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Dr V Amuthan

Editorial



Dr C K Ponde Dr Manish Bansal

Dear colleague,

Greetings!

As the year 2017 draws close, it is a time to reflect back on the developments of the past one year.

Looking back, the past one year has indeed been quite remarkable for the Academy. We have made important strides during this period. We added 160 new members; added one new local Chapter; our journal underwent complete transformation; the website was redesigned and relaunched; members' and fellows' e-directories were developed and made available online; the 1st text-book of echocardiography was released; the newsletter was started; cardiac sonographer travel grant was started; and to top it all, we had a historic Annual meeting at Jaipur just a couple of months back. These are truly proud moments for all of us who are part of this great Academy!

At the same time, while we rejoice the past year's achievements, we must not lose this opportunity to draw motivation from these positive happenings and march ahead to reach greater heights. There are a lot of unfinished tasks that need to be accomplished. Educational and training activities of the Academy need to be strengthened further. In this context, we need to exploit full potential of digital media to advance the cause of the Academy, which is to bring about "excellence in the field of cardiovascular ultrasound through training, education, research, innovation, advocacy and standardization". Simultaneously, social responsibilities need to be continued to be fulfilled, while the challenges related to the PC-PNDT act need to be appropriately addressed.

This newsletter, by showcasing the ongoing activities and achievements, serves as a medium to acknowledge the contribution of everyone involved in the IAE activities and to also solicit continued support from all of you towards further growth of the Academy.

Looking forward to receiving your valuable feedback.

With warm regards,

Dr C K Ponde/ Dr Manish Bansal
Editors, IAE e-Newsletter

Contents

Contents

- **Editorial** **1**
- **The Role of IAE in Echocardiography Practice in India: Our Vision and Goals** **1**
- **News from the Academy** **2**
 - Echo India 2017 (World Congress of Cardio Echo 2017)
 - EC meeting, GBM, New Leadership
- **Annual meeting of IAE Karnataka** **3**
- **Forthcoming events** **4**
- **New science from around the World** **5**
 - Guidelines Watch
 - Good Reviews
- **Revisiting the Basics: Echocardiographic assessment of proximal aorta size** **5**
- **JIAE and CVI update** **6**
- **E-directories** **6**
- **IAE Text-book of Echocardiography** **6**
- **Awards and Accolades** **6**
- **Echo Quiz** **6**
- **Season's greetings** **6**

The Role of IAE in Echocardiography Practice in India: Our Vision and Goals

Dr (Col) S K Parashar, Past President, IAE

The IAE is the largest sub-speciality association in cardiology in India and the second largest in the cardiology fraternity. During the last two decades, IAE has grown into a prominent society for echocardiography, leading various academic activities across India. It has strived to teach and popularize echocardiography and to improve overall excellence of echocardiography expertise in our country. Possibly, a large number of our members are not aware of the hard work and sacrifice put in by many current senior members of the Academy in bringing it to an international standard and recognition. However, having said that, personally I feel a lot of hard work still needs to be done to keep up the standard of IAE.

What should be our vision?

- To promote dialogue, exchange and dissemination of knowledge
- To implement echocardiography quality improvement initiatives
- To facilitate education
- To bridge/link specialists of different levels/ backgrounds
- To foster research
- To deliver more scientific guidelines and recommendations
- To provide standardized training to overall improve the echocardiography standards in the country and to maintain uniformity
- Try to become a worldwide reference for education in the field of echocardiography

It will not be possible to elucidate every point in detail due to constraint of space, but some important strategies may be discussed.

What should be our strategy?

Public and National Relations: This is where we are lacking. We should provide a common voice when issues concerning echocardiography/ ultrasound arise. We should serve as a liaison among government bodies, other professional or scientific organizations, media and public. This is where some senior, influential members can play an important role. We should aim to foster close collaboration between other national societies also.

PC-PNDT Act: Being the sole echocardiography organization in the country, renewed

efforts should be made, in collaboration with some other societies, to tackle this problem. It is a different matter whether we succeed or fail, but a final effort needs to be made. Every echocardiographer in the country looks upon IAE to solve this problem.

Role of IAE chapters: The IAE chapters should play an active role, which can be manifold- (a) to promote and encourage the advancement of scientific research and knowledge in their state by holding frequent scientific meetings; (b) to make the clinicians aware of IAE, thereby increasing the membership; and (c) to encourage young cardiologists, post-graduates to become members of IAE.

Role of upcoming young cardiologists: They will play a major role in future development of IAE because, ultimately it will be the responsibility of younger generation to hold the reins and run the academy in future. But, at the same time, they will have to ensure that IAE continues to be an academically active society as it is now. For this, they should get more actively involved in the academic activities of IAE now itself. They should present more cases, should be given more opportunity (instead of our senior members) to deliver lectures in our annual scientific sessions and should also contribute to the journal of IAE. In this manner, not only will they gain recognition and scientific exposure, they will also get exposed to prominent international societies with whom we hold joint academic sessions.

Research: This is one area where our country lacks. As such, impetus should be given to it and IAE will ensure that a good research work is presented in National and even International echocardiography meetings.

Self vs IAE: I have always felt that interest of IAE should come first before self. Hence more stress should be placed in promoting the academy rather than self.

The 2020 Goal:

- Try to standardize the various echocardiography laboratories in India,
- Focus peer review on funding outstanding individuals, in addition to excellent science,
- To bring a large number of young cardiologists in the fold of IAE, and
- To bring journal of IAE to an international standard.

IAE India Head Quarter

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News from the Academy

Echo India 2017 (World Congress of Cardio Echo 2017) A Grand Success!

- The World Congress of Cardio Echo 2017, which was a joint meeting representing XXII Annual Conference of Indian Academy of Echocardiography and XXIII World Congress of Clinical Cardiology, Echocardiography & Allied Imaging Techniques was organized at Jaipur from 5th to 8th Oct 2017.
- The organizing committee was led by **Dr Rakesh Gupta** (Past President, IAE; and Secretary General for the conference) and **Dr (Col) S K Parashar** (Past President IAE, and National President for the conference), and was ably supported by **Dr Ashok Garg** and several others from the Jaipur branch of IAE. **Dr Navin C Nanda** was the International President for the conference.



- The meeting turned out to be a grand success in every respect. More than 2300 delegates attended the meeting, which has been the largest attendance in the history of IAE. More than 600 delegates participated in the pre-conference CME.
- Every aspect of echocardiography- from the very basic to very advanced- was discussed in the form of numerous case-based sessions, symposia, keynote lectures, etc. TTE and TEE simulator workshops were also conducted for hands-on training.
- The meeting also placed a lot of emphasis on amalgamation of echocardiography with clinical cardiology. Several round-table conclaves on hypertension, diabetes, heart failure, etc. were conducted to meet this objective.



- Overall, >50 **renowned international faculty members** participated in the meeting , with an excellent representation from the ASE, EACVI, and AAE. Apart from Dr Navin C Nanda, the International Faculty included Dr Allan Klein (ASE President), Dr Natesa G Pandian, Dr Sunil Mankad, Dr Joseph Mallouf, Dr Hari P Chaliki, Dr Masood Ahmad, Dr Kamesawari Maganti (all from USA), Dr Bernard Cosyns, Dr Roxy Senior and Dr Thomas Binder (Europe); Dr J K Oh (South Korea); Dr Thomas H Marwick and Dr Sudhir Wahi (Australia); etc.



- The prestigious '**Navin C Nanda Oration**' was delivered by Dr Allan Klein; the '**Annual IAE Lecture**' was given by Dr Thomas H Marwick; the '**Bijoy Khandheria oration**' was delivered by Dr H K Chopra; and Dr Nitin Burkule delivered the '**Natesa G Pandian Oration**'. Dr Navin C Nanda delivered a special '**World Echo Oration**'. Dr Ravi R Kasliwal was bestowed upon the '**Lifetime achievement award**'.



News from the Academy

Echo India 2017 (World Congress of Cardio Echo 2017) A Grand Success!

- A very enthusiastic response was received from the young echocardiographers in the country, who submitted more than 150 case studies/ abstracts for presentation in various sessions, including the Natesa G Pandian case study competition and the Young Investigator award session.
- In addition to the scientific deliberations and training sessions, several official activities of the IAE also formed part of the meeting. These included- IAE Executive Committee and General Body Meetings; Leadership meetings between the IAE and the leading echo societies of the world such as ASE, EACVI and AAE; IAE Accreditation tests for physicians and sonographers; and the Fellowship Convocation ceremony.
- Dr P K Deb, Past President, Cardiological Society of India, was the chief guest for the Fellowship Convocation ceremony, in which 9 IAE members received the coveted FIAE designation.
- The meeting this year also exemplified the social-commitment that the Academy is very proud to fulfil. A unique public outreach program was organized which allowed the general public to interact with the world-renowned leaders in Cardiology and get every query answered about heart health. Additionally, the Organizing Committee of the meeting also pledged to donate 10 ECG machines to 10 different Primary Health Centres in and around the Jaipur region. The Organizing Committee also extended financial assistance to two schools in Jaipur to construct toilets as part of the 'Clean India Mission'.



Executive Committee Meeting, Annual General Body Meeting, New Leadership

- The IAE organized its Executive Committee Meeting on 5th Oct 2017 and the Annual General Body Meeting on 7th October 2017 at Jaipur, during the World Congress of Cardio Echo 2017.
- With conclusion of the Annual General Body Meeting, **Dr S Shanmugasundaram** has now become the President of IAE, **Dr Sameer Shrivastava** the President-Elect, and **Dr Soumitra Kumar** the new Vice President. On behalf of all the IAE members, we welcome the new leadership. We firmly believe, under their able guidance, the Academy will continue to grow further and scale new heights.
- We also wish to express our gratitude towards **Dr H K Chopra**, our immediate Past President, for very efficiently leading the Academy over the last one year. We continue to look forward to his guidance in future as well.



Annual Meeting of IAE Karnataka Chapter

- The IAE Karnataka conducted its Annual State Conference **EchoKarnataka 2017** on 19th November, 2017 at Bangalore.
- The meeting was well attended by over 200 delegates.
- Various topics around aspects of echocardiography were discussed. Strain rate imaging, intra-operative TEE and numerous interesting case studies were presented.
- It was a whole day meeting that ended on a great note with a 'jeopardy' style quiz.



Forthcoming Events

Echo India 2018

ECHO INDIA - 2018

Focus: Comprehensive Echocardiography for the novice & dexterous

<p>Pre Conference Workshop Thursday, 4th October 2018</p> <p>Event Venue: Kalaivanar Arangam Anna Salai Chennai-600002.</p> <p>Event Executive: Fulcrum</p>	<p>Congress 5-7 October 2018</p> <p>Partnering Societies</p>	<p>Conference Secretariat: ECHO INDIA 2018 Echo Suite 2, First Floor, S Block, Billroth Hospital, 43, Lakshmi Talkies Road, Shenoy Nagar, Chennai-600030. echoindia2018@gmail.com Mobile: +91 99402 01854</p>
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Dates:

Pre-conference workshop 4th Oct 2018
Main conference 05th -07th Oct 2018

Organizing Committee:

Patron: Dr R Alagesan
Advisors: Dr M S Ravi, Dr M Somasundaram, Dr S Shanmugasundaram
Organizing Chairman: Dr A Balaguru
Organizing Secretary: Dr G Gnanavelu

Venue:

Kalaivanar Arangam, Anna Salai, Chennai- 600002

Congress Secretariat-

Echo India 2018,
Echo Suite 2, First Floor, S Block,
Billroth Hospital,
43, Lakshmi Talkies Road,
Shenoy Nagar, Chennai- 600030
Email: echoindia2018@gmail.com
M: +91-99402 01854
Website: <http://www.echoindia2018.com/>

Other meetings in India

CEDET 2018

13th and 14th January 2018
KIMS Hospital, Trivandrum, Kerala

Echo India Live and AST 2017-18

15th- 18th February 2018
JROP Institute of Echocardiography, New Delhi
www.jrop.in

Medanta Echo 'n' Cardiology 2018

14th-15th April 2018
The Leela Ambience Hotel & Residences Gurugram
<http://www.echoncardiology.com/>

EZECHO 2018: The annual conference of West Bengal chapter of IAE

May 2018 (date yet to be finalized)
www.wbae.in

70th Annual Conference of Cardiological Society of India

30th Nov – 3rd Dec, 2018, Mumbai, India
www.csi2018mumbai.com

International Meetings

ACC.18, 67th Annual Scientific Sessions of the American College of Cardiology

10th - 12th Mar 2018, Orlando, USA
<https://accscientificsession.acc.org/>

50% discount on registration fee for IAE members

Echo Asia 2018

Scientific Session of Asian Pacific Association of Echocardiography (AAE)
May 24-27, 2018 Jeju Island, South Korea
<http://www.aaecho.org/>

ASE 2018, 29th Annual Scientific Sessions

22nd - 26th June 2018, Nashville, TN, USA
<http://asescientificsessions.org/>

ESC Congress 2018

25th – 29th August 2018, Munich, Germany
<http://www.esccardio.org/Congresses-%26-Events/ESC-Congress>

American Heart Association Scientific Sessions 2018

10th – 14th Nov 2018, Chicago, Illinois, USA
http://professional.heart.org/professional/EducationMeetings/MeetingsLiveCME/ScientificSessions/UCM_316900_Scientific-Sessions.jsp

EuroEcho-Imaging 2018

22nd Annual Congress of the European Association of Cardiovascular Imaging
5th – 8th Dec 2018, Milan, Italy
<https://www.esccardio.org/EACVI>

Answer to echo quiz: The strain curves show that LV longitudinal strain is nearly preserved whereas circumferential strain is compromised. Additionally, LV apical and basal rotation are markedly reduced. This type of pattern is typical of constrictive pericarditis. LV longitudinal strain remains relatively preserved because it is determined mainly by the subendocardial fibers, which are not initially involved in the pericarditis process. In contrast, the subepicardial fibers, which govern LV circumferential strain as well as LV rotation are affected early.

New Science- From Around the World

Guidelines Watch

Indian academy of echocardiography guidelines and manual for performance of stress echocardiography in coronary artery disease.

Burkule N, et al. J Indian Acad Echocardiogr Cardiovasc Imaging 2017;1:71-102.
<http://www.jiaecho.org/article.asp?issn=WKMP-0155;year=2017;volume=1;issue=2;spage=71;epage=102;aulast=Burkule>

A joint procedural position statement on imaging in cardiac sarcoidosis: from the Cardiovascular and Inflammation & Infection Committees of the European Association of Nuclear Medicine, the European Association of Cardiovascular Imaging, and the American Society of Nuclear Cardiology

Slart RHJA, et al. European Heart Journal - Cardiovascular Imaging 2017;18:1073-1089,
<https://doi.org/10.1093/ehjci/jex146>
<https://academic.oup.com/ehjcm/article/18/10/1073/4344894>

Non-invasive cardiovascular imaging for evaluating subclinical target organ damage in hypertensive patients: A consensus paper from the European Association of Cardiovascular Imaging (EACVI), the European Society of

Cardiology Council on Hypertension, and the European Society of Hypertension (ESH).

Perrone-Filardi P, et al. European Heart Journal - Cardiovascular Imaging 2017;18:945-960,
<https://doi.org/10.1093/ehjci/jex094>
<https://academic.oup.com/ehjcm/article/18/9/945/4076303>

2017 ACC Expert Consensus Decision Pathway on the Management of Mitral Regurgitation. A Report of the American College of Cardiology Task Force on Expert Consensus Decision Pathways

O'Gara PT, et al. J Am Coll Cardiol 2017;70:2421-49
<http://www.onlinejacc.org/content/70/19/2421>

Clinical practice of contrast echocardiography: recommendation by the European Association of Cardiovascular Imaging (EACVI) 2017.

Senior R, et al. European Heart Journal - Cardiovascular Imaging 2017;18:1205-1205af
<https://academic.oup.com/ehjcm/article/18/11/1205/4157368>

More guidelines from the IAE

More guidelines from the ASE

More guidelines from the EACVI

Good Reviews

Cardiopulmonary Exercise Testing. What Is its Value?

Guazzi M, et al. J Am Coll Cardiol 2017;70:1618-36.
<https://doi.org/10.1016/j.jacc.2017.08.012>
<http://www.onlinejacc.org/content/70/13/1618>

Multimodality imaging of the tricuspid valve with implication for percutaneous repair approaches.

Ancona F, et al. Heart 2017;103:1073-81.
<http://heart.bmj.com/content/103/14/1073>

How to interpret an echocardiography report (for the non-imager)?

Bansal M, Sengupta PP. Heart 2017;103:1733-44
<http://heart.bmj.com/content/103/21/1733>

A Comprehensive Review of Stress Testing in Hypertrophic Cardiomyopathy: Assessment of Functional Capacity, Identification of Prognostic Indicators, and Detection of Coronary Artery Disease.

Tower-Rader A, et al. J Am Soc Echocard 2017;30:829-44

[http://www.onlinejase.com/article/S0894-7317\(17\)30395-4/fulltext](http://www.onlinejase.com/article/S0894-7317(17)30395-4/fulltext)

Role of Two-Dimensional Speckle-Tracking Echocardiography Strain in the Assessment of Right Ventricular Systolic Function and Comparison with Conventional Parameters.

Longobardo L, et al. J Am Soc Echocard 2017;30:937-46.e6

[http://www.onlinejase.com/article/S0894-7317\(17\)30475-3/fulltext](http://www.onlinejase.com/article/S0894-7317(17)30475-3/fulltext)

How to Image Hypertrophic Cardiomyopathy

Maron MS, et al. Circulation: Cardiovascular Imaging. 2017;10:e005372
<http://circimaging.ahajournals.org/content/10/7/e005372>

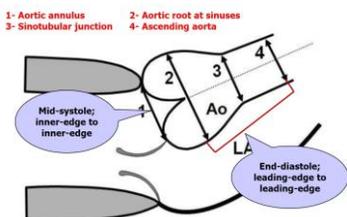
Cardiac Imaging in Patients With Heart Failure and Preserved Ejection Fraction.

Nagueh SF, et al. Circulation: Cardiovascular Imaging. 2017;10:e006547
<http://circimaging.ahajournals.org/content/10/9/e006547>

Echocardiographic assessment of proximal aorta size

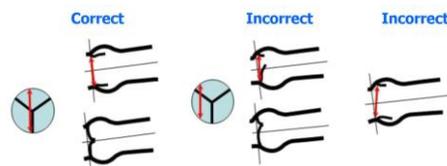
Dr Rohit Tandon, Dr Manish Bansal

Sites for measurement of the aortic root and ascending aorta size



- Leading-edge to leading-edge measurements by echo are ~2 mm larger than CT and MRI.
- All measurements to be obtained in a plane strictly perpendicular to that of the long axis of the aorta.

Measuring aortic annulus correctly

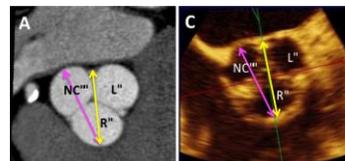


- Proper PLAX view with symmetrical opening of both the aortic valve leaflets (seen in that view) is essential for ensuring that the imaging plane is aligned properly.

Aortic root dimensions in normal adults

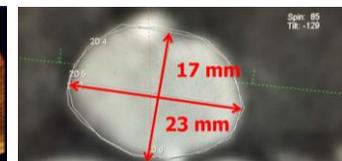
Segment	Absolute values (cm)		Indexed values (cm/m ²)	
	Men	Women	Men	Women
Annulus	2.6 ± 0.3	2.3 ± 0.2	1.3 ± 0.1	1.3 ± 0.1
Sinuses of valsalva	3.4 ± 0.3	3.0 ± 0.3	1.7 ± 0.2	1.8 ± 0.2
Sinotubular junction	2.9 ± 0.3	2.6 ± 0.3	1.5 ± 0.2	1.5 ± 0.2
Proximal ascending aorta	3.0 ± 0.4	2.7 ± 0.4	1.5 ± 0.2	1.6 ± 0.3

Echo versus CT: Aortic root



Echo measures sinus to sinus diameter, which is roughly 2 mm larger than sinus to commissure diameter measured by CT

Echo versus CT: Aortic annulus



Aortic annulus is often oval; Hence, area measurement by CT is more accurate than diameter measurement by echo

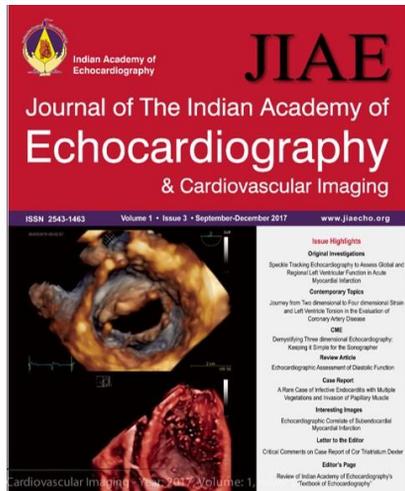
Aortic root/ Asc aorta dimensions

Therapeutic Implications

≥45 mm	<ul style="list-style-type: none"> • Class IIa indication for aortic root surgery for patients with Marfan's syndrome with additional risk factors¹ • Class IIa indication for aortic root surgery in patients undergoing AVR, esp. if with bicuspid aortic valve disease^{1, 2, 3}
≥50 mm	<ul style="list-style-type: none"> • Class I indication for aortic root surgery in Marfan's syndrome¹ • Class IIa indication for aortic root surgery for patients with bicuspid valve with additional risk factors^{1, 3}
≥55 mm	<ul style="list-style-type: none"> • Class I indication for aortic root surgery for all patients (regardless of the aortic valve morphology and severity of AR)^{2, 3} • Class IIa indication for aortic root surgery for all patients (regardless of the aortic valve morphology and severity of AR)¹

1- ESC guidelines on VHD, 2017; 2- ACC/AHA guidelines for thoracic aortic diseases 2010; 3- ACC/AHA guidelines for surgery for aortic root dilatation in bicuspid aortic valve disease 2016

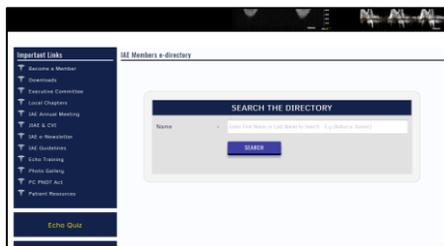
**JIAE and CVI
3rd issue of 2017 released**



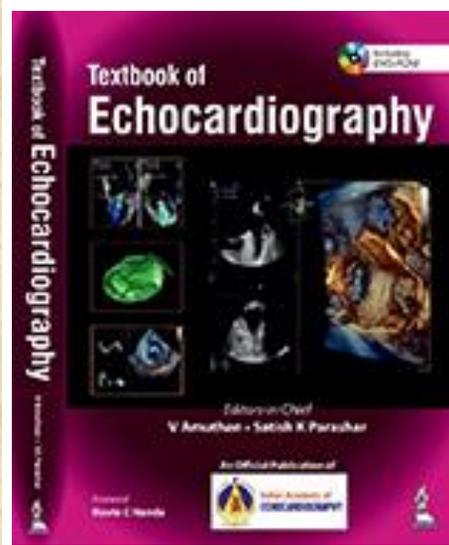
Visit www.jiaecho.org to read the latest articles as well as for manuscript submissions

IAE Members' and Fellow's directories are online

- The IAE Members' and Fellow's directories are now online.
- The directories allow our members to search their own details. Emails and phone numbers, however, are not shared because of privacy concerns.
- The portal also allows the members to submit their updated details, in case there is any discrepancy or if there has been any change in these details.
- Visit our website www.iaecho.in to view your details.



IAE Text-book of Echocardiography released



Awards and Accolades

IAE Lifetime achievement award

- A token of gratitude from IAE in recognition of the legendary, lifetime contribution to the field of echocardiography in India.
- For 2017, Dr R R Kasliwal received this honor, with previous awardees being Dr R J Manjuran (2016); Dr G Vijayaraghavan and Dr R Alagesan (2015); Dr (Col.) S K Parashar (2014); and Dr Savitri Shrivastava and Dr D Chinaiah (2013).

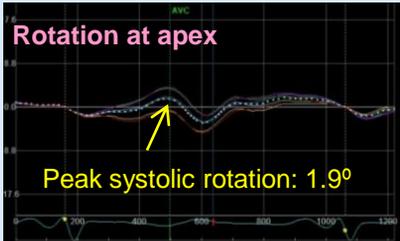
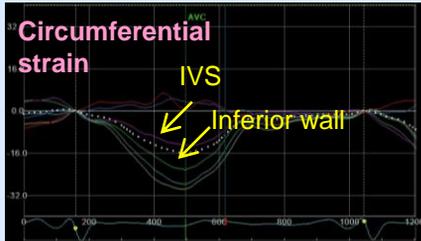
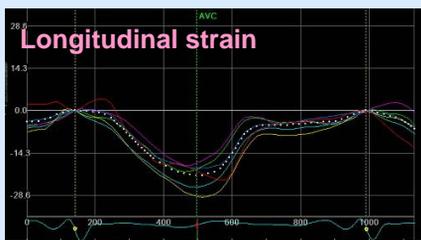


Other awards

- Dr Nagaraja Moorthy (Bengaluru) won the **Natesa G Pandian Case study Award**.
- The first prize in the **Young Investigator Award** was bagged by Dr Muttiah Subramanian (Kochi), while Dr Sunil Datta (Bengaluru) won the second prize.
- Ms Sangeeta Porwal became the proud recipient of the inaugural **"Bharat & Varsha Patel IAE Cardiac Songographer Travel Grant"**.

Echo quiz

Review these LV strain and rotation curves and suggest which cardiac pathology these would fit in to. For correct answer, please turn to [page 4](#).



IAE EC wishes you all a Merry Christmas and a Happy New Year!

