

FIRST SAARC CONGRESS OF CARDIOLOGY

6-7 February, 2000 • Dhaka, Bangladesh

SPECIAL SUPPLEMENT

Organised by



SAARC CARDIAC SOCIETY

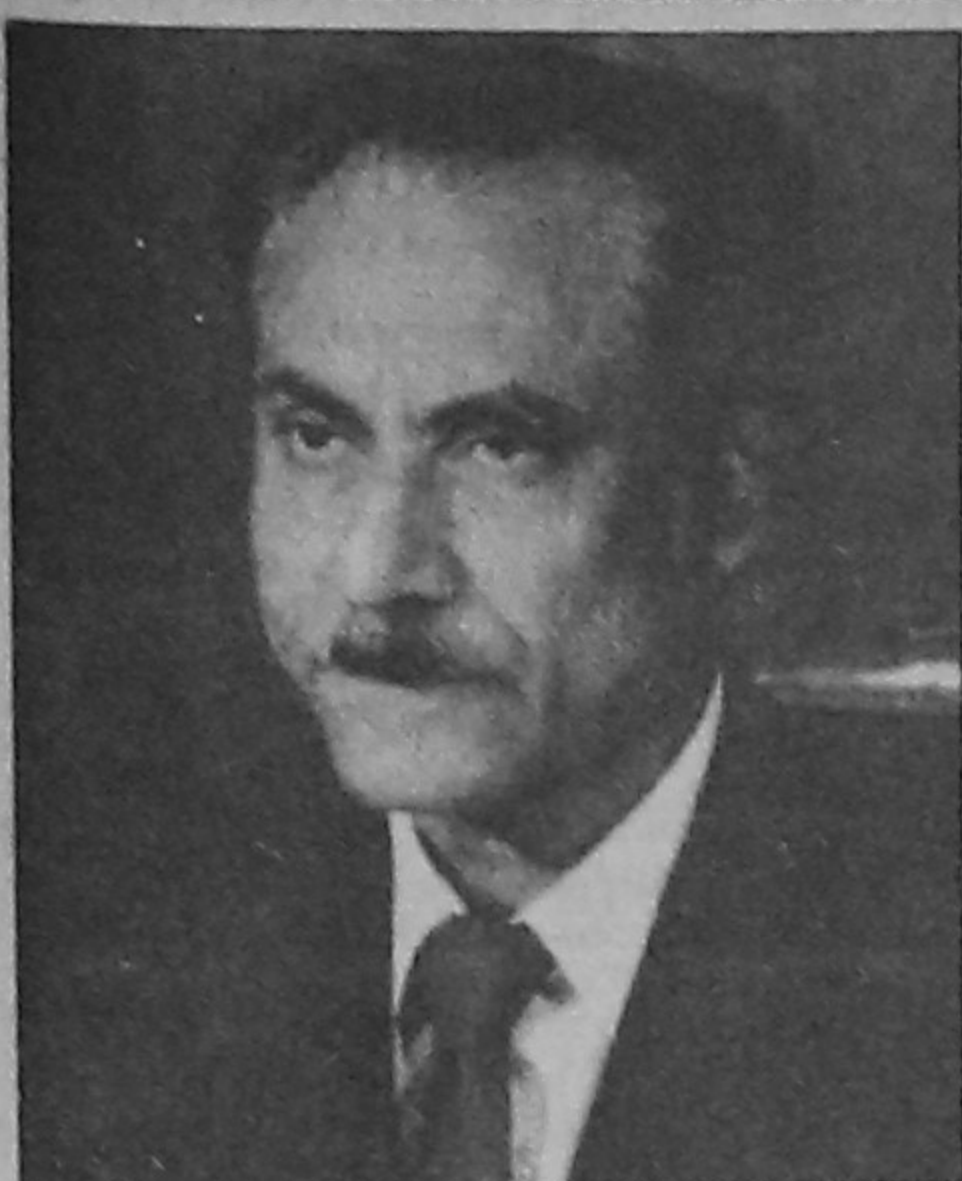


BANGLADESH CARDIAC SOCIETY

Co-Sponsored by



ASIAN PACIFIC SOCIETY OF CARDIOLOGY



Message

I am happy to know that SAARC Cardiac Society and Bangladesh Cardiac Society are jointly organizing the First SAARC Congress of Cardiology on 6-7 February 2000 at Dhaka. I think this is a noble effort and I welcome the cardiologists from home and abroad to this Congress.

I hope the Congress will offer an excellent opportunity to the Cardiac Specialists of the region and the world to exchange their views and experiences in fighting out this dreadful disease.

I wish the Congress every success.

(Justice Shahabuddin Ahmed)

PRESIDENT
PEOPLE'S REPUBLIC OF
BANGLADESH
DHAKA



Message

I am happy to know that the First SAARC Congress of Cardiology is being organized by SAARC Cardiac Society and Bangladesh Cardiac Society at Dhaka on 6-7 February 2000.

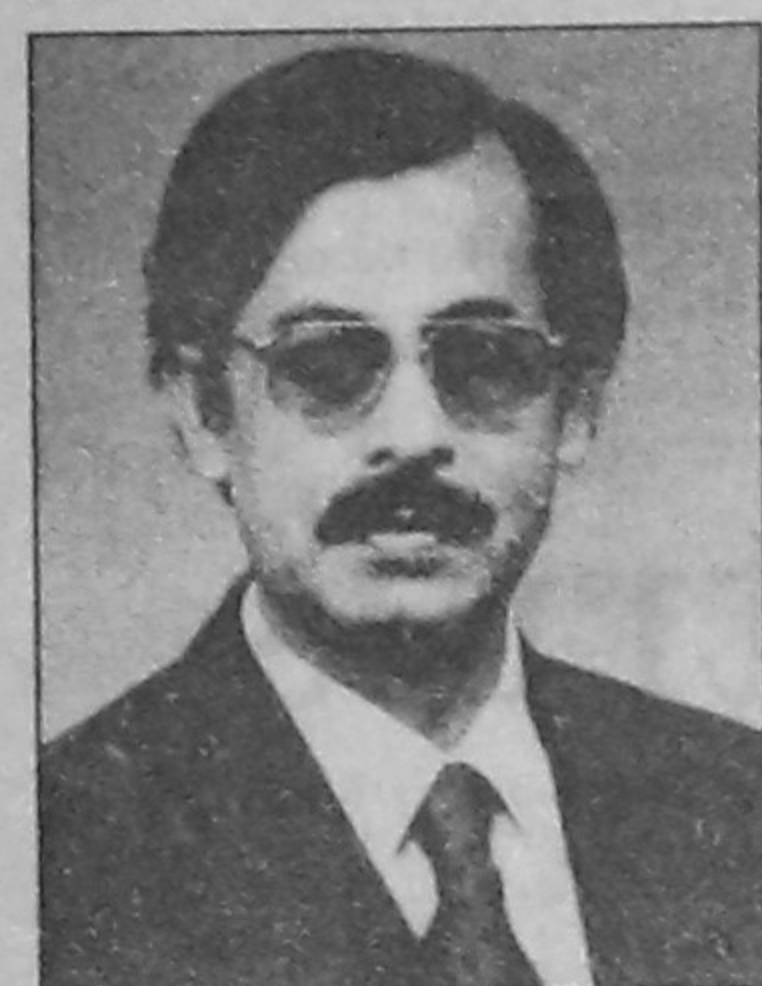
The eminent cardiologists and cardiac surgeons from home and abroad will get an excellent opportunity to exchange experiences and ideas regarding cardiovascular problems. I hope the intellectual interaction in the congress will find various avenues of collaboration among the SAARC countries in prevention, treatment and research of this dreadful disease.

I felicitate the participants of the congress and wish it every success.

Joi Bangla, Joi Bangabandhu
May Bangladesh Live Forever

(Sheikh Hasina)

PRIME MINISTER
GOVERNMENT OF THE PEOPLE'S
REPUBLIC OF BANGLADESH



MINISTER
MINISTRY OF HEALTH
AND FAMILY WELFARE
Government of the People's
Republic of Bangladesh
DHAKA

Message

I am glad to know that First SAARC Congress of Cardiology to be held on 6-7 February 2000 in Dhaka. I convey my best wishes and cordial greeting to all cardiologists and cardiac surgeons attending the Congress from home and abroad.

While the present Government is taking active steps to improve the standard of cardiac care service in our country, I hope the holding of this Congress will definitely keep an important role. I, on behalf of the Ministry of Health and Family Welfare, welcoming the cardiologists and cardiac surgeons participating the Congress and hope that the relationship among the SAARC countries will increase in different fields including cardiology.

I Wish every success of the Congress.

Joy Bangla, Joy Bangabandhu
Bangladesh Live Forever

(Sheikh Fazlul Karim Selim)

SAARC CARDIAC SOCIETY AND FRIST SAARC CONGRESS OF CARDIOLOGY

Prof. A. Malik
President, SAARC Cardiac Society

Cardiovascular diseases are emerging as a serious health hazards for people of SAARC Countries. The pattern of cardiac diseases are more or less same in countries of Bangladesh, Bhutan, India, Maldives, Nepal, Pakistan and Sri Lanka. The cardiologists and cardiac surgeons of this region are facing similar problems in prevention, diagnosis and treatment of these diseases. Moreover gaps exists among SAARC countries with respect to public awareness, diagnostic and treatment facilities.

As such cardiologists and cardiac surgeons of these countries felt it necessary to work together for prevention and control of this dreadful disease- a common enemy of entire mankind. SAARC Cardiac Society was formed on 24th November 1997 by Bangladesh Cardiac Society, Cardiological Society of India, Cardiac Society of Nepal, Pakistan Cardiac Society and Sri Lanka Heart Association in a representative meeting of these organizations.

The General Assembly of Cardiologists and Cardiac Surgeons of SAARC countries represented by their national cardiological

organizations formed this society with the objective of—

—fostering co-operation and exchange of information regarding development in the field of cardiovascular science;

—encouraging effective development of manpower and exchange of diagnostic and treatment facilities.

—evolving cardiology objectives for SAARC countries and working together for achieving this goal.

—co-operating in the field of goal oriented cardiac research, training and rehabilitation programme.

—advising relevant national government, UN agencies and Regional bodies on the priority activities in the field of Cardiology of these countries and beyond.

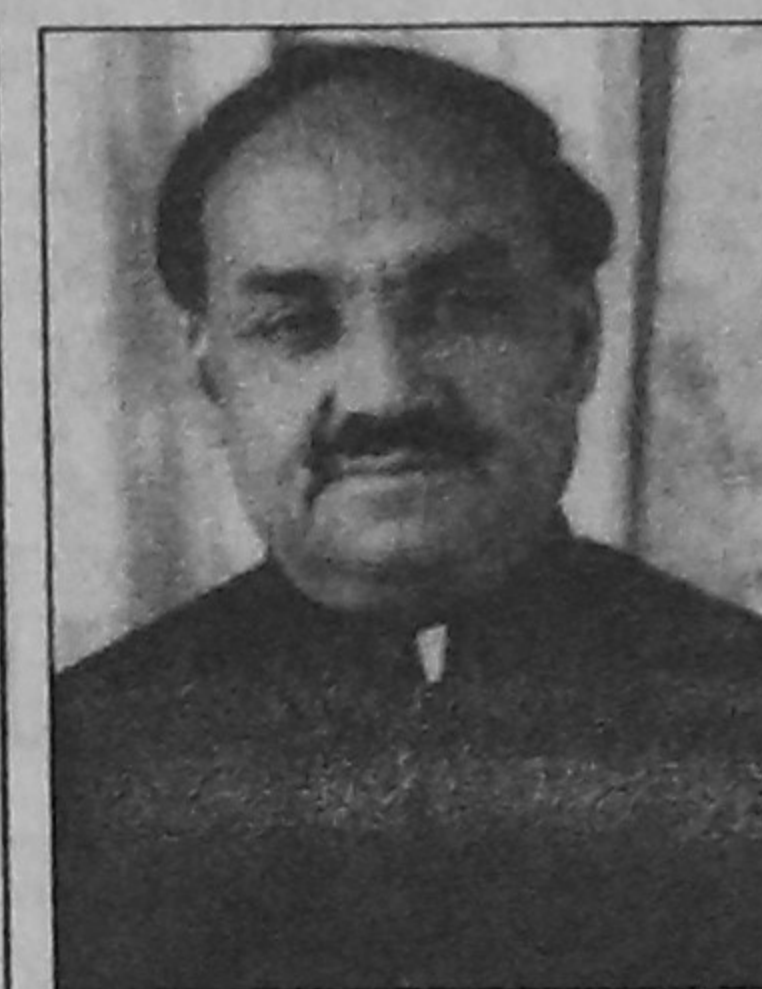
—working together for socio-economic development and public awareness for prevention of these diseases in this region and

—representing the region in analogous world bodies for highlighting problems in the field of Cardiology of the SAARC Countries and their solution.

Presently Bangladesh is giving the leadership in organizing the activities of the Society Prof. A. Malik and Prof. M. Amanullah are officiating as the President and Secretary General of the Society respectively. After 2 years of the formation of the Society, the first SAARC Congress of Cardiology is organized. This is the first of this kind and we expect more than 400 eminent Cardiologist and Cardiac Surgeons of the region as well as other parts of the world will assemble in our Capital City, Dhaka to exchange views and experiences on emerging issues in cardiology and will focus on the development and progress of cardiology in coming century.

The Congress will include plenary sessions, special lectures, symposium, scientific and pharmaceutical exhibitions. Cultural programme will also be arranged for the delegates befitting the Congress.

We hope this 2 days Congress will offer unique opportunities to the Cardiologists & Cardiac Surgeons of this region for mutually beneficial exchange of ideas and experiences and will go a long way for prevention and control of cardiovascular diseases.



STATE MINISTER
MINISTRY OF HEALTH
AND FAMILY WELFARE
Government of the People's
Republic of Bangladesh
DHAKA

Message

As a Cardiologist, I am proud to see that the First SAARC Congress of Cardiology is being held at Dhaka and I am very much delighted to be involved with it.

I welcome the distinguished cardiologists and cardiac surgeons from home and abroad and offer my best wishes.

This Congress is very much important to us and I believe that this Congress will pay a unique role in the future development of cardiac services in our country. We in SAARC region face the similar problems in cardiological practice and I hope that the SAARC Cardiac Society will intensify its programmes to improve the standard of cardiac care services in this region. I wish the Congress all success.

Joy Bangla, Joy Bangabandhu
Khuda Hafiz

(Prof. Dr. M. Amanullah)

PROGRESS AND PROSPECT OF CARDIOVASCULAR CARE IN BANGLADESH

Dr. A. K. M. Mohibullah

Cardiovascular disease are the major cause of mortality all over the world and are the common enemy of the entire mankind. According to WHO it is number one killer in developed countries and emerging as a serious health problem in developing countries including Bangladesh.

We have many health problems. Great majority of the people are living below the poverty level and suffering from malnutrition, nutritional disorders, diarrhoeal and infectious diseases. With the improvement of social condition and gradual control of infections and diarrhoeal diseases, cardiovascular diseases will soon become the major health problem in Bangladesh.

People generally believe that heart diseases are the diseases of rich peoples. But it is not true. Rheumatic fever and rheumatic heart diseases are common among the poor people living in overcrowded, damp and unhygienic environment. Congenital heart diseases can affect both poor and rich. And poor people are not immune to ischaemic heart diseases and hypertension.

All types of congenital and acquired heart diseases are prevalent in Bangladesh. Very few epidemiological studies have been carried out in this sector. In a study of 7062 people of different age and sex in and around Dhaka City in 1974-75, the prevalence of cardiovascular diseases was found to be 2.9%. In 1979-81 the prevalence was found to be 4.6% in an study carried out among 5000 persons in Tangail. A multicentre study of 4905 persons carried out in 1984-85 revealed the prevalence of cardiovascular diseases to be 5.6%. It can be assumed from the available data that cardiovascular diseases are increasing in our country and the magnitude of the problem warrants a nation-wide survey.

In our country hypertension topped the list of cardiovascular diseases followed by rheumatic heart diseases, ischaemic heart diseases and

congenital heart diseases. Cardiomyopathy, Cor pulmonale, Peripheral vascular diseases are also not uncommon.

The facilities for investigations and treatment of cardiovascular diseases in our country is not adequate for 120 million people. Before the liberation of Bangladesh cardiac care service was available at Dhaka Medical College with ECG facilities only. In August 1970 another cardiac unit started functioning at earlwhile IPGM&R with limited coronary care facilities. Tremendous progress in cardiovascular health care services in Bangladesh started after 1978 with establishment of National Institute of Cardiovascular Diseases (NICVD) at Dhaka. It started functioning with modern invasive and non-invasive investigations like ECG, stress ECG, holter monitoring, Echocardiography, Doppler echocardiography, Phono-cardiography, cardiac catheterization and angiography including coronary angiography. Coronary care unit and intensive care unit with modern facilities of continuous monitoring of cardiac parameters, defibrillator, ventilators, emergency resuscitation units and temporary pacing facilities are now available. The first open heart surgery in the country was performed in 18th September 1981, which opened a new horizon in the field of cardiac surgery in the country.

Closed and open heart surgery including coronary artery bypass graft (CABG), vascular surgery and permanent pacemaker implantation are now conducted regularly in NICVD.

Emergency thrombolytic therapy following

acute myocardial infarction is now a routine practice. Our cardiologists are now regularly doing PTCA, stenting, PTMC, pulmonary valvuloplasty in suitable cases. Transoesophageal Echocardiography and Stress Echocardiography are now available in country.

It took many years to reach this stage. Shortage of trained manpower in Cardiology and financial constraints were the main hurdles. Besides providing cardiac care services, NICVD is conducting the programme of training the future specialists, doctors, nurses and paramedics. MD (Cardiology), MS (Cardiothoracic Surgery) and Diploma in Cardiology courses have been started in NICVD under Dhaka University in 1982. A good number of doctors have already been qualified as cardiologists and cardiac surgeons and are working as specialists in different institutes of the country and abroad.

No field of medicine has progressed so much as the field of cardiology. The country is still lacking the facilities of modern interventional procedures like electrophysiological studies. Nuclear cardiology is yet to develop. To keep pace with modern era of cardiology, it is essential to improve the present situation and establish newer procedures and facilities in this field.

With the increasing demand for cardiovascular services, the Govt. of Bangladesh has taken the programme of expanding the facilities of NICVD with 400 beds and to extend the cardiac care services throughout the country. Coronary care Units (CCU) have already been established in 8 Medical College Hospitals. Cardiologists and adequate number of

paramedics have been provided in these units. Initial emergency management for cardiac patients are now available in these Medical College Hospitals. The facilities in these units are yet to improved. These units are still lacking some essential equipments for emergency cardiac pacing and artificial ventilation. Sometimes emergency cardiac patients need to be transferred to NICVD. Measures are to be taken to improve the situation in these coronary care units by providing necessary equipments. Moreover it is the demand of the time to extend cardiac care facilities atleast upto district level. Present democratic Government has given due importance to this peoples demand and it is in the final stage to put cardiologists in all the district hospitals with facilities of ECG and emergency cardiac resuscitation. Presently we have enough postgraduate cardiologists to be provided rightly in these hospitals. This will definitely reduce the increasing load on NICVD and Medical College Hospitals.

This is the time to point out another vital issue of opening separate units of cardiac surgery atleast in the Medical College Hospitals initially for closed heart surgery, chest surgery and vascular surgery with a view to start open heart surgery in future. We have now enough trained postgraduate cardiac surgeons to work in these cardiothoracic surgery units. Establishment of cardiothoracic surgery units in Medical College Hospitals will need small budgetary provisions from the health ministry, but it will greatly reduce the sufferings of cardiac victims who needs surgery. At the same time, load on NICVD will be reduced.

Due importance has been given for the prevention of cardiovascular disease in the country. A number of workshops have been organized by NICVD in joint collaboration with WHO, to train the health personnels. Rheumatic fever and rheumatic heart disease have already been eradicated in most of the developed countries, but still it causes a lot of mortality and morbidity in our country. For effective control and prevention of rheumatic fever, rheumatic heart diseases and other heart diseases in Bangladesh, Government has established National Centre for Prevention of Rheumatic Fever and Heart Diseases (NCPRFHD). This centre started contributing effectively in the prevention of heart diseases specially RHD.

A number of professional and non-professional organizations like Bangladesh Cardiac Society, National Heart Foundation Hospital of Bangladesh and Hypertension Committee are organizing seminars, heart camps and workshops and publishing booklets, leaflets and posters to make people aware and conscious about the prevention of cardiovascular diseases. National Heart Foundation of Bangladesh has established National Heart Hospital having all modern facilities of cardiac treatment. Some private cardiac hospitals recently started contributing to the cardiac care services in the country. We expect many other hospitals and clinics will come up soon with the facilities of modern cardiac treatment.

It is apparent from the above review that cardiovascular diseases are increasing in Bangladesh and should no longer be ignored as diseases of elite. A common endeavour is needed to fightout this common enemy of mankind. Some progress has occurred in terms of physical facilities and manpower training but we have still to go a long way to achieve adequacy and to establish modern cardiac care facilities. We also have to fulfil the people expectation to gain their confidence in this regard.

Courtesy:-



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