

ABC Symposium - China

THE EMERGING PANDEMIC OF HEART DISEASE:
METABOLIC SYNDROME, DIABETES, HYPERTENSION AND
ATHEROSCLEROSIS



Keith C. Ferdinand, MD

CO-CHAIRS

Dr. Keith C. Ferdinand
Dr. David Knox

FACULTY

Dr. Andre Artis
Dr. Gerald DeVaughn
Dr. Dongfeng Gu
Dr. General Hilliard
Dr. Rutai Hui
Dr. Waine Kong
Dr. Ernest Madu
Dr. Chamberlain Obialo
Dr. Elizabeth Ofili
Dr. Joseph Quash
Dr. Eric Taylor
Dr. Malcolm Taylor
Dr. Laurence Watkins
Dr. Ralph Watson

The Association of Black Cardiologists, Inc. (ABC) convened an international symposium during our recent tour of China, June 23 – July 4, 2007. Wide ranging topics were addressed under the leadership of co-chairs Drs. Keith C. Ferdinand and David E. Knox.

The program began on Wednesday, June 27th, and the first session highlighted special populations and special situations, related to the cardiometabolic syndrome. This lead-off session was moderated by ABC Chairman, Dr. General Hilliard, featured Drs. Gerald DeVaughn, Laurence Watkins and Elizabeth Ofili as faculty.

Dr. DeVaughn noted the importance of obesity and lifestyle and their relationship to increased cardiac risk, especially in women. Next, Dr. Watkins reviewed guidelines and current data that would assist clinicians in addressing multiple risk factors. Closing the day's symposium was Dr. Ofili who highlighted the successful efforts of the Morehouse School of Medicine in developing a symbiotic relationship between academic medicine and community practices for research.

On the following day, Thursday, June 28th, Dr. Joseph Quash moderated a session on hypertension and renal disease. Our presenters were Drs. Knox, Chamberlain Obialo, Ralph Watson, and B. Waine Kong. Dr. Knox noted unique aspects to address patients with diabetes with multiple medications he confirmed that all beta blockers are not created equally, especially in treating patients with diabetes. A unique presentation by Dr. Obialo suggested that the mainly cardiology audience should be aware that kidney disease is a cardiac risk equivalent. He noted that clinicians needed to address multiple factors to better identify the increased morbidity and mortality from cardiovascular diseases in patients with renal disease. Next, Dr. Watson reviewed in detail new guidelines from the American Heart Association targeting blood pressure less than 130/80 mm Hg in patients with hypertension and ischemic heart disease, and even less than 120/80 mm Hg if concomitant heart failure (HF) is present. Subsequently, Dr. Kong gave practical suggestions on how we can assist patients to understand and adhere to anti-hypertensive treatments.

On Friday, June 29th there was an update on the application of modern technology in treating cardiac diseases featuring presentations by Drs. Andre Artis, Malcolm Taylor, and Ernest Madu. Dr. Artis began the day's symposium by giving insight to the present controversy related to coated versus bare metal stents and proposed appropriate early and sustained use of





clopidigrel to prevent acute thrombosis. Next, Dr. Taylor explored why generic isosorbide dinitrate and hydralazine (I/H) in generic forms are not bioequivalent to fixed-dose I/H. He even suggested that our patients would be harmed by not making this fixed dose combination available when added to conventional therapy to decrease HF hospitalizations and mortality. Closing the symposium, Dr. Madu described in detail the need for modern cardiovascular care in developing societies. He explained to the audience his successful efforts in Jamaica to make accessible diagnostic and therapeutic care equal to that seen in mainland United States.

Nevertheless, the highlight of the entire ABC international excursion was our visit to the Fu Wai Hospital, which included a facility tour and an educational symposium attended by ABC and Chinese physicians. The hospital, which is located in the heart of downtown Beijing, boasts more than **10,000** interventional procedures annually, has approximately **800** beds and totals approximately **18,000** patient admissions per year. Our tour and educational program was organized by Dr. Hui Rutai, Scientific Director, Cardiovascular Institute, Medical Director of Hypertension and Vice President of Fu Wai Hospital.

After a tour of FuWai Hospital, the ABC members participated in a joint symposium on cardiovascular diseases with two speakers from the ABC and two speakers from China. First of all, Dr. Ferdinand addressed the rationale for examining various racial and

ethnic groups to find unique opportunities and challenges in reducing cardiovascular diseases. Subsequently, Dr. Ofili informed her Chinese colleagues of some of the recent advances in medical and surgical care from the United States. Dr. Hui Rutai and Dr. Gu Dongfeng, Director, Department of Population Genetics and Director of the Department of Evidence-based Medicine, National Center for Cardiovascular Diseases demonstrated that although China is considered a developing society, cardiovascular diseases especially hypertension and stroke are serious concerns. Their data noted high rates of cardiovascular disease not only in the urban areas, but also in rural China where, surprising, elevated blood pressure and its sequela are common. This landmark session was moderated by Dr. DeVaughn, ABC President and Dr. Yang Yuejin, Vice President and Medical Director of Cardiology, Fu Wai Hospital.

