

# News from the American Heart Association (AHA) Scientific Session New Orleans, 2008

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**T**he congress of American Heart Association Scientific Session was held this year in New Orleans, United States of America, between 8 and 13 november 2008. This meeting is one of the major educational and research meeting in cardiovascular field, that includes programming in three broad areas of clinical, basic and population science as well as cross-disciplinary translational science. This year,

over 25,500 attendees from all around the world experienced the American Heart Association Scientific Sessions 2008 cardiovascular meeting in New Orleans.

This meeting included more than 4,000 basic, clinical and population science abstract presentations and more than 1,500 world-renowned faculty presenting cutting-edge science, including special lectures, plenary and special sessions. Furthermore, there have

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been held interesting clinical practice sessions focusing on current standards of care for practicing clinicians and also translational science sessions that bring together basic scientists and clinicians. Should be notice the increased programming for interventional cardiologists and electrophysiologists and also the increased international focus on imaging and cardiovascular disease.

There have been communicated several important studies, as highlights. One of the most important, JUPITER trial: Landmark Study Shows Statins Benefit Healthy Individuals with High CRP Levels, showed that individuals with low-density lipoprotein cholesterol, but elevated C-reactive protein levels, rosuvastatin 20 mg significantly reduced cardiovascular disease morbidity and mortality by almost half. Other trial, I-PRESERVE: Strike Three for RAAS Inhibition in Preserved LVEF Heart Failure, showed that years of treatment with ibesartan, usually on top that affect the renin-angiotensin-aldosterone system, didn't improve the outcomes in patients with the common but poorly understood form of heart failure – with preserved LV ejection fraction. The HF-ACTION study: Early and Sustained Quality of Life Improvements with Structured Exercise Program – demonstrated that heart failure patients participating in an exercise-training program improved their quality of life, with the improvement occurring early and sustained for three years. Investigators said that the results are consistent with the overall clinical findings

and support the use of exercise training in this population. There has been proposed a novel biomarker of vascular status for better prediction of mortality at three months than brain natriuretic peptide among the acute heart failure patients presenting at the emergency department with shortness of breath – MR-pro adrenomedullin, in a new study, but not everybody convinced of biomarker's merit. Other interesting study regarding the use of interferon for chronic viral cardiomyopathy was communicated. This phase 2 trial has shown that interferon beta-1b – a drug currently used to treat multiple sclerosis – may be effective in chronic viral cardiomyopathy. But the investigators noticed that a phase 3 trial is needed for definitive proof of concept.

At this meeting, Romania had two research works – one presented in the „Advances in Echocardiographic Diagnosis of Aortic and Mitral Valve Disease” session and the other in the „Echocardiography in the Athletic Heart and Hypertrophic” session, works that have been highly appreciated.

Apart from scientific work, New Orleans remains probably the best convention city in the United States – with a remodeled convention center, a special and alive French Quarter, and with all jazz music heard from everywhere.

Next year, in November 2009, the American Heart Association Congress, will be held in Orlando, Florida.

