



# Association of Black Cardiologists Visits China



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Chief Executive Officer

The 150 cardiologists and other physicians at Fuwai Hospital (Chinese Academy of Medical Sciences & Peking Union Medical College) who attended the ABC/Fuwai Conference on “A Comparative Analysis of CVD in China and the United States” probably showed up out of ethnic curiosity as much as their medical/scientific interests. Most of them probably never saw a Black person and never met a Black cardiologist. Presentations by Drs. Gerald DeVaughn, Keith Ferdinand and Elizabeth Ofili from the ABC side complemented presentations by our Chinese counterparts, Drs. Gu Dongfeng, Hui Rutai and Yang Yuejin.

With all our expectations about “Traditional Chinese Medicine”, we were surprised that cardiology in China resembled cardiology in the United States. They implanted pacemakers, stents, had the same diagnostic equipment available, medication for high blood pressure, diabetes, and cholesterol was the same as practiced in the United States.

No where was any Chinese herbs to be found. They followed the same clinical protocol for demonstrating efficacy and side effects of various treatments and many of them published in the NEJM, Hypertension, and JACC. Smoking was their major concern as 50-60% of the population

smoked and while obesity is currently less than 15%, it was on the rise as the Chinese people adopted western lifestyles. They were surprised to know that so many people in the United States were obese. The Chinese cardiologists honored the ABC group by their graciousness and hospitality including a gift for ABC members, their attendance at our joint meeting as well as the attendance and engagement of all the top administrators at the hospital. The tour of the hospital was particularly enriching.

According to Dr. DeVaughn, ABC President, the ten day visit to China was just sensational, enriching all our senses. It was a perfect blend of science, cultural exchange, history, and sightseeing that is only available in China. The 85 ABC members and family started out in Shanghai with tours of the city (old and new), seeing the awesome acrobatic show and thanks to the HSBC Bank, attended lectures on Chinese investment and business climate. We visited the Shanghai museum, the Yuyuan Garden and the Bund (the famous river walk).

We moved on to the “Three Gorges Dam” in Yichang which is an awesome splendor and engineering feat. We boarded the good ship “Vicking” and sailed for four days down the Yangtze River through the Wu Gorge, the Qutang

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River through the Wu Gorge, the Qutang Gorge and visited the fabulous Snow Jade Cave and City of Ghosts. It was fascinating to see people putting every bit of land to use. For example, the sides of the road were planted up with corn and other vegetables. We had scientific sessions (Chaired by Dr. Keith Ferdinand and Dr. David Knox) on three occasions during the cruise from our own scholars. And who will forget Master Poe doing his tai chi routine?

We eventually arrived in Zian where we spent a day viewing the incredible Terra Cotta Army. In a previous generation, the Emperor took his army, family and friends with him when he died to keep his company in the next life. Later, another emperor decided against killing so many people but made likenesses of them to be buried with him. We marveled at the thousands of soldiers, archers, horses and chariots that were buried with the Emperor Qin Shi Huang more than 2,000 years ago.

In Chongquin, we were entertained by a dozen Pandas, strange looking koi and other unusual animals at the Zoo, and viewed a large collection of Chinese art. We found it fascinating that large numbers of people show up morning and evening in various groups to do group dace, tai chi, fan dance and other exercises

We eventually made it to Beijing, a city dating back to more than 1,000 years before Christ where Tiananmen Square, the world's largest public square with the capacity to accommodate more than 1,000,000 people, the Forbidden City and other elegant palaces, pavilions courtyards and gardens. The climb on the Great Wall was a visual feast and the elegant Sacred Way leading to the Ming Emperors tomb featuring stone elephants, lion, camels and mythical beasts.

The shopping was great with incredible bargains but what really made the trip an awesome experience was the people. The ABC is proud to have the most friendly, supportive, funny and insightful members of any organization. Our guides could not have been more entertaining, informative and engaging. A good time was had by all---especially our youth.

At the invitation of the government, our next overseas adventure is Ghana from December 26th, 2007 – January 5, 2008 with the Ghanaian Cardiologists hosted by Professor Amoah and the Korle-Bu Teaching Hospital hosted by Professor Frimpong-Boateng. Please call Genesis Premier Travel (Nana Essendoh) at 410-774-4456 or nanatrav@aol.com. We look forward to another ABC adventure with the ABC family.