

## Fundación Dr. Pedro Cossio 2008 Award

PEDRO R. COSSIO

During the First Scientific Boards' Conferences of the *Sociedad Argentina de Cardiología*, carried out between 2<sup>nd</sup> and 4<sup>th</sup> October 2008, the Fundación Dr. Pedro Cossio 2008 Award was granted for the twentieth time. Pedro Cossio.

As in all the previous editions, I would like to stand out the excellent level of the works that competed for the Award, as well as the quality of the presentations that culminated in a brilliant scientific exposition.

The work awarded was:

– “Years of Life Lost due to Acute Myocardial Infarction in Argentina between 1991 and 2005”, by Dr. Patricia Blanco, Dr. Raúl A. Borracci, Dr. Mariano Giorgi, Dr. Claudio Higa, Dr. Fernando Botto, and Dr. Juan Gagliardi, by the researchers from the SAC Research Department and the SAC Emergency Council.

This interesting work compares the evolution of mortality due to acute myocardial infarction (AMI) in Argentina throughout the years, and the potential lives lost as indicator of premature mortality, according to the data provided by the Statistics Bureau of the Ministry of Health and Social Welfare, and by the SAC registers about this disease. The study demonstrated an absence of reduction in premature mortality due to AMI, although mortality has been decreasing throughout these years. It leads us to the conclusion that prevention criteria and early diagnosis of this disease should be improved.

The three members of the Jury consider that this new concept of disease analysis should be expanded and spread, so as to know where to target and thus get a better global management of the different pathologies.

The rest of the works were the following:

– “Contrastive Analysis of the surgical outcomes in neonatal cardiac surgery, using the RACHS risk stratification method”, by Dr. Mariano Ithuralde, Dr. María Ballestrini, Dr. Alejandro Ithuralde, Dr. Carlos Seara, Dr. Pablo García Delucis, and Dr. Carlos Nojek.

This work is indeed interesting because it provides conclusions to the performing of different surgical corrections of congenital heart defects; the work states very clearly that the surgical risk for these pathologies does not depend on the age or size of the surgical patient, but on the defect complexity; it also demonstrates that delays are not necessary or convenient, and that immediate action is required according to the corresponding pathology.

– “Simultaneous Analysis of 2D strain, of the coronary reserve, and of the parietal contractility during the echo stress with dipyridamole. Contrastive outcomes”, by Dr. J. A. Lowenstein, Dr. V. Darú, Dr. M. Amor, Dr. A. Carlessi, Dr. G. Zambrana, Dr. M. Descalzo, and Dr. M. Embón.

Excellent and original echocardiographic work; it states that the 2D strain based on the speckle tracking technique to determine ischemia during the echo

stress with dipyridamole is a simple and feasible method, with an effectiveness similar to that of the coronary reserve, and higher than the visual contractility analysis.

Only the anterior descending territory was assessed, and a more extensive study would be necessary to verify the repetitiveness of the method and of different readers for the graphics.

– “National Survey of Hospitalization of Patients with Heart Failure, 2007”, by Dr. Enrique Fairman, Dr. Jorge Thierer, Dr. Leandro Rodríguez, Dr. Patricia Blanco, Dr. Javier Guetta, Dr. Susana Fernández, Dr. María Pía Marturano, Dr. Fernando Botto, and Dr. Raúl Borracci.

A very interesting epidemiologic and clinical survey on heart failure in Argentina, which analyzes behavior and evolution of this disease during hospitalization, and three months later, in patients who require hospitalization. It has been observed that many decompensations occur due to factors that may be prevented, and that the rate of complications is high and has not reduced in the last eight years.

What calls my attention are the low use of digitalis (25%) and spironolactone (30%) in the population analyzed and the lack of use of amiodarone, considering that since 1993, and thanks to the work GESICA, by Grancelli, Doval, et al., we know (1) that its administration in low doses decreases rehospitalizations and mortality; and of anticoagulants, all the more so if 30% of the population analyzed had chronic atrial fibrillation.

– “Benefits of the hormone replacement therapy on the coronary microcirculation in postmenopausal women with risk factors”, by Dr. Roxana Campisi, Dr. Thomas H. Schindler, Dr. Deborah Dorsey, Dr. John O. Prior, Dr. Alvaro Facta, Dr. Xiao-L Zhang, Dr. James W. Sayre, and Dr. Heinrich R. Schelbert.

This observational study shows a positive effect of the hormonal therapy on the endothelial function. In the authors' words, it needs further research in order to know if the effect on the vascular endothelium results in a clinical benefit.

I would like to thank Dr. Juan Krauss and Dr. Daniel Piñeiro for their collaboration; they have taken part of the Jury with me, with absolute dedication and generosity.

In addition, the Fundación Cossio announces a new Award edition for 2009.

**Dr. Pedro R. Cossio, M.D.**  
President of Fundación Cossio

1. Grancelli H, Doval H, Nul D, Perrone S, Bortman G, Curiel R., *Efecto de la amiodarona sobre la mortalidad en la insuficiencia cardíaca severa* (Effect of the amiodarone on mortality, in severe heart failure). *Rev Argent Cardiol* 1994; 62:207-11.