depression	<b>Dr. Hemant Mittra</b>	Dr. Jitendra Prasad Dr. Jalees Fatima.



The meeting was well attended by the members of the ISAR, where the speakers presented their deliberations on the co-morbidities of Heart failure and its complications. The Academic program was orchestrated by the pearls of wisdom from the Chairman of the Society Dr. Jeevan Prakash. The academic meeting ended with an interesting case discussion on management of Depression in Heart Failure by the Treasurer of the ISAR UP Chapter, Dr. Hemant Mittra.

### 2. Update on Hypothyroidism and Cholesterol Management in CVD at 8.15 p.m. on the 20<sup>th</sup> January 2019

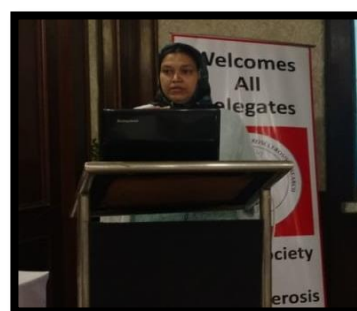
S.No.	Topics	Speaker	Chairperson
1	Hypothyroidism and CVD	<b>Dr. Ritu Karoli</b>	Dr. Sanjay Arora Dr. Jalees Fatima
2	ACC/AHA Cholesterol Guidelines: An Update	<b>Dr. Nirupam Prakash</b>	Dr. Rajeev Awasthi Dr. K. K. Sawlani Dr. Zeba Siddiqui



An academic program on the role of Hypothyroidism and New ACC/AHA Cholesterol management guidelines was held. Dr Ritu Karoli, very beautifully explained the role thyroid disorders played in the management of CVD and ways to manage them followed by a practical discussion on the management of dyslipidemia in Primary and secondary prevention of CVD. The event witnessed an enthusiastic participation by the delegate and valuable clinical tips from the Chairpersons Dr. Rajeev Awasthi and Dr K. K. Sawlani.

### 3. Academic Program on “**Inflammation and CVD**” at 8.30 p.m. on Sunday the 19<sup>th</sup> April 2019

S.No.	Topics	Speaker	Chairperson
1	Inflammation and CVD: Prospects for the future	<b>Dr. Zeba Siddiqui</b>	Dr. Jeevan Prakash Dr. A. K. Tiwari
2	Pleiotropic effects of DPP IV inhibition.	<b>Dr. Nirupam Prakash</b>	Dr. Sanjay Kumar Dr. Vaibhav Shukla
3	Psoriasis Management: What's New?	<b>Dr. Jitendra Prasad</b>	Dr. Rajeev Lochan Dr. Jitendra Prasad



Dr. Jalees Fatma set the ball rolling with a beautiful description of the importance of inflammation in health and disease. Dr. Jitendra Prasad discussed the role of immunologics in the management of Psoriasis. Later, Dr. Zeba Siddiqui presented a detailed presentation in the role of anti-inflammatory agents in the management of CVD and what to expect from the recent developments happening in the sphere.

### 4 “**Scientific Update on Anticoagulation and CV Disease**” at 9.00 p.m. on the 19<sup>th</sup> July 2019

S.No.	Topics	Speaker	Chairperson
1	Role of Ticagrelor in ACS management	<b>Dr. Ambukeshwar Singh</b>	Dr. S. Chowdhary Dr. Jalees Fatima
2	NOACs in Clinical Practice	<b>Dr. Nirupam Prakash</b>	Dr. Sanjay Arora Dr. A. K. Tiwari
3	Case based Presentation	<b>Dr. Hemant K. Mittra</b>	Dr. Atul Mehrotra Dr. Sanjay Kumar



A meeting on role of Newer Anti-platelets and Anti-coagulants in CV disease was held. The changing scenario of Cardio-vascular therapeutics was discussed following the introduction of these agents. Dr Jeevan Prakash, Chairman of the society summed the clinical application of the various topics and addressed the concerns of the attendees regarding the right usage of these novel agents. The meeting ended with a beautiful case presentation on Androgen deficiency and CV disease by Dr. Hemant Mittra. The sessions were very well conducted by the Chairpersons.

### Health Camps and Public Health Activities

1. Awareness session on promotion of Healthy Lifestyle and Dietary modifications in the prevention of Cardiovascular disorders and Diabetes in professionals (Employees of Cholamandlam Life insurance at Hazratganj, Lucknow).



2. Screening for Vascular age in urban population. Health checkup camp was conducted at two centres in Lucknow to assess the overall CV risk.



**Abstracts/applications are invited for the following awards, to be awarded during Annual conference 'ISARCON'.**

***Dead line for inviting applications: 31<sup>st</sup> JULY Each Year***

### **Best Paper Awards**

- Balaji Endowment Medal for Basic Experimental Research in Atherosclerosis.
- Sri Venkateswara Cardiac Research Medal for Clinical Research on Atherosclerosis.
- Lord Sreenivasa of Seven Hills Gold Medal for best original research

### **Eligibility Criteria**

- The candidate should be a member of the society for at least 2 years.
- He/she should be the first author of the paper.
- The awardee should be 35 years of age or less.
- He/ she should obtain a certificate from head of the department or institution that the work was primarily carried out by the applicant. The paper should not have already been published in a scientific journal.
- A member who has won a medal against a particular award will not be eligible for the second time as the first author.
- No member can present more than one paper for the award.

### **Rules**

- An abstract of not more than 200 words indicating the name of the award to be sent to the Secretary ISAR, by e- mail only.
- The paper submitted for an award will be screened and judged by a panel of 3 judges and their decision will be final and binding.
- The paper selected will be presented at the annual meeting of the society and 15 minutes will be given to each paper for presentation.
- A paper selected but not presented at the conference will not be considered for the award.

### **Best Oration Awards**

- Dr R.N Chakraverty Oration (Clinical Research in Atherosclerosis)
- Dr. P.A. Kurup Oration (Basic Research in Atherosclerosis)
- Amar Shyam Oration
- LHMC Oration

## Eligibility Criteria

- The nominee should be a member of the society for atleast 2 years.
- Should be an eminent scientist who has contributed significantly to atherosclerosis research may be nominated by life members of the society for the oration awards.
- Every year the nominations are to be invited by the Secretary, ISAR by e-mail.

## Rules

- Biodata of the nominee
- Abstract of oration (250 words)
- ISAR membership status of the nominee
- Recommendations from ISAR life member who is proposing the nomination.



## ISAR OFFICE BEARERS

## President

**Dr. Ritu Singh**

Director Professor, Department of Biochemistry, Lady Hardinge Medical College, Shaheed Bhagat Singh Marg, New Delhi

**Mobile :** 098111 73213

**E-Mail :** [drritusingh19@gmail.com](mailto:drritusingh19@gmail.com)

## President (Elect)

**Dr. Anupam Prakash**

Professor, Department of Medicine, Lady Hardinge Medical College & Hospital, New Delhi

**Mobile :** 098683 29333

**E-Mail :** [prakashanupam@hotmail.com](mailto:prakashanupam@hotmail.com)

## Vice President

**Dr. Amitesh Aggarwal**

Associate Professor, Department of Medicine, University College of Medical Sciences & G.T.B. Hospital, Delhi

**Mobile :** 098110 60025

**E-Mail :** [dramitesh@gmail.com](mailto:dramitesh@gmail.com)

## Secretary

**Dr. Parul Goyal**

Professor, Department of Biochemistry, PGIMER - RML Hospital, New Delhi

**Mobile :** 093122 57090

**E-Mail :** [drparulgoyal@yahoo.com](mailto:drparulgoyal@yahoo.com)

## Treasurer

**Dr. Mohit Mendiratta**

Associate Professor, Department of Biochemistry, University College of Medical Sciences, New Delhi

**Mobile :** 9818446356

**E-Mail :** [drmohitucms@gmail.com](mailto:drmohitucms@gmail.com)

## Joint Secretary

**Dr. Saurabh Srivastava**

Professor, Department of Medicine, School of Medical Sciences and Research, Sharda University, Greater Noida

**Mobile :** 096542 33158

**E-Mail :** [saurabhsrivas@gmail.com](mailto:saurabhsrivas@gmail.com)

## ISAR EXECUTIVE MEMBERS

### Executive Member



#### Dr. Jagriti Bhatia

Additional Professor, Department of Pharmacology, All India Institute of Medical Sciences, New Delhi

Mobile : 098683 94054

E-Mail : [jagriti2012@rediffmail.com](mailto:jagriti2012@rediffmail.com)

### Executive Member



#### Dr. Aruna Nigam

Associate Professor, Department of Obs & Gynae, Hamdard Institute of Medical Sciences and Research, New Delhi

Mobile : 098686 56051

E-Mail : [prakasharuna@hotmail.com](mailto:prakasharuna@hotmail.com)

### Executive Member



#### Dr. Nirupam Prakash

Chief Medical Officer, CGHS , Lucknow

Mobile : 09415195065

E-Mail : [nirupamprakash@rediffmail.com](mailto:nirupamprakash@rediffmail.com)

### Executive Member



#### Dr. Pikee Saxena

Professor of Obstetrics & Gynecology, Lady Hardinge Medical College & Smt. Sucheta Kriplani

Mobile : 09868223323

E-Mail : [pikeesaxena@hotmail.com](mailto:pikeesaxena@hotmail.com)

### Executive Member



#### Dr. Amit Gupta

Senior Consultant, Physician & Diabetologist, Amrapali Hospital, Greater Noida

Mobile : 098917 18374

E-Mail : [dramitaol@gmail.com](mailto:dramitaol@gmail.com)

### Executive Member



#### Dr. Vivek Suman

Associate Professor, Department of Medicine, Lady Hardinge Medical College and Hospital, New Delhi

Mobile : 099111 17589

E-Mail : [drviveksuman@gmail.com](mailto:drviveksuman@gmail.com)

### Executive Member

#### Dr. Amit Kumar

### Executive Member

#### Dr. Ramesh Aggarwal

### Executive Member

#### Dr. Vaibhav Deorari

### Executive Member

#### Dr. Shikha Sharma

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#### Dr. Suman Bala Sharma



Professor, Department of Biochemistry,  
University College of Medical Sciences &  
GTB Hospital, Delhi

**Mobile :** 098180 41119

**E-Mail :** drsbs08@hotmail.com

### Past President

#### Dr. Shridhar Dwivedi



Senior Consultant Cardiologist, National  
Heart Institute, New Delhi

**Mobile :** 098189 29659

**E-Mail :** shridhar.dwivedi@gmail.com

### Past President

#### Dr. S R Gupta



Consultant Cardiologist, Amritha Heart Care  
Centre, Sairam Street, Tirupathi, Andhra  
Pradesh

**Mobile :** 098662 31529

**E-Mail :** guptasr27@yahoo.co.in

### Past President

#### (Late) Dr. Gowri Chandrakasan



Chief Scientist, Central Leather Research  
Institute, (Council of Scientific & Industrial  
Research), Adayar, Chennai, Tamil Nadu

### Past President

#### Dr. D K Srivastava



Ex Superintendant, Hamdard Institute of  
Medical Sciences & Research, HAH Centenary  
Hospital, Jamia Hamdard, New Delhi

**Mobile :** 088003 72759

**E-Mail :** dharamks701@gmail.com

### Past President

#### Dr. Jayashree Bhattacharya



Dean, Vardhman Mahavir Medical College  
and Safdarjung Hospital, New Delhi

**Mobile :** 098103 50956

**E-Mail :** jayabhattacha@gmail.com

### Past President

#### Dr. Rama Gopalan



Former Professor, Department of Pathology,  
Dr. ALM PGIBMS, University of Madras,  
Taramani Campus, Chennai, Tamil Nadu

**Mobile :** 044 249 18002

**E-Mail :** rama\_gopalan@rediffmail.com

### Past President

#### Dr. P R Sudhakaran



Emeritus Scientist, Department of  
Computational Biology & Bioinformatics,  
University of Kerala, Kariavattom,  
Trivandrum, Kerala

**Mobile :** 098473 32514

**E-Mail :** prslab@gmail.com



## ISAR EX OFFICIO MEMBERS

**Past President**



**Dr. M E Yeolekar**

Professor of Internal Medicine, KJ Somaiya Medical College, Eastern Express Highway, Sion, Mumbai

**Mobile :** 090225 26099

**E-Mail :** ayeolekar@yahoo.com

**Past President**

**Dr. G Subhramanyam**



**Past President**



**Dr. Venugopal P Menon**

Former Professor & Head & Dean, Faculty of Science, Dept of Biochemistry & Biotechnology, Annamalai University, Annamalai Nagar, Chidambaram, Tamil Nadu

**Mobile :** 094463 22666

**E-Mail :** cmrana2014@gmail.com

**Past President**

**Dr. Malathy Madhavan**



Former Professor, Department of Pathology, JIPMER, Puducherry

**Past President**



**(Late) Dr. P Achutha Kurup**

Head, Metabolic Disorders Research Centre, Kowdiar, Trivandrum, Kerala

**Mobile :** 094477 17160

**E-Mail :** kurupachutha@gmail.com

**Founder President**



**(Late) Dr. R N Chakravarti**

Professor & Head, Department of Experimental Medicine & Biotechnology, PGIMER, Chandigarh

**Past President**



**Dr. Nalini Namasivayam**

Professor, Department of Bio-chemistry & Biotechnology, Annamalai University, Annamalai Nagar, Tamil Nadu

**Mobile :** 094424 24249

**E-Mail :** nalininam@yahoo.com



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