

Dr. Pedro Cossio Foundation Award, 2006

It is with outstanding success that between October 6-10 the XXXIII Argentine Congress of Cardiology was carried out, thus showing clearly its scientific impact.

Once again, during the venue, the "Premio Fundación Dr. Cossio" was awarded, this time with a particular meaning as it was the twentieth consecutive award, which positions it as a landmark award in clinical cardiology. Hence, the winner should be very proud to receive it.

In the past twenty years, the following have been awarded:

- 1987: "Coronary Artery Spasm Induced by Histamine in the Intact Guinea Pig" by: J. Carbajales MD, C. R. Carabetta MD, E. Dyszel MD, A. Tomatti MD, A. L. Girotti MD.
- 1988: "Increase in Myocardial Protection and Reduction of Perfusion Arrhythmias in Heart Surgery due to the use of Antioxidant Agents" by R. Ferreira MD, S. Llesuy MD, G. B. Flecha MD, M. Burgos MD, J. Milei MD, A. Boveris MD, H. Hourquebie MD, L. Cerviño MD, A. Paganini MD, C. De Palma MD, L. Molteni MD.
- 1989: "Surgical Treatment of the Class A Acute Dissecting Aneurism. Preservation of the Native Aortic Valve, Use of Biological Glue and Late 72 Months Follow Up", by E. Weinschelbaum MD, C. Schamún MD, V. Caramutti MD, H. Tacchi MD, J. Cors MD, R. Favalaro MD.
- 1990: "Assessment of Differential Antigens of *Trypanosoma cruzi* in Chronic Chagasic Patients with and without Cardiac Disease" by D. Schejtmán MD, P. A. Chiale MD, M. Levin MD, G. Levitus MD, M. V. Elizari MD, M. B. Rosenbaum MD.
- 1991: "Changes in the Threshold of Myocardial Ischemia due to a Modification of the Coronary Flow by J. Castellano MD, D. Turri MD, D. Nul MD, M. Riccitelli MD, L. Vidal MD, C. Bertolasi MD.
- 1992: "The Early Treatment with Low Doses of Enalapril Prevent Left Ventricle Dilation After the Acute Myocardial Infarction", by O. Bazzino MD, J. L. Navarro Estrada MD, A. Sosa Liprandi MD, C. Presti MD, O. Masoli MD, A. Ahuad MD, J. Santopinto MD, M. Amuchástegui MD, O. Ayrad MD, R. Méndez MD.
- 1993: "Effects of Amiodarone on Mortality in Severe Cardiac Failure" by H. Grancelli MD, H. Doval MD, O. Nul MD, S. Perrone MD, G. Bortman MD, R. Curiel MD.
- 1994: "Influence of Sex, Tobacco, and Family History of Coronary Disease at the Age of Onset of the First Acute Myocardial Infarction" by M. Ciruzzi MD, P. Soria MD, H. Zylbersztejn MD, S. Talamona MD, E. Gagliardi MD, J. O. Lazzari MD, Tca. A. Gracilazo MD.
- 1995: "Fibrinolytics versus Primary Angioplasty in the Acute Myocardial Infarction (FAP). Randomized Study in a Community Hospital" by D. Berrocal MD, J. Belardi MD, O. Bazzino MD, A. Cagide MD, H. Doval MD, C. Rojas Matas MD, A. Spinetta MD, P. Oberti MD, L. Grinfeld MD.
- 1996: "Alterations in Hemostatic Parameters, Acute Phase Reactants and Troponin T in Unstable Angina; Prevalence and Clinical Implications", by A. Hirschson Prado MD, C. Tajer MD, A. Charask MD, R. Altman MD, A. Scazziotto MD, J. Gagliardi MD, C. Barrero MD, C. Pellegrini MD, S. Salzberg MD.
- 1997: "Multivariate Descriptive Analysis of Chagas Disease in 2,260 Patients", by R. Storino MD, S. Auger MD, Lic. D. Wojdyla MD, Lic. M. I. Urrutia MD, Dr. J. Jörg MD.
- 1998: "Elevated Pre-discharge Reactive Protein C in Unstable Angina is a Potent Independent Predictor of Ischemic Events after 90 Days" by E. Ferreirós MD, C. Boissonnet MD, R. Pizarro MD, P. García Merletti MD, M. Falcón MD, G. Corrado MD, A. Cagide MD, O. Bazzino MD.
- 1999: "Comparison of the Ischemia Evoking Test with Reactive Protein C in Non Invasive Pre-Discharge Risk Stratification in Unstable Angina", by E. Ferreirós MD, C. Boissonnet MD, R. Pizarro MD, P. García Merletti MD, G. Corrado MD, A. Cagide MD, O. Bazzino MD.
- 2000: "Increase in Stress Echo Sensitivity with Dipyridamol by the Simultaneous Assessment of the Coronary Reserve by Transthoracic Echo" by J. Lowenstein MD, C. Tiano MD, G. Márquez MD, C. Presti MD.
- 2001: "Development of a New Score System to Classify Risk in Unstable Angina", by: A. Biombo MD, J. Gagliardi MD, J. Guetta MD, J. Fuselli MD, S. Salzberg MD, E. Fairman MD, A. Larraburu MD, A. Alves de Lima MD, C. Bruno MD, A. Marinesco MD, C. Bertolasi MD.
- 2002: "Homografts in Pulmonary Position: Ulterior Complications at One Year After Implant" by C. Rosental MD, D. Micheli MD, A. Mori MD, O. Schwint MD, H. Vogelfang MD, H. Capella MD.
- 2003: "Left Cavities Hypoplasia: Six Years Follow Up at the Cardio-Surgery Service of the Hospital de Niños de La Plata" by N. Pedraza MD, C. Antelo MD, S. Bencina MD, F. Antelo MD.
- 2004: "Six Months and One Year Follow Up After Finalization of Frequent Telephone Contact Follow Up in Cardiac Failure: DIAL Study" by C. Zambrano MD, G. Cerezo MD, R. Badra MD, D. Ferrante MD, S. Soifer MD, D. Nul MD, H. Grancelli MD, H. Doval MD, S. Varini MD.
- 2005: "Infectious Endocarditis by *S. aureus* in Argentina": EIRA 2 Study" by E. Ferreirós MD, J. Casabé MD, F. Nacinovich MD, S. Swieszkowski MD, H. Cohen Arazi MD, C. Cortés MD, J. C. Modenesi MD, S. Varini MD.

It can be observed that each one of them – and in their own right – have been very important studies for the progress and spread of knowledge.

In the 2006 version, the awarded was:

- “National Survey on Risk Factors 2005: Main Results”, by Daniel Ferrante and Mario Virgolini MD. It is an impeccable and very comprehensive effort in epidemiology and sanitary surveillance, of relevant medical and clinical projection, based on a wonderful presentation and an accurate analysis of the surveys in order to know where we stand in 2005 in this regard in our territory. The continuation of these surveillance activities mandates its periodic repetition, which will allow knowing which our situation is and which is the result of what is being done to improve it. It is very important that the Ministry of Health participated, for that is the reason of its existence, and that from its results and analysis, active preventive and corrective policies are established in all possible areas, not only medical, but educational, economical and social as well.

The remaining works were:

- “SPECT Myocardial Perfusion with Cold Test as Predictor of the Development of Effort Ischemia in the Follow Up of Asymptomatic Patients with Moderate Cardiovascular Risk, by Sonia S. Traversa MD, Marcela F. Redruello MD, Laura E. Grynberg MD, Daniel E. Cragnolino MD, Cintia N. Izaguirre MD, Alejandro Meretta MD, Osvaldo H. Masoli MD, Néstor A. Pérez Baliño MD. It is an excellent study, original in its research activities, very neatly performed that, as the authors said, requires an ulterior study with an increased number of patients, but that through the use of the cold test combined with myocardial reperfusion allows detecting, in a similar fashion to that of acetylcholine, endothelial dysfunction and, when that occurs, incidence “*a posteriori*” to positivation of myocardial perfusion studies (33% positivized after one year the tests of patients positive to cold test and none in the control group). Therefore, the positive result of this test allows identifying increased cardiovascular risk in those who were sub-classified according to the traditional risk factors. I wish to highlight also the proposed definition of vulnerable patient as from the evaluation of the endothelium and not the plaque; hence the presence of endothelial dysfunction would be a clear vulnerability marker.
- “Risk Stratification in Severe, Asymptomatic, Mitral Failure: How Can We Identify Patients with Adverse Evolution? By Diego Funes MD, Mariano Falconi MD, Rodolfo Pizarro MD, Pablo Oberti MD, Juan Krauss MD, Arturo Cagide MD.

It is a well done work, performed by a group of experts in the matter, with a numerous population; using a series of clinical indexes, several of them assessed by the group of authors themselves, and through the use of a scoring system, allows forecasting a better or worse evolution in significant mitral failure, and through this, to determine with increased certainty the right time for surgical interventions. I consider it of clinical use and should be taken into consideration as a methodology in the control of severe mitral failures.

- “Final Results in the Hospital Registry: Short and Long Term Evolution of Patients with Decompensated Cardiac Failure in Argentina” by Eduardo R. Perna MD, Juan P. Címbaro Canella MD, Lilia. L. Lobo Márquez MD, Carlos A. Poy MD, Fabián Díez MD, Roberto M. Colque MD, María L. Coronel MD, Sergio Perrone MD.

It is an excellent multicentric study carried out throughout our territory, which allows knowing the characteristics of in-hospital, long term management of decompensated heart failure. Even though the authors note that decompensated cardiac failure was the result of worsening cardiac failure, it is not clarified if it was due in part to negligence on the side of the patients or due to the evolution of the disease itself, as this difference leads us to focus on the future and to better instruct patients and their families. The study identifies in most cases decompensated factors, with predominance of non compliance of the dietary regime and treatment. This can occur in part as a consequence of the patients’ indulgence and cultural level, but I insist here on the fact that if physicians do not instruct with patience to our patients and families, we are contributing somehow to the occurrence of relapses. This aspect is of the utmost importance so that patients and their families could follow correctly and without deviations the treatments, as well as not abandon their medications. This study is an important contribution to the knowledge on handling cardiac failure in Argentina and, this as a personal opinion, we should improve and very much so in the sanitary education of our population.

I wish to thank for their collaboration to Drs. Jorge Trongé and Jorge Lerman, who were part of the Jury with lucidity and unselfishness. I also wish to communicate by this means that the Fundación Dr. Pedro Cossio announces for 2007 a new edition of the award and that congratulates -and is proud -of the dedication manifested in all the studies that were presented all these years for their high scientific level.

Pedro R. Cossio

President of the Fundación Cossio