

**Mahamaheem's Speech for 16th Annual Conference of
Indian College of Cardiology (ICCON 2009)
on 30th October, 2009 at Taj Residency, Lucknow**

Distinguished Guests, Ladies and Gentlemen,

It is matter of great pride for me to inaugurate the 16th Annual Conference of Indian College of Cardiology here. I welcome you all.

I am told that Indian College of Cardiology was founded in 1994. The society has grown over the time and

as of today aims to be in the fore-front in the field of cardiology promoting scientific knowledge through exchange of views and experiences among the specialists. ICCCON is dedicated to future directions in cardiovascular care and treatment.

The theme of conference is purely technical and a person like me can be a good audience and I don't find words to express myself in cardiology. I can only remember few couplets of Ghalib

"Aakhir Is Dard Ki Dawa Kya Hai"

So, I am only interested in "aakhir is marz ki dawa kya hai" and it is for you specialists to exchange your views and expertise to find a solution.

There has been explosion of knowledge and breath taking discoveries and innovation in the field of Medical Sciences and in last two decades. It is not possible for an individual to keep pace with the fast changing developments and hence conferences and academic events of this nature are the need of the hour. Medical Science has not only revolutionized the human existence but also relieved to a great extent human suffering.

Meanwhile it is more startling that the burden of cardiovascular disease is not only increasing, but also shifting from developed to developing countries. Today man, woman and children are at risk and the 80% of the burden is on low and middle income people. Heart disease and stroke not only takes lives but also causes are enormous economic burden. Through we have made medical and therapeutic advances but the fundamental message is that a major reduction in deaths and disability from cardio diseases will come from prevention, not cure, basically through people to people education.

Since the cardio patients are on increase hence the critical issues is the recognition, diagnosis and timely availability of medicare at the time of attack including in rural areas. The changing life style and food habits are major causes of this disease. We need to follow the path shown by our ancestors, "Kam Khao, Gham Kao, Na Hakeem Ke Pass Jao, Na Hakim Ke Pass Jao". No matter the theme is quite difficult to follow due to fast moving life.

It is important to learn about the new technologies and find out which ones are effective and bring the most benefit to the patients. Knowing about the risk and limitations of

new advances is equally important. By developing and furthering the evidence-base for innovative procedures, I am sure that you will be discussing here and will ensure that patients get the correct treatment they need. It is universally accepted that health is a centre of national socio-economic development and health for all can lead to poverty reduction in any country. Therefore, good health for all people is an important requisite for the progress of any nation. Primary prevention in health is one of the cost effective strategies to reduce poverty in any community in developing countries. Our health system have therefore

been overly oriented to curative and rehabilitative services at the cost of promotive and preventive care. To move efficiently along the course of primary prevention, we need a community based health force.

Once again, I sincerely congratulate Indian College of Cardiology for organization this important conference at Lucknow and I am sure that many new ideas which will generate in this session will shortly be translated into action. I extend my best wished in its endeavour towards health and health care approach. I wish you all a successful conference, comfortable and memorable stay at Lucknow.

I am sure that you will go back with sweet memories of the academic feast, grace and warmth hospitality of Lucknowi Tehzeeb.

Thanks- God Bless You