

2011 Dr. Pedro Cossio Foundation Award 25 years

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During the course of the XXXVII Argentinean Congress of Cardiology, held in Buenos Aires from 2nd to 4th October 2011, Dr. Pedro Cossio Foundation Award was granted for the twenty-fifth time.

After so many years, the award has become a landmark and a tradition of our Congress and, reliving the past, all the winners contributed to the progress of our Cardiology.

From the point of view of Cossio Foundation, all the objectives were fulfilled, so the current purpose is to continue in the future with the same spirit and prestige that characterizes it.

In this important opportunity, Dr. Alberto Caccavo presided the Working Session of Favourite Free Topics, where the five works were postulated; in his introduction, among other words, Dr. Caccavo expressed what Dr. Juan Krauss had written in the Argentine Journal of Cardiology (*Revista Argentina de Cardiología*: "Pedro Cossio is synonym of Cardiology in Argentina").

The working session was made up by Dr. Néstor Pérez Baliño and Dr. Rodolfo La Greca as commentators, and they made clear contributions and comments after each presentation.

In this opportunity I was accompanied in the Jury by two brilliant colleagues, Dr Osvaldo H. Masoli and Dr. Álvaro Sosa Liprandi, who helped with their excellent labour to determine the result.

The winner work was: "Relation between the antiplatelet effect of aspirin and the platelet count. Possible implications in the dose", by Dr. Hernán Cohen Arazi, Dr. Mariana Carnevalini, Dr. Estela Falconi, Dr. Rodrigo Ovejero, Dr. Mariano Giorgi, Dr. Christian Caroli, Dr. Carlos Nojek, and Dr. Juan J. Badimón.

This interesting work, which has been made taking into account all the details, shows the decrease of the antiplatelet effect in the first days of the coronary bypass postoperative, due to a rapid increase of platelets in the first week of the intervention, attributable to the thrombopoietic stimulus caused by inflammatory cytokines, which is marked as the cause of the resistance to acetylsalicylic acid.

With this study is clearly demonstrated that in the first days after a myocardial revascularization

surgery the antiplatelet drugs (antiaggregant) with 100 mg or 300 mg in one dose is less effective than with the dose of 100 mg or 300 mg three times per day, so those patients treated in that way have greater antiplatelet protection in that period. There is no doubt that from this work the antiplatelet drugs (antiaggregant) should be taken in the first days of the revascularization surgery postoperative with the administration of one dose every 8 hours.

The remaining works were:

- "Reasons for admissions, procedures, evolution and discharge therapeutics of 54000 patients admitted to cardiovascular intensive care units in Argentina. 6 years from the Register Epi-Cardio", by Dr. Juan A. Gagliardi, Dr. Maximiliano de Abreu, Dr. Javier Mariani, Dr. Mario A. Silberstein, Dr. Daniel De Sagastizabal, Dr. Simón Salzberg, Dr. Hernán C. Doval and Dr. Carlos Tajer.

I think that Epi-Cardio is a national epidemiological powerful tool, well designed, easy to perform and useful for doctors, institutions and patients, that allows knowing the behaviour of the pathologies of whom are hospitalized in Coronary Care Unit in Argentina, with some selection bias towards large urban centers, but of great help in order to know our health care reality and the treatment of hospitalized patients in areas of intensive care in Argentina, and allows, having information about different events, and based on them, take corrective action in order to prevent later adverse events.

The Jury, by mutual agreement, decided to highlight the importance of the work as an epidemiological tool and expressed in writing their desire to continue this important initiative in the future.

- "Relation among patterns of myocardial viability, myocardial fluid and the coronary anatomy in patients with left ventricular dysfunction, assessed by positron emission tomography integrated with multidetector computed tomography", by Dr. Natalia Aramayo G., Dr. Amilcar R. Osorio, Dr. Ricardo J. Geronazzo, Dr. Mauro Namías and Dr. Roxana Campisi.

Interesting work to define the indication of revascularization in patients with coronary disease and ventricular dysfunction, since, as the authors

describe, the degree and localization of epicardial stenosis do not predict the presence or absence of myocardial viability. Therefore, in selected patients, the sum of the anatomical, functional and metabolic information is necessary in the decision making.

In clinical practice its use has a limitation due to the need of a cyclotron, given the short half life of the products used.

- "Assessment of chest pain in patients with X syndrome through magnetic resonance tractography", by Dr. Juan P. Ochoa, Dr. Laura M. Riznyk, Dr. Esteban A. Sciarresi, Dr. MaRÍA I- Garate, Dr. Juan P. Princech, Dr. Daniela Binaghi and Dr. Enrique P. Gurfinkel.

It is an interesting work, made with great

technology, well diagrammed, that opens a path of exploration in order to understand the perception of pain in X syndrome.

- "Prevalence of subclinical hypothyroidism in patients with chronic heart failure: importance of the dosage of thyroid hormones in this group of patients", by Dr. Eduardo C. Filipini, Dr. Bruno Peresotti, Dr. Jorge Delgado and Dr. Jorge L. Curotto Grasiosi.

- It is a study meticulously made, that shows an improvement in subclinical thyroidism. It also establishes its presence in association with heart failure, so in practice its determination as routine should be done.

Finally, Cossio Foundation is pleased to announce a new edition of the Award in 2012.