# NEWSLETTER

September 2018 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 18 years and in my various capacities as treasurer, secretary and now as President, I have tried to contribute to the growth of this prestigious society.

Even as the epidemic of Atherosclerosis continues to surge we look for better ways to understand the yet unsolved research issues of relative risk, reliable biomarkers and effective management strategies. ISAR promotes Atherosclerosis research by bringing together members from different fields varying from basic scientist to cardiologist at common forums in India and abroad. ISAR encourages young scientists through various Medals and awards.

We are actively interacting internationally with IAS and our members are attending the international meets. Nationally, the society now has many state chapters which are actively working on continued sharing of knowledge and membership drives.

I have personally been working on matrix metalloproteinases, oxidative and inflammatory aspects of Atherosclerosis for the last decade and have national and international awards in APSAVD appreciating the research. Much of my view point on Atherosclerosis is based on the interesting results of my ongoing funded projects from DBT and DHR which are on Proteomic and genetic biomarkers of oxidative, inflammatory and matrix remodeling pathways having significance in myocardial infarction, Ischaemic stroke and Type 2 Diabetes mellitus.

The need of the hour is translational research in Atherosclerosis and large scale collaborations and population studies for which |ISAR is the perfect society to take the leadership.

I am looking forward to meeting all at Puducherry at ISARCON 2018 which I am sure will be a grand success under the able leadership of Dr Biju Pottakat and Dr S.K.Verma.

I take this opportunity to appreciate the work of the young and dynamic national Secretary Dr Parul Goyal and very efficient and meticulous national Treasurer Dr Mohit Mehndiratta.

My best wishes to all the members.



**DR. RITU SINGH President-ISAR**  *MD, FIMSA, FIME, WHO Fellowship (Lab Genetics) AIIMS, DHR Genomics Fellowship (University of Central Florida, USA)* Director- Professor Dept. of Biochemistry, Lady Hardinge Medical College, New Delhi

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#### Dear Members/Friends, Greetings!

It is a proud privilege to once again get the opportunity of communicating with the ISAR fraternity, through the medium of the ISAR newsletter. I am indeed glad to learn that several activities are being carried by the various ISAR chapters, to keep the members involved. The upcoming ISARCON 2018 at Puducherry will also be keenly sought after and am sure that it will be a great success. The ISAR membership is also rising, and that is a good thing to note. Dr. Parul Goyal, Secretary ISAR is working hard, and am sure that she will continue to contribute effectively to ISAR functioning. World over several management guidelines for atherosclerotic parameters (hypertension, dyslipidemia) have evolved in recent years. It is important that ISAR continues to conduct CMEs to make its members aware of these changes and also contribute in the evolution of these guidelines.

I will also like to raise a point that in the present world, it is important that we work together constructively, and have a semblance of a Society. The ISAR as a Registered Society, is above any individual member. Any member of the Society should not take things for granted, and work against the interests of the Society causing knowingly or unknowingly irreparable damage to the ISAR. Let us all rise above our individual selfish interests and try to contribute to the ISAR. If ISAR progresses, so shall we.

Wishing you all an enjoyable festive season.

Long live ISAR!



**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!

The Society is moving forward under the able guidance and hard work of team led by our President and Secretary. I am sure next year is also going to be fruitful in term of development.

We are all looking forward to the next 31st Annual conference at Puducherry from 11-13th October 2018. The organizing Secretary, Dr. Biju Pottakkat is leaving no stone unturned to make it an academic feast. I invite everybody on his behalf to the place where time takes a break.

Long live ISAR!



**DR. AMITESH AGGARWAL Vice-President, ISAR** Professor of Medicine, University College of Medical Sciences, Delhi

#### **Dear ISAR Members,**

It is my privilege to be associated with this first newsletter as the secretary of ISAR. I have taken over the reins from our previous secretary Dr Amitesh Aggarwal, who has done a brilliant job during his tenure. It would be my sincere endeavour to take the good work forward under the spirited guidance of our President, Dr Ritu Singh.

Many new members have joined us in the past one year and many more will join hands with us in the future. Together, we make a unique society with so many dedicated and talented members from various disciplines, all working towards their fight against atherosclerosis.

The various state chapters were created with a vision to gather more clinicians and researchers from different specialities under one umbrella at state level, to promote academic activities and achieve the common objective of atherosclerosis research. It is hence requested that more new state chapters be formed to further the stated goals and encourage young scientists and scholars.

ISARCON 2018 is at JIPMER, Puducherry from 11th-13th October, under the accomplished leadership of Dr Biju Pottakat and Dr S.K. Verma. It will give us an opportunity to connect with our colleagues and friends. The platform will also allow us to meet new researchers and clinicians from across the country and even around the globe. We look forward to a great meeting in the picturesque city of Puducherry.

I would request all the past Presidents and senior members to continue to guide us in our endeavour to keep the spirit of ISAR alive. I also anticipate active participation and contribution from all the members.

I would be delighted to see everyone at ISARCON 2018.



**DR. PARUL GOYAL** Secretary, ISAR Professor, Department of Biochemistry, PGIMER - RML Hospital, New Delhi

#### **Dear ISAR Members,**

It has been a pleasure and honor to work as Treasurer for ISAR. The ISAR has been steadily developing and the financial status of the society is stable. Many new members have been added this year and I request all the members to actively persuade their colleagues to join ISAR. The constant endeavors 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 JIPMER, Puducherry, ISARCON 2018 will be yet another enriching, scientific experience. The event will be a grand success.

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 Members/Friends,

There is a feeling of excitement whenever a letter is received as it brings some good/ bad news, some surprises, something new .... Though over the years the letter brought by postman changed to a new mail in inbox to a new message in whatsapp but the excitement to open and read remains same. So we present you this latest Newsletter of ISAR which highlights the past and forthcoming activities of our society –ISAR.

I am grateful to my mentors Prof S. Dwivedi, Prof Anupam Prakash and Dr Amitesh Aggarwal who introduced me to this association of brilliant people working in the field of atherosclerosis research. The atherosclerosis is a major cause for cardiovascular mortality and the need of hour is for early identification and treatment of atherosclerosis. This issue highlights the novel biomarkers of atherosclerosis which may be useful in predicting the severity of atherosclerosis.

I am thankful to ISAR secretary Dr Parul Goyal who entrusted me with this task of compiling this newsletter. And my sincere apologies to you all for delay in this edition.

All thanks to my dear friend, batchmate, colleague and co-editor Dr Vivek Suman for all the tireless efforts he put on for formatting and editing it despite constraints of time.

Hope you all enjoy reading it.

Best Wishes.



**DR. PIYUSH JAIN EDITOR** Associate Professor, Department of Medicine PGIMER & Dr RML Hospital, New Delhi

#### **Dear Friends and Readers,**

#### **Greetings!**

It is a great honor and proud privilege to me to be a part in editing this ISAR Newsletter one again.

I am happy and glad to see the ISAR growing and flourishing day by day under the mature hands of all the office bearers. Atherosclerosis and related co-morbidities are an ever growing problem for the human society which requires timely medical intervention and life style modification. To fulfill this need of the hour, ISAR and its various state chapters are doing a wonderful job by imparting knowledge and awareness about atherosclerosis to medical fraternity through conducting various CMEs and seminars on time to time basis.

I am grateful to Dr Amitesh Aggarwal and Dr Anupam Prakash for introducing me to the ISAR and always motivating me to actively participate for upliftment of the society. I sincerely thanks Dr Parul Goyal- Secretary ISAR for showing full faith and providing me the opportunity to take active part in editing this Newsletter. I would also like to thanks all the contributors to the Newsletter and applauds the sincere hard efforts of my friend Dr Piyush Jain for successfully bringing out this Newsletter.

Best Wishes,



DR. VIVEK SUMAN Executive Member- ISAR EDITOR ASSOCIATE PROFESSOR- MEDICINE LHMC & SSK HOSPITAL, NEW DELHI



Laboratory Investigation https://doi.org/10.1038/s41374-018-0038-3



## A single high-fat meal provokes pathological erythrocyte remodeling and increases myeloperoxidase levels: implications for acute coronary syndrome

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#### Abstract

High-fat meal (HFM) consumption can produce acute lipemia and trigger myocardial infarction in patients with atherosclerosis, but the mechanisms are poorly understood. Erythrocytes (red blood cells, RBCs) intimately interact with inflammatory cells and blood vessels and play a complex role in regulating vascular function. Chronic high-fat feeding in mice induces pathological RBC remodeling, suggesting a novel link between HFM, RBCs, and vascular dysfunction. However, whether acute HFM can induce RBC remodeling in humans is unknown. Ten healthy individuals were subjected to biochemical testing and assessment of endothelial-dependent flow-mediated dilation (FMD) before and after a single HFM or isocaloric meal (ICM). Following the HFM, triglyceride, cholesterol, and free fatty acid levels were all significantly increased, in conjunction with impaired post-prandial FMD. Additionally, peripheral blood smears demonstrated microcytes, remodeled RBCs, and fatty monocytes. Increased intracellular ROS and nitration of protein band 3 was detected in RBCs following the HFM. The HFM elevated plasma and RBCbound myeloperoxidase (MPO), which was associated with impaired FMD and oxidation of HDL. Monocytic cells exposed to lipid in vitro released MPO, while porcine coronary arteries exposed to fatty acids ex vivo took up MPO. We demonstrate in humans that a single HFM induces pathological RBC remodeling and concurrently elevates MPO, which can potentially enter the blood vessel wall to trigger oxidative stress and destabilize vulnerable plaques. These novel findings may have implications for the short-term risk of HFM consumption and alimentary lipemia in patients with atherosclerosis.

# Scientific **reports**

Received: 19 January 2018 Accepted: 1 March 2018 Published online: 15 March 2018

## **OPEN** Non-invasive markers of cardiovascular risk in patients with subclinical hypothyroidism: A systematic review and metaanalysis of 27 case control studies

Kecheng Yao<sup>1</sup>, Tianming Zhao<sup>2</sup>, Linghai Zeng<sup>1</sup>, Jianming Yang<sup>3</sup>, Yangun Liu<sup>3</sup>, Qian He<sup>1</sup> & Xiulan Zou<sup>1</sup>

#### Abstract

It has been reported that subclinical hypothyroidism (SCH) is closely related to subclinical atherosclerosis. According to the impact of SCH on noninvasive markers of cardiovascular risk, we fulfilled a meta-analysis of included studies to provide an integrated overview. We searched electronic databases and included all relevant studies involving SCH and epicardial adipose tissue (EAT), carotid intima-media thickness (CIMT), pulse wave velocity (PWV), flowmediated dilation (FMD) and glyceryl trinitrate-induced dilation (GNT- induced dilation). The result was calculated in a meta-analysis to assess the impact of SCH on these markers. A total of 27 studies were entered in the final analysis. Compared with euthyroid subjects, SCH patients exhibited a significantly increased CIMT (SMD: 0.369 mm; 95%CI: 0.038, 0.700; P = 0.029) and EAT (SMD: 1.167 mm; 95%CI: 0.869, 1.466; P = 0.000) and increased PWV (SMD: 3.574 m/s; 95%CI: 0.935, 6.213, P = 0.008). We also found significantly lower FMD (SMD: -1.525%, 95%CI: -2.156, -0.894, P = 0.000) and lower GNT-induced dilation (SMD: -0.384%, 95%CI: -0.625, -0.142, P = 0.002). Sensitivity analysis and subgroup analysis confirmed the above results. Our meta-analysis confirmed a significant association of SCH and cardiovascular risk with arterial wall thickening and stiffening and endothelial dysfunction. These findings will help to establish detailed cardiovascular prevention strategies for SCH patients.

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## Review article Lipid management in ACS: Should we go lower faster?

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#### ARTICLE INFO

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#### ABSTRACT

Low-density lipoprotein-cholesterol (LDL-C) is a well-accepted causal risk factor for athero-thrombotic cardiovascular disease, as demonstrated in large epidemiological studies, including Mendelian randomization data. Several randomized controlled trials and meta-analyzes have shown that lipid lowering therapies, such as statins and more recently the non-statin agents ezetimibe and Proprotein Convertase Subtilisin Kexin type 9 (PCSK9) monoclonal antibodies (mAb), reduce cardiovascular events across a broad range of baseline LDL-C levels. Over time, the recommended target for LDL-C has become more stringent, moving from 2.6 mmol/l to 1.8 mmol/l in very high-risk patients. It is currently recommended to start high intensity statin treatment immediately after acute coronary syndromes (ACS) to maximally and rapidly reduce LDL-C. The novel treatment options enable the achievement of very low LDL-C levels below 1 mmol/l, with no reported safety issues, in particular with regard to neurocognitive events. However, current evidence supports the use of PCSK9 mAb treatment in ACS patients only after an initial 2-3 month run-up treatment adaptation period with maximally tolerated statin. The use of PCSK9 mAb immediately in the acute phase of ACS (<1 month) remains to be studied. Some data suggest that circulating PCSK9 increases coronary plaque vulnerability, inflammation as well as platelet aggregation in the acute phase of ACS, potentially justifying earlier PSCK9 mAb treatment initiation. As the use of novel treatment combinations in ACS is further explored to widen the perspectives of a more personalized approach for the management of ACS based on individual patient risk profile and baseline LDL-C values, their relative cost-effectiveness will also need to be assessed.

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## **3 NEWSPAPER CLIPS**

## Fatty Acids Activate Gene That Causes Atherosclerosis

#### by Chrisy Ngilneii on June 29, 2018 Research News

With the help of new computational models, experts at the Mount Sinai School of Medicine found that a gene that can cause atherosclerosis is activated by lipids. The researchers used a computational model of the cells lining blood vessels in the human heart developed at Mount Sinai.

'Lipids activate a gene called MTHFD2 in the walls of blood vessels – this process plays a significant role in the development of atherosclerosis.'

"Endothelial cell response to lipids has been studied extensively over the years, but it was still unknown that MTHFD2 was even functional in these cells," said Jun Zhu, PhD, Professor of Genetics and Genomic Sciences at the Icahn School of Medicine; Head of Data Science at Sema4, a patient-centered predictive health company that is a Mount Sinai venture; and co-senior author of the study. "Computational biological models such as the one we used in this study are allowing us to uncover a wealth of knowledge about complex diseases that we never could before."

The international research team predicted and validated in follow-up experiments that the MTHFD2 gene plays a key role in endothelial cell response to oxidized phospholipids. They found that MTHFD2 was also activated in endothelial cells in response to other factors, such as inflammation or a change in amino acid concentration. This underscores the many factors involved in the development of atherosclerosis that must be understood and taken into consideration when approaching disease therapies.

"Our study showed that when the MTHFD2 gene is activated in endothelial cells in response to oxidized lipids, it sends out molecular 'danger signals' promoting inflammation and stimulating the atherosclerotic process," said Ralf Brandes, MD, Director of the Institute for Cardiovascular Physiology and Professor of Physiology at Goethe University. "These findings suggest that MTHFD2 could be a novel target to disrupt development and progression of atherosclerosis."

### Living Near Fast Food is Associated with Greater Risk for Heart Disease

Dutch study links easy access to fast food and increased risk for heart disease.



Living near fast food restaurants could spell trouble for heart health, based on a Dutch study that found that adults living within a half-mile of fast food outlets were more likely to develop heart disease than those living further away.

Published in the *European Journal of Preventive Cardiology*, this study looked at the potential public health impact of fast food restaurants in the Netherlands.

It's estimated that the number of McDonalds outlets increased by 20% globally in the past decade. Experts worry about the impact of increased fast food consumption on heart health. To learn more, researchers used three Dutch registries to track the health of nearly 2.5 million adults for one year. During the study, researchers tracked key health outcomes among participants including heart disease, stroke and heart failure. They then used home addresses to estimate how close participants lived from the nearest fast food restaurant during that period.

Participants were at least 35 years old and free of heart disease at the start of the study. They also lived at the same address for a minimum of 15 years to help assess the long-term impact of their location in relation to fast food. In total, 2.5% of participants were diagnosed with heart disease, stroke or heart failure during the one-year study. After analysis, researchers found that individuals living within roughly a half-mile from a fast food restaurant were significantly more likely to develop heart disease than those living further away.

This association existed even after accounting for factors like age, race and income, all of which influence cardiovascular risk.

According to authors, findings should serve as a warning about the public health dangers of the fast food trend.

As a result, authors hope that findings reinforce the importance of maintaining a heart-healthy diet. That means choosing wholesome foods like fruits and vegetables and limiting consumption of calorie-packed processed foods, which fast food restaurants tend to offer. Findings also are a reminder about the close link between the environment in which we live and our health. In many ways, we are products of our environment. Making it easier to make healthy lifestyle choices could go a long way in improving public health.

### Understanding the Long-Term Effects of Childhood Obesity

Some of the health effects of childhood obesity are reversible with early weight loss, study finds.



The effects of childhood obesity may be reversible, based on a recent study that found obese children who achieved a healthy weight by their 20s had better cardiovascular outcomes than those who remained obese.

Published in the *European Heart Journal*, this study looked at the health effects of changes in weight from childhood to adulthood. The goal was to see how gaining, losing or maintaining weight over time impacts risk for heart disease—the leading killer of Americans.

The study included 2,631 participants from Finland whose health and weight were tracked from 1980–2011. Participants were 6–18 years old at the start of the study and 34–49 years at their latest follow-up. Overall, more than half of participants maintained a normal weight throughout the entire study period. However, most participants had some type of weight fluctuation between childhood and adulthood. One-third became overweight by their mid-30s, and 4% were the opposite—starting out overweight or obese in childhood and losing the excess weight by their 20s. The remainder of participants gained or lost weight but remained overweight or obese throughout the study period.

After analysis, researchers found that individuals with worsening or persistent obesity had significantly greater cardiovascular risk later in life. They were more likely to have conditions like diabetes, high blood pressure, high cholesterol and plaque build-up in the arteries, all of which greatly increase risk for heart disease and life-threatening heart events.

The good news, however, is that overweight and obese children who achieved a normal weight by their 20s had much lower risk than those who remained overweight. In fact, participants who resolved their weight by early adulthood had the same risk for high blood pressure and high cholesterol as those who were never overweight. Still, findings are encouraging for children who struggle with overweight and obesity. As authors explain, preventing childhood obesity is ideal for reducing future health risks. However, findings provide hope for individuals who may have struggled with their weight growing up, as some of the effects may be reversible with weight loss.

Authors encourage addressing childhood overweight and obesity at a young age, as early intervention can prevent permanent damage to heart health.

### The Heart Health Benefits of Nuts

A recent study links peanuts and walnuts to significantly reduced risk for heart disease.



Nuts are an important part of a heart-healthy diet, based on a recent study that links regular nut consumption to 14% lower risk of heart disease.

Published in the *Journal of the American College of Cardiology*, this study explored the impact of nuts specifically peanuts and walnuts—on heart health. Many studies have linked nut consumption to reduced risk for heart disease and heart events. However, the impact of specific types of nuts on cardiovascular risk is not well understood.

To learn more, researchers analyzed data from three U.S. studies of health professionals from 1980–2013. These studies included the Nurses' Health Study, Nurses' Health Study II and the Health Professionals Follow-up Study, all of which surveyed participants about their nut consumption every four years. Together these studies included nearly 118,000 healthy adults who were free of heart disease at the start of the study.

After following participants for up to 32 years, there were a total of 14,135 cases of heart disease and stroke. Researchers found that participants consuming at least five servings of nuts a week had 14% lower risk of heart disease than those who never ate nuts. More specifically, researchers found that consuming peanuts at least twice a week and walnuts at least once a week was associated with 13–19% lower risk of heart disease.

According to authors, findings support current recommendations to increase nut consumption for the prevention of heart disease. Nuts are packed with heart-healthy fats, proteins, vitamins and minerals, and as this study confirms, they may protect heart health as part of a healthy diet.

However, it's important to watch portion sizes, as one serving size of nuts is relatively small. In this study, one serving equaled one ounce of nuts, which is about one handful. One ounce can contain up to 200 calories. So while nuts are an important part of a heart healthy diet, a little goes a long way in protecting heart health and reducing risk for heart disease.



## **NOVEL BIOMARKERS OF ATHEROSCLEROSIS**

Dr Ajay Chauhan, Professor of Medicine, PGIMER & Dr RML Hospital, New Delhi

Atherosclerosis, which almost always is associated with cardiovascular risk and mortality can be considered as a chronic inflammatory condition affecting almost all regions of the circulation and has distinct clinical manifestations that depend on the particular circulatory bed affected.

Recognizing the grave prognosis associated with the complications of atherosclerosis, it is mandatory to learn the diagnosis of the same, imaging and serum biomarkers being the cornerstones. Some of the much researched and some novel biomarkers that have been studied in various trials of atherosclerosis are discussed below:

**Lipoprotein A** represents a cholesteryl-ester, low-density-lipoprotein (LDL)-like particle with apolipoprotein (apo) B-100 linked to apo(a); apo(a) is strikingly similar to plasminogen; In epidemiologic studies, high plasma Lp(a) levels have been associated with an increased incidence of atherosclerotic cardiovascular disease, especially in patients less than 60 years of age.

In addition to LDL, **apolipoprotein B** is present on chylomicrons, very low- and intermediatedensity lipoproteins, and lipoprotein(a), all atherogenic particles. Studies show that apo B was superior to LDL-C in predicting cardiovascular risk. Recommended apo B targets are <90 mg/dL for individuals with diabetes or 2 CVD risk factors and <80 mg/dL in those with known CVD or diabetes with an additional CVD risk factor. Increased attention has also been directed at the **apo B:apo A-1 ratio**.

Myeloperoxidase (MPO) is a microbicidal hemoprotein that serves as a part of the neutrophils' armory in host defense. Clinical studies have suggested an association between levels of MPO and the presence of coronary artery disease and endothelial dysfunction.

Granular leukocyte-derived myeloperoxidase (MPO) promotes oxidation of lipoproteins, while paraoxonase 1 (PON1) has antioxidant properties for high-density lipoprotein (HDL). Serum MPO levels and PON1 activities were significantly associated with the prevalence of coronary lesions. The high **MPO/PON1** ratio was independently correlated with restenosis and de novo lesions).

**Highly sensitive CRP (hsCRP)** has been demonstrated to predict myocardial infarction (MI), ischemic stroke, cardiovascular death, incident diabetes, and incident hypertension in over 20 epidemiologic cohorts .Compared to individuals with a hsCRP level of <1 mg/L, individuals with a hsCRP level of 1-3 mg/Land >3 mg/Lhad an increased risk of the combined endpoint of cardiovascular death, MI, or stroke, new onset diabetes and heart failure.

**Oxidised-LDL** activates T cells and macrophages, stimulates the expression of adhesion molecules, attracts macrophages to sarcoplasmic reticulum, and produces foam cells.

**Malondialdehyde-LDL** is attracted to monocyte derived macrophages and produce foam cells. This is one of the compounds that will be formed during lipid peroxidation, that has also been implicated in the formation of atheromas.

There is a relationship between **plasma fibrinogen level or PAI-1 as a fibrinolysis inhibitor** and the risk of coronary artery diseases. Fibrinogen is an acute phase reactant and a circulating glycoprotein which has activity in coagulation steps responding to tissue and vascular damage. Fibrinogen participates in inflammation and thrombosis.

**Factor VII** is also a coagulative protein, which has an important role in thrombogenesis. Several studies demonstrate the correlation between factor VII and inflammatory factors such as IL-6 and CRP in patients with hypercholesterolemia, which shows their pathophysiologic correlation.

**Sphingosine-1-phosphate (S1P)** is a potent blood-borne signaling compound that is regulating many processes that may promote or attenuate atherosclerosis. Studies show that Peripheral Arterial Disease and CAD in humans is associated with decreased serum-S1P concentrations and that S1P may possess higher accuracy to indicate these diseases than HDL-C.

The levels of **antibodies against ATP2B4 and BMP-1** were higher in patients with TIA, cerebral infarction, CVD, DM and CKD, and may therefore prove valuable for the early diagnosis of these atherosclerosis-related diseases.

**Vitamin D deficiency** has been found to be associated with increased rates of hypertension, peripheral arterial disease, myocardial infarction. However, vitamin D has found to associate with early signs of atherosclerosis (as increased carotid intima-media wall thickness).

**Chlamydia pneumoniae,** Helicobacter pylori and cytomegalovirus are associated with atherosclerotic lesions and thus a relationship between the patho-physiology of ischemic heart disease and infection as well as the severity of atherosclerosis has been observed. Furthermore, viral and bacterial proteins can induce anti-phospholipid antibody production in humans which might be an additional factor attacking endothelium. C. pneumoniae might be replicated and maintained in human macrophages and in endothelial cells. It might participate in the acute coronary process through a direct effect on atheroma and initiate the inflammatory process, subsequently being activated during inflammation and acutely exacerbating the response. C. pneumoniae can also colonize atheroma by plaque inflammation, contributing to plaque disruption.

Although homocysteine does not seem to be a strong predictor of atherosclerosis, impaired homocysteine metabolism may result in oxidative stress, which can play a role in **hyperhomocysteinemia**-mediated vascular disorders. Studies have suggested that moderately elevated homocysteine levels are a causal risk factor for atherothrombotic disease because they affect both the vascular wall structure and the blood coagulation system.

Noninvasive modalities with the capability of correlating native coronary artery disease and cardiac risk have long been sought for diagnostic use in clinical trials. One widely adopted surrogate for predicting rates of cardiovascular events involves measure of **carotid intimal-medial thickness (CIMT)** by B mode ultrasound.

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**18Fluorodeoxyglucose (18FDG**), a positron emission tomography (PET) radiotracer, competes with glucose for uptake into metabolically active cells including macrophages in atheroma. Rudd et al. employed 18FDG to image plaque inflammation in patients with symptomatic carotid atherosclerosis. Patients who had experienced a recent carotid arterial ischemic event and had an internal carotid artery lesion >70% stenosis demonstrated focal 18FDG uptake in carotid plaques.

## **5 FORTHCOMING EVENTS**

## ISARCON 2018 – 31st Annual Conference

31<sup>st</sup> "Annual Meeting of Indian Society for Atherosclerosis Research" (ISARCON 2018) on 11<sup>th</sup> - 13<sup>th</sup> October, 2018, at Jawaharlal Institute of Post Graduate Medical Education and Research (JIPMER), Puducherry, India.



## **WELCOME TO ISARCON 2018**

#### Dear Doctors and Scientists,

On behalf of the Organizing Committee it gives us immense pleasure in welcoming you to the 31<sup>st</sup> Annual Conference and International symposium of the Indian Society for Atherosclerosis Research. The Conference is our yearly meeting to discuss the present status of research in the field of Atherosclerosis. It is our sincere attempt to provide a rich feast of Academics, clinical practice and research in this field through this Conference. The theme of the conference is " Past, Present and Future of Atherosclerosis - Where do we stand? " . Particular emphasis will be given to topics like Atherosclerosis In developed/developing countries, Modernizations and Atherosclerosis, Indian traditions, culture and atherosclerosis - how much we have drifted from our ancient Indian culture and Genetics and Atherosclerosis.

The Conference is being held at JIPMER, Pondicherry, an Institute of National Importance, an adobe of Medical education and Research. Pondicherry is the largest union territory of India, located on the east coast, rightly known as the french riviera of the east. We look forward to your presence in this conference and enjoy our hospitality.

Dr. Sreevathsa. K.S. Prasad Joint Organizing Secretary Dr. Biju Pottakkat Organizing Secretary

Dr. Surendra Verma Organizing Chairman

## **Registration Details**

<b>Category of Participant</b>	<b>Registration Fee and Time Limit</b>		
	Jul. 16 <sup>th</sup> - Aug. 14 <sup>th</sup>	Aug. 15 <sup>th</sup> - Sep. 30 <sup>th</sup>	Oct. 1 <sup>st</sup> onwards
Members ISAR	Rs.5000	<b>Rs.6000</b>	Rs.8000
Non-Members	Rs.6000	<b>Rs.7000</b>	Rs.9000
Student/Research Scholar*	Rs.3000	Rs.3500	<b>Rs.4000</b>
Accompanying Member	Rs.2500	Rs.3000	Rs.3500
Foreign Delegates	US\$399	US\$599	US\$699

\* The Rate of Registration is applicable only with original proof of Position or with certificate from the Head of the Department / Institution Payment can be made via demand draft drawn in the name of ISAR SOUTH INDIA CHAPTER, Payable at SBI, JIPMER BRANCH, PONDICHERRY or NEFT / IMPS Account Name : ISAR SOUTH INDIA CHAPTER Account Number : 35094572344 Bank : SBI Branch : JIPMER IFSC Code : SBIN0002238 Registration form will be available on www.isar.co.in

Abstract submission for free papers and Posters are invited. Last date for submission of Abstracts is 31<sup>st</sup> August - 2018

Abstract submission details will be available on www.isar.co.in

Acceptance of Abstracts will be intimated Via e-mail with in 15th September.

For any Queries :

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## **ISARCON 2018**

ANNUAL CONFERENCE OF THE INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH JIPMER , PONDICHERRY OCTOBER 11<sup>TH</sup> TO 13<sup>TH</sup> 2018



Registration Form				
Name:				
Designation:				
Department:				
Institution:				
Mobile number:				
Email id:				
CATEGORY	ISAR MEMBER MEMBERSHIP NUMBER NON MEMBER STUDENT / RESEARCH SCHOLAR INTERNATIONAL DELEGATE ACCOMPANYING PERSON			
Payment details A. Mode of payment (NEFT/IMPS/DD): B. Transaction ref. number (If NEFT/IMPS): C. D D number (If DD):				
Signature of the applicant:				

(This from shall be sent as MS word/pdf, or as scanned image)

Students / Research scholars need to send a signed copy for the HOD regarding confirmation of position.

The completed form must be e-mailed to <a href="mailto:isarcon2018@gmail.com">isarcon2018@gmail.com</a>

#### With cc to <a href="mailto:sreevathsaprasad@gmail.com">sreevathsaprasad@gmail.com</a>

## International Symposium on Atherosclerosis 2021

24-27<sup>th</sup> October, 2021

Kyoto, Japan

The 19th International Symposium on Atherosclerosis

INTERNATIONAL ATHEROSCLEROSIS SOCIETY

## **KYOTO JAPAN** OCTOBER 24-27, 2021

Venue: **Miyako Messe** 

**Toward Healthy Aging** through Atherosclerosis Science

**Co-Chairs:** Yasufumi Sato (Tohoku University) Shizuya Yamashita (Rinku General Medical Center/Osaka University)

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## **ISARCON** 2017



## 30<sup>TH</sup> Annual Conference

Organized By

## INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH

2<sup>nd</sup> – 4<sup>th</sup> November 2017

#### **Organizing Committee**

#### **Patrons**

Dr. P. K. Singh, Director, AIIMS Patna Dr. G. K. Singh, Founder Director, AIIMS Patna

#### <u>Convenor</u> Prof. P. P. Gupta, Dean AlIMS, Patna

#### President- ISAR

Prof. Suman Bala Sharma UCMS & G.T.B. Hospital, Delhi, India Organizing Secretary- (ISARCON 2017)

Prof. Sadhana Sharma, AIIMS Patna, India

#### Secretary - ISAR

Dr. Amitesh Agarwal, UCMS & G.T.B. Hospital, Delhi, India

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#### Treasures (ISARCON-2017)

Dr. Sushil Kumar, Biochemistry Dr. Ayan Banerjee, Biochemistry

#### Scientific Committee (ISARCON-2017)

Dr. N. C. Chandra, Biochemistry Dr. Sushmita Das, Microbiology Dr. Subhash Kumar, Radiology Dr. Veena Singh, Plastic Surgery Dr. Mala Mahto, Biochemistry The International conference on 'Innovations in Atherosclerosis and Cardiac Diseases' in connection with the **30th Annual Conference** of the '**Indian Society for Atherosclerosis Research**' (ISARCON-2017) was organized by **Department of Biochemistry, All India Institute of Health Science Patna** (AIIMS), from November 2—4, 2017 at All India Institute of Medical Science Patna. **Shri Ashwini Kumar Choubey**, the Hon'ble Minister of State for Health and Family Welfare, inaugurated the conferance at auditorium of All India Institute of Medical Science. The Souvenir of the conference and first journal of Atherosclerosis and Metabolic Research was released by Hon'ble Minister and the first copy was received by **Shri Ashwini Kumar Choubey**, **Dr. P. K. Singh** (Director, AIIMS Patna), **Dr. G.K. Singh** (Founder Director, AIIMS Patna), **Dr. P. P. Gupta** (Dean, AIIMS Patna), **Prof.Suman Bala Sharma** (President, ISAR), **Prof. Sadhana Sharma** (Organizing Secretary & Head, Department of Biochemistry, AIIMS Patna), **Dr. Gundu H. R. Rao** (Emeritus Professor, Lillehei Heart Institute, University of Minnesota. USA), **Dr. Amitesh Agarwal** (Secretary, ISAR).

**Dr. Shridhar Dwivedi**, Senior Consultant Cardiologist, National Heart Institute New Delhi, India, delivered the **LHMC Oration Lecture** on topic 'Cardiovascular Havoc caused by oral Supari (Areea catechu) Mixed with other toxic substances'. **Dr. R. N. Chakraverty Oration Lecture** on topic 'Guideline Based Management of Dyslipidimia' was delivered by **Dr. Subhash Chandra**, Chairman & HOD, Department of Cardiology, BLK Hospital, New Delhi, India, **Amar Shyam Oration Lecture** on topic 'Metabolic Syndrome in Polycystic Ovarian Syndrome and its Association with IL-1 $\beta$ , IL-1Ra and FABP1 gene polymorphism' was delivered by **Dr. Aruna Nigam**, Professor, Obs. & Gynae, Hamdard Institute of Medical Sciences & Research, New Delhi, India.

**Dr. Gundu Rao**, Emeritus Professor, Lillehei Heart Institute, University of Minnesota. USA, on topic 'Role of Platelets in Thrombosis and stroke: With special reference to Anti-platelets therapies' and **Dr. Rajendra Tangirala**, President & CEO GUT LEBEN, INC. San Diego, California, USA, on topic 'Novel Paradigms in Targeting Inflammation and Metabolism to Control Atherosclerotic Cardiovascular Disease' delivered the **Key-Note lecture**.

**Dr. Subhash Chandra**, Chairman & HOD, Department of Cardiology, BLK Hospital, New Delhi, India, Delivered the **Plenary Lecture** on topic 'Managing Acute MI in 2017'.

Three **Best Paper Award**, Lecture was delivered by **Dr. Vivek Suman**, Associate Prof, LHMC Hospital, New Delhi, India, **Kailash Chandra**, Senior Demonstrator, Hamdard Institute of Medical Science and Research New Delhi, India and **Vaibhav Deorari**, Post-Graduate Student, UCMS, GTB Hospital, Delhi, India.

First day morning session **Prof. G. K. Singh, Prof. M. E. Yeolekar, Dr. Jayashre Bhattacharjee, and Dr. P. R. Sudhakaran** delivered invited lecture which was chaired by **Dr Rajendra Tangirala & Dr. S B. Sharma**. In afternoon **Dr. G. Subrahmanyam, Dr. Kamna Srivastava, Dr. Rachna Agarwal and Dr. Saurabh Srivastava** delivered invited lecture which was chaired by **Prof. G. K. Singh & Prof. Gundu Rao.** In evening cultural program was held.

On second day morning session **Prof. Gundu Rao, Dr. Anita Khalil, Prof. Moinuddin, Dr. Anupam Prakash, Dr. Krishan Kumar Sharma , Dr. Ajay Kumar, Dr. Vikas Singh,**  delivered invited lecture which was chaired by **Dr D. K. Srivastava & Dr Jayashree Bhattacharjee**. In afternoon session **Prof. Najmul Islam, Dr. Wahid Ali, Dr. Santosh Kumar Singh, Dr. Jagriti Bhatia, Dr. K. S. Jayachandran and Dr. Anand Mohan** delivered invited lecture which was chaired by **Prof. Ritu Singh & Dr. N. C. Chandra.** In free paper session **Dr. Santosh Kumar, Dr. Sandeep Singh, Dr. Geeta Kushwaha and Nikhil Khurana** delivered lecture which was chaired by **Prof. Najmul Islam & Prof. Moinuddin.** Awards to the three best poster presentations were declared by **Dr. N. C. Chandra and Dr. Rajendra Tangirala, Dr. Asgar Ali, Susheel N. Chaurasia** and **Himani Thakkar** was the winner of poster presentation. In evening Executive Council Meeting and GBM was held and new Governing body members were elected.

On third Day morning start with invited lecture by **Dr. Ritu Singh followed by Dr. Nirupam Prakash, Dr. D. K. Srivastava, Dr. Anjali Arora, Dr. Parul Goyal, Dr. Amit Gupta** and **Dr. Abhishek Singh** which was chaired by **Prof. S. B. Sharma & Dr. Rajendra Tangirala.** The day's programs came to an end with Valedictory Session. **Prof. Sadhana Sharma**, Organizing Secretary, ISARCON 2017 delivered the vote of thanks.

The conference dealt with the Innovations in the field of Atherosclerosis and Cardiac Diseases. The Conference laid a platform to communicate between Clinicians and Researchers and also the students and researchers in the early career to share their ideas and knowledge with eminent Scientists and Clinicians.



## **State Chapters**

## INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH (DELHI CHAPTER) DC-ISAR Symposium 2017 'Atherosclerosis – Recent Advances & Update' (Under the aegis of Department of Biochemistry, GIPMER)

**19** *Aug* **2017**: Delhi Chapter ISAR has organised *"Atherosclerosis – Recent Advances & Update"* under the aegis of **Department of Biochemistry, GIPMER (G.B.Pant Institute of Postgraduate Medical Education & Research, formerly as G B Pant Hospital)** from 12PM to 5.30PM.

It was organised under leadership of Organising Secretaray, Dr Pradeep Kumar Dabla with all support by Chairpersons, Jt Secretary, Executive Body DC-ISAR, Faculties Colleges Delhi, Administration GIPMER & Department of Biochemistry staff.

Delhi Chapter ISAR has been formed with approval from national body ISAR (estd.1987) at Executive and General Body Meeting held on 25th Nov 2014 at ISARCON. It is set up with an aim to assist the activities of the national body in promoting atherosclerosis research. ISAR-Delhi chapter is devoted to promote dissemination of knowledge of various aspects of atherosclerosis and related fields in India and is multi-disciplinary research society whose membership includes all life sciences streams and branches involved in basic sciences and clinical fields of atherosclerosis. Under the theme this academic feast included special privileges for youngsters by means of oral presentation & Quiz competition followed by eminent speaker's talks in the eld of Cardiology, Genetics and Radiology who discussed the various aspects of atherosclerosis. Our eminent Speakers were: Dr Sanjay Tyagi, Dir Prof & Head, Department of Cardiology, GIPMER; Dr Sunil Puri, Dir Prof & Head, Department of Radiology, GIPMER; Dr Ratna Dua Puri, Professor, Department of Medical Genetics & Genomics, Sir Ganga Ram Hospital; Dr Anshul Jain. Sr Consultant Cardiologist, Fortis Hospital and Jaipur Golden Hospital.

There were 6 teams present to participate in Quiz competition before lunch. Initially it was decided to award first 3 teams. However Organising Committee graciously awarded all teams

as per ranking to encourage youngsters. Thereafter inauguration was conducted after lunch in presence of Director GIPMER, Dean MAMC, ISAR-EB, DC ISAR-EB & Chairpersons followed by talks from our eminent speakers. Then oral presentation were conducted by students who submitted abstracts and best 3 abstracts & oral presentations were selected for awards by judges panel of senior faculties. Delhi Chapter Election, Valedictory session & Prize Distribution was conducted at end followed by high tea.



#### The team Delhi Chapter ISAR is thankful to all who participated and contributed to this

#### successful programme.

#### **Thanks & Regards**

Dr.Pradeep Kumar Dabla Associate Professor Department of Biochemistry G.B.Pant Institute of Postgraduate Medical Education & Research (GIPMER) GNCTD, Delhi

## **UP Chapter**

## Academic Report of the ISAR UP Chapter for the period April 2018 to August, 2018

The ISAR UP Chapter was formed in 2017 and since then has been in the forefront of conducting several academic activities. Herein we list our academic endeavours from April 2018 onwards for the current academic year.

#### Dr.Nirupam Prakash, Secretary, ISAR UP Chapter

## A CME program based on the theme of "Incretin based Management: Evolving therapeutics" was conducted on the 25<sup>th</sup> May 2018. The following topics were discussed

- 1. Managing CV risk in T2DM: Can early intensification Help? Dr. Jitendra Prasad
- 2. Evolving therapies in management of Diabetes? Dr. Nirupam Prakash



Chairman of ISAR UP Chapter, Dr. Jeevan Prakash addressing the audience during the Academic meet on 25<sup>th</sup> May 2018



Secretary ISAR UP Chapter, Dr. Nirupam Prakash making a point during his deliberation in the Academic meet on 25<sup>th</sup> May 2018

## CME conducted on 26<sup>th</sup> May 2018

**CME** based on the theme of "**Addressing CV risk Trio: Diabetes, Hypertension and Dyslipidemia**" was conducted at Hotel Savvy Grand, Lucknow. The following topics were discussed:

- Approach to Diabetes in Young by **Dr. Sanjay Arora**
- PCSK-9 Inhibitors in Dyslipidemia Management: Dr. Anupam Prakash President Elect of ISAR
- Case based approach to Management of Hypertension: Role of CCBs : Dr. Sandeep Chowdhary

The meeting was graced by the presence of faculties from the King Georges Medical College, Era's Medical College and RML Hospital Lucknow and valuable participation of students from the three institutes. The meeting was attended by over 50 delegates and practitioners who benefitted from the interaction with the speakers and the discussion that ensued.



Vice Chairman of the ISAR UP Chapter Dr. K. K. Sawlani felicitating the President elect ISAR Dr. Anupam Prakash after his talk during the Academic meet held on 26<sup>th</sup> May 2018



Dr. Sandeep Chowdhary explaining the intricacies of Hypertension Management and the chairpersons responding to the queries of the audience.

A CME program based on the theme of "Comprehensive Management of the Deadly Trilogy" was conducted on the 2<sup>nd</sup> August 2018. The following topics were discussed:

1. Role of Statins and Ezetimibe in Diabetic Dyslipidemia by Dr. Vaibhav Shukla

2. Hypertension Management: Update on Recent Guidelines by **Dr. Sanjay Arora** 

3. Gliptins in Indian Scenario: An update by Dr. Nirupam Prakash

The highlight of the meeting was the introduction of some new concepts in the interventions aimed at controlling the three disorders by the prolific speakers and some very enthusiastic participation of the audience which made the discussions fruitful. The meeting was attended by over a fifty delegates and practioners of Lucknow.



Dr. Nirupam Prakash, Secretary and Dr Sanjay Arora Member Executive Committee ISAR UP Chapter delivering their talk during the Academic event on 2<sup>nd</sup> August 2018.



Dr. Vaibhav Shukla being felicitated after his talk on the role of Statins and Ezetimibe in Lipid Management.

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## **ISARCON AWARDS**

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.

## 8 ISAR EXECUTIVE COUNCIL 2018

## **ISAR OFFICE BEARERS**

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Executive Member	Executive Member	
Dr. Amit Kumar	Dr. Ramesh Aggarwal	
Executive Member	Executive Member	
Dr. Vaibhav Deorari	Dr. Shikha Sharma	

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#### Past President



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#### Past President



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#### Past President

#### Dr. G Subhramanyam



#### Past President



#### Dr. Venugopal P Menon

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#### Past President



#### Dr. Malathy Madhavan

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#### Past President



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

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#### Founder President

(Late) Dr. R N Chakravarti

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



#### Past President

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9 ISAR MEMBERSHIP FORM



#### INDIAN SOCIETY FOR ATHEROSCLEROSIS RESEARCH

	APPLICATI	ON FORM FOR MEME	BERSHIP			
Name: Dr. /Mr./Mrs.:-				РНОТО		
	First Name	Middle Name	Sumame			
Designation & Affiliation:-						
Home Address:-						
Mobile No. :-		E-mail >				
Academic Qualifications:-						
Type of Membership Ap	plied for: -	NRI Life N	Membership			
Applicant's Signature Date:						
CASH / CHEQUE/ DEMAND DRAFT of Rs						
NRI         Rs. 10,000         Life member ISAR & IAS + State Chapter         Rs. 3500           Life member of ISAR & IAS         Rs. 3000         One time IAS membership for members before Sept 2011         Rs. 10,000						
(Note : DD/ Cheque should be made in name of " Indian Society for Atherosclerosis Research" payable at Delhi). Send the complete application with DD/ Cheque by post to:						
Dr. Parul Goyal						
Secretary, ISAR						
Room no. 319. Administ	rative Block, PGIME	R- Dr. RML Hospital, Ne	ew Delhi.			
Mobile:- +91-931225709	90					
E-Mail :- isarsecretary@gmail.com						
For Office Use						
Date of Receipt of Application Date of Approval						
Membership Number		Sig	nature Secretary			