

**ADDRESS BY THIRU BANWARILAL PUROHIT, HON'BLE GOVERNOR
OF TAMIL NADU AT THE INAUGURAL EVENT OF 23RD ANNUAL
CONFERENCE OF INDIAN ACADEMY OF ECHOCARDIOGRAPHY
"ECHO INDIA 2018" AT CONVENTIONAL HALL, KALAIVANAR ARANGAM,
CHENNAI ON 05.10.2018 AT 5.30 P.M**

Thiru Banwarilal Purohit, Hon'ble Governor of Tamil Nadu participated as Chief Guest at the inaugural event of 23rd Annual Conference of Indian Academy of Echocardiography at Kalaivanar Arangam, Chennai today (05.10.2018).

The Hon'ble Governor said, "It gives me great happiness to be taking part in the inauguration of Echo India 2018 being organised by the Indian Academy of Echocardiography.

As you are all aware Echocardiography is one of the most widely used diagnostic tests in cardiology, being routinely used in the diagnosis, and management of suspected or confirmed heart ailments in patients. Ant the biggest advantage of echocardiography is that it is non-invasive, and hence very simple. Thought I am not a doctor by qualification or training I am informed the echocardiography provides a wealth of information about the patient including the size and shape of the heart, pumping capacity, and the symptoms related to heart disease.

It is disturbing to see that the incidence of is becoming heart disease is going up in India and in the world in general.

In India there are nearly 55 million heart desies patients while there are about 25 million in USA. going by the population of India which is more than 3 times that of USA the incidence of heart disease in lower in percentage terms. But it is higher in absolute terms. Heart disease is emerging as the leading cause of

death, contributing to nearly 25-30% deaths. It is estimated that 62 million years of life are lost from heart diseases and stroke in India, leave alone many more millions of productive years lost due to morbidity of the disease. To handle such a huge burden of heart disease, early diagnosis becomes important and I request the medical community to find the means to diagnose the disease in the early stages so that the morbidity and mortality can be reduced Substantially.

As Tiruvalluvar says in his chapter on medicine, the cause of a disease must be ascertained first before beginning treatment.

In the olden days, we had only the ECG and Chest x-ray to diagnose heart diseases. Introduction of echocardiography in 70's has revolutionized cardiac diagnosis. One can now diagnose any type of heart disease in few minutes. The availability of echo machines and trained personnel have made this diagnostic tool the test of first choice for physicians and cardiologists.

In medicine, particularly in Cardiology, acquiring skills is more important than passive reading. Learning new skills is made easy with hands on training and workshops, which are possible only in conferences like this. When I went through the scientific programme I was thrilled to note that one full day is devoted for hands on training in the form of preconference workshop. Text books and Internet can provide knowledge but not wisdom which can be acquired only from dedicated teachers. The art of "Learning to teach" and the skill of "Teaching to Learn" are both made possible in the conferences. I am sure that in the next three days there will be elaborate discussions on current trends in imaging particularly Echocardiography and adequate exchange of ideas

which will help in coming to findings and a plan of action that will help to improve the quality of Cardia diagnosis and treatment Cardia disease.

It is a great pleasure to note that the Indian Academy of Echocardiography has been consistently promoting scientific activities by conducting annual national conferences, state chapter meetings, maintaining a vibrant website - an online source of education for youngsters, publishing journals and newsletters etc. It is a moment of pride for all cardiologists and physicians of our country that this academy is being regularly invited to USA, Europe and Asia Pacific countries as a token of appreciation of the skills and research findings of its members.

Prevention is better than cure is an old age. We must remember that it is very important to keep the heart in good condition. This can be achieved by following a few simple steps

- Avoid tobacco and tobacco products.
- Regulate the consumption of sugar, oil and salt in your diet
- Adopt a simple and straightforward life style.
- Perform physical activity for 30 mins. Every day.
- Practice Yoga and meditation, for physical, mental and spiritual wellbeing
- Maintain health habits, Clean hands, clean water and clean utensils make for healthy living. Have periodic checks on the condition of your heart and take corrective measures to keep your blood pressure under control.

Research has shown that by adopting the above commandants one can avoid the risk of heart disease to a great extent.

It is a matter of happiness that the number of specialists in Cardiology who qualify every year has increased from 400 to 700 in the last four years, it is clear that this number is inadequate to deliver cardiac care to the increasing population of take care

- The need for medical conferences

I am glad to know that the Indian Academy of Echocardiography with its membership of nearly 2600.

Make in India – make the dream come true!

Almost all the echocardiography and general ultrasound machines are still being imported from other countries. It is time for the industry and the medical profession to put in their efforts jointly to start manufacturing good quality equipments in our country. When Angioplasty consumables like balloons and stents are already being manufactured in India, some of which even get exported to European counties. I am sure that due attention will be paid to the manufacture of echocardiography machines in India taking advantage of the START UP Initiative of the Government of India.

I also wish to exhort the members of the Academy to do community service by performing free echo screening campus. One such programme in Nagaland in the past was widely appreciated. Science gets glorified when it is amalgamated with humanity. Such medical campus help in

detection of silent heart diseases, mostly birth defects and valve diseases.

The heart is the most important organ of the body. It works untiringly with the heart beat occurring 1,00,000 times in a day. It pumps blood to all organs of the body and keeps them alive through the supply of nutrition and oxygen. In short the heart is life”.

On this Occasion Dr. Shanmuga Sundaram, President, Indian Academy of Echocardiography , Dr. A. Balaguru, Organizing Chairman, Echo India 2018, Dr. Sameer Shrivatsava, President Elect, Indian Academy of Echocardiography, Dr. G. Gnanavelu, Organizing Secretary, Echo India 2018 and Dr. Manish Bansal, Secretary, Indian Academy of Echocardiography participated.