This month in the journal: cardiology and other disciplines

One of the most important discussions during the period when cardiology transformed from a section included in internal medicine into a department was the disadvantages that divergence from systemic diseases generated in both cardiology science and education. Practice would show whether this concern was appropriate. Studies published in this issue of the AJC prove that this concern is not so appropriate.

One can refer to the article "The Relationship between Metabolic Syndrome and Epicardial Fat Tissue Thickness in Patients with Chronic Obstructive Pulmonary Disease" as the first example for the aforementioned statement. The study examined the relationship of the epicardial fat tissue thickness, which could be measured during the echocardiographic examination commonly used for assessing the heart status in patients with chronic obstructive pulmonary disease, with the occurrence of metabolic syndrome in these patients. The researchers were of the opinion that the findings of this study would help patients initiate risk management at an early stage.

Next is the article "Evaluation of the Torsion and Twist Mechanics of the Left Ventricle in Patients with Systemic Lupus Erythematosus" in this issue of the AJC, which is a good example for the association between rheumatology and cardiology. Whether myocardial stiffness exists in connective tissue disorders is still unexplored. Using conventional echocardiographic methods to prove that the global ejection fraction is low provides an answer to this question. However, recognizing the disease before proceeding to this stage or at the stage when subclinical left ventricular dysfunction occurs may be significant for preventive health care. The study showed that although the global ejection fraction was normal in patients with systemic lupus erythematosus, other parameters indicating performance might be impaired. This finding may help patients to take precautions before systolic dysfunction occurs.

Atherosclerosis, the etiology of which includes many factors, is an issue on which many disciplines work together. The article "Evaluation of Atherosclerosis after Cessation of Cabergoline Therapy in Patients with Prolactinoma" provided evidence for this statement. Thus, a study conducted by endocrine specialists was included in the journal. The study examined the occurrence of atherosclerosis after the discontinuation of cabergoline used in prolactinoma treatment in compliance with the current indications. Brachial artery flow-mediated dilatation and carotid intima-media thickness, which can be stated as the surrogate endpoints for atherosclerosis, were also examined. As a result, the researchers found that these parameters were impaired in a way indicating atherosclerosis after discontinuing the medication. The study gained importance as an interesting research because it indicated that cases should be monitored closely due to the risk for atherosclerosis after discontinuing prolactinoma treatment.

The study "Determinants of Prevalence, Awareness, Treatment and Control of High LDL-Cholesterol in Turkey" was similar to the former study because it also examined the risk factors for atherosclerosis. This study was conducted by public health specialists. It examined the attitudes of individuals toward an important subject that appeared on nonmedical media and confused readers and listeners because the scientific data were interpreted in one way.

A study from Hungary demonstrated the role of cardiology while monitoring a patient having complications related to other fields of internal science. In a study "Myocardial Infarction as a Thrombotic Complication of Essential Thrombocythaemia and Polycythaemia Vera," 263 cases were examined. The fact that most of the myocardial infarctions occur 1 year after the diagnosis of hematologic disease emphasizes the fact that the risk management should begin early in this patient group.

These five articles from the June 2016 issue of the journal are important because they set an example for the interaction of cardiology with other disciplines. This interaction is not unusual because all organs have vessels. One should remember that studying the interactions among different disciplines not only broadens the scientific viewpoint of an individual, but is also enjoyable.

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