

## Reflections from ACC 2015

The 64<sup>th</sup> Annual Scientific Sessions of the American College of Cardiology (ACC) was held in San Diego during March 15–17. There were approximately 14000 attendees from different countries of them, 103 attendees were physicians from Turkey. The congress was interactive, innovative, and informative, with a high scientific quality, and the chosen theme for the congress was “more learning, less lecturing”.

One day before the official program, the 7<sup>th</sup> ACC Annual Cardiovascular Conference on the Middle East Conference was held, featuring a plenary lecture by Dr. Valentin Fuster. The main focus of the conference was acute coronary syndromes and electrophysiology. Speakers from different countries in the Middle East held a joint session. In this session, Dr. Alev Arat spoke regarding acute coronary syndrome (ACS) among the young population.

In the opening ceremony, the President of the college Dr. Patrick O’Gara highlighted the innovations in cardiology and new advances, such as 3D printers, bioengineering, PCSK9 inhibitors, and the big data. He also expressed concern regarding decreased funding and increased external regulations. He emphasized the importance of the human touch in a world of electronic health records and technology and provided examples, such as that 47% time of an emergency medicine doctor is spent in front of the computer.

There were several interesting late breaking clinical trials throughout the congress with results that will have an impact on the way we practice medicine. To name a few, the PROMISE trial compared CTA with functional testing, the PEGASUS-TIMI 54 considered prolonged dual antiplatelet therapy after myocardial infarction, and the OSLER 1 and 2 studies tested a PCSK9 inhibitor showing not only reduction in LDL levels but also improvement in end points. The TOTAL study suggested that routine aspiration thrombectomy is not superior to conventional PCI in patients with STEMI.

During the congress, the Turkish Society of Cardiology/İstanbul Consortium Chapter held a joint session with the Indonesian Heart association on the topic of clinical pathways and outcomes in acute coronary syndromes. Dr. Barış Kaya, Dr. Oktay Ergene, and Dr. Lale Tokgözoğlu represented the Turkish Society in this session, where the similarities and differences in the approaches between the two countries and ways to improve healthcare were discussed. At the end of this session, Dr. Cihangir Kaymaz received the best abstract award for the highest ranking abstract from Turkey for his study entitled “The Ekosonic endovascular system provides improvements in thrombotic burden, pulmonary arterial pressures and right atrial and ventricular functions in patients with acute pulmonary embolism at high or intermediate risk.”



**Figure. Dr. Mehmet Birhan Yılmaz, Dr. Lale Tokgözoğlu, Dr. Aylin Yıldırım, Dr. Cihangir Kaymaz**

In another debate session, Dr. Bülent Görenek discussed the topic of highly successful cardioversion of atrial fibrillation with or without anticoagulation. He emphasized on the importance of individual approach for each patient.

A session called “A conversation with the legends,” where Dr. Braunwald, Dr. De Maria and Dr. Fox discussed candidly their major successes, failures, and lessons learnt in research throughout the years, was extraordinary.

On the final day of the meeting, the convocation was held. Many scientists received awards for research, education, and service. It was impressive to see that several young scientists were motivated by these awards. This was followed by the announcement of the new fellows. From Turkey, Dr. Aylin Yıldırım, Dr. Birhan Yılmaz, and Dr. Cihangir Kaymaz became fellows of the ACC. The convocation ended with Dr. Kim Simmons becoming the new President of the ACC and giving his inaugural speech.

Overall, the congress was successful in expanding knowledge and generating new insights, as stated by Dr. O’Gara. I sincerely hope that the scientific contributions from the Turkish cardiologists will increase even more over the years.

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