

Commemorative Publication



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Message from the President



Founded in 1992, Hong Kong College of Cardiology (HKCC) strives to promote the advancement of cardiovascular medicine and practice and enhance public awareness of heart health through professional scientific activities and international cooperation.

The year 2022 marks the pearl anniversary of HKCC. With the theme "傾情護心三十載,奮力創新展未來", a series of activities are held in celebration of this special occasion during the year. A dedicated 30th anniversary logo has been designed to recognize the milestone. A series of HKCC 30th anniversary public cardiac health

talks are organised. The 30th Annual Scientific Congress in July provides a platform for gathering local and international healthcare leaders and experts to exchange knowledge and share experience. All our fellows and members are invited to participate in the coming 30th Anniversary Dinner to celebrate the 30 years of medical excellence. HKCC 30th Anniversary Commemorative Publication is also produced to showcase the College's contributions to medical education in cardiology in the past 30 years.

I have to thank the members of HKCC 30th Anniversary Committee, HKCC Council Members, and many of our Fellows and Members for their valuable contributions and supports in organising all these 30th anniversary activities.

Thirty years is not a short period. The great work done by our predecessors has definitely laid a solid foundation for us to build on. We will neither be complacent about our past achievements nor be overwhelmed by the possible challenges ahead. We are committed to doing our best to help our College grow even better and stronger, and together let's embrace our future with hope, confidence and energy.

Dr. CHAN Wai Kwong, Andy

President, Hong Kong College of Cardiology, and Chairman, Organising Committee of 30th Anniversary Celebration









香港心臟專科學院三十周年誌慶 1 政務司司長陳國基









香港心臟專科學院三十週年誌慶 Æ 醫務衛生局局長盧寵茂









On the 30th Anniversary of the Hong Kong College of Cardiology

On the occasion of the 30th Anniversary of the Hong Kong College of Cardiology, I wish to extend my heartiest congratulations to the College.

Over the past three decades, the College has been playing a pivotal role in promoting the advancement of knowledge and research in the

field of Cardiology in Hong Kong. The College is commendable for its unwavering commitment to develop and maintain the good practice of cardiovascular medicine by ensuring the highest professional standards of competence and ethical integrity, and scaling up excellence in enhancing public awareness in cardiovascular medicine through professional activities and international cooperation. Its invaluable contributions to the medical profession and to the community have been well recognized.

30 years is an important landmark. On this memorable occasion, may I wish the College every success in its future endeavours to scale new heights.

Prof. LAU Wan Yee, Joseph, SBS

Chairman The Medical Council of Hong Kong









香港心臟專科學院三十週年誌慶 聚 C 利 民ミナ 新 FD







30th Anniversary of Hong Kong College of Cardiology Congratulatory message

On behalf of the Hospital Authority (HA), I am delighted to extend my heartiest congratulations to the Hong Kong College of Cardiology (the College) on its 30th anniversary.

Over the past three decades, the College has devoted tremendous efforts in the development of cardiovascular medicine, including promoting the

highest standard of cardiovascular patient care, providing professional training and continuing education to strengthen the competence of cardiologists, and arousing greater awareness of heart diseases through educational activities, such as the Annual Scientific Congress and the World Heart Day.

Facing the threat of cardiac diseases in Hong Kong, the College, with its expertise and dedication, has been an indispensable partner of HA in rendering comprehensive treatment and attentive care to patients. I look forward to future collaborations between the College and HA in pursuing excellence in cardiac services for the betterment of the community.

On this memorable occasion, may I congratulate the College on its exemplary achievements over the years. I wish the College all the best in every future endeavours.

Dr. KO Pat Sing, Tony Chief Executive Hospital Authority





香港心臟專科學院三十周年誌慶 仁術 た 心 濟 澤 H 百 -禹

香港中文大學醫學院院長陳家亮教授





香港大學李嘉誠醫學院院長梁卓偉 謹賀



香港心臟專科學院三十周年誌慶





香港心臟專科學院三十周年誌 香港大學李嘉誠醫學院院長劉澤星 慶 澤は星 謹賀





香港心臟基金會主席梁祥彪先生

香港心 臟專科學院三十周年誌慶 弘

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Congratulatory Message on the occasion of the 30th Anniversary of the Hong Kong College of Cardiology

On behalf of the Hong Kong Academy of Medicine (Academy) and its 15 constituent Colleges, I would like to congratulate the Hong Kong College of Cardiology (HKCC) on its Pearl Anniversary.

Cardiovascular diseases are major health issues in Hong Kong. As a renowned independent organisation, the HKCC has been providing valuable support to its members and devoted to the advancement of related treatments with notable successes.

On this joyous occasion, may I wish the HKCC the greatest success in its future endeavours. The Academy looks forward to HKCC's contributions in promoting the wellbeing of the people of Hong Kong. Happy 30th birthday!

Yours sincerely,



Prof. LEUNG Ka Kit, Gilberto President Hong Kong Academy of Medicine





On behalf of The Hong Kong College of Anaesthesiologists, I am delighted to extend my heartfelt congratulations to the Hong Kong College of Cardiology on the occasion of your 30th anniversary.

Despite not being one of our sister colleges under the Hong Kong Academy of Medicine, the Hong Kong College of Cardiology has been at the forefront of training and continuing professional development in Cardiology, nurturing high calibre specialists to serve the community of Hong Kong. The College's glorious history is full of outstanding achievements.

Both our Colleges are members of the Resuscitation Council of Hong Kong and that is one example to illustrate our common interests and aims in achieving high standard clinical care and medical education. I am sure that our collaborations and partnership will continue to grow further.

I extend our best wishes to the Hong Kong College of Cardiology on this happy occasion, and look forward to your continued success in the years ahead.

Dr. SO Hing Yu

President The Hong Kong College of Anaesthesiologists





It gives me great pleasure to congratulate the auspicious occasion of the 30th Anniversary of Hong Kong College of Cardiology.

Hong Kong College of Cardiology excels in promoting the advancement of knowledge in the cardiovascular medicine and practice. It upholds the standard of cardiovascular patient service and educates our public about the health issues in the cardiovascular system.

I wish the Hong Kong College of Cardiology a very memorable 30th Anniversary and every success in its endeavors for many years to come.

Dr. LEE Ha Yun, Libby

President Hong Kong College of Community Medicine





Congratulations on the 30th Anniversary of the Hong Kong College of Cardiology

On behalf of the Hong Kong College of Emergency Medicine(HKCEM), I would like to extend our heartfelt congratulations on the 30th Anniversary of the Hong Kong College of Cardiology (HKCC).

Ever since its establishment in 1992, HKCC has remarkably achieved its unique leadership role in nurturing generations of specialists in Cardiology

to meet the tremendous healthcare needs in Hong Kong. Being an esteemed professional body, HKCC has led the way in promoting the community awareness on cardiovascular health. HKCC is always at the forefront in the clinical research and advancement in cardiovascular medicine, and has made outstanding contributions to the community in Hong Kong and beyond.

The journey of HKCC over the years, as well as its commitments to clinical excellence, are inspirational. On this monumental milestone of HKCC, I wish HKCC all the success in the future work and achievements. HKCEM is looking forward to deepening friendship and collaborations with HKCC for the betterment of healthcare in Hong Kong.

Dr. WU Wing Yee, Clara

President Hong Kong College of Emergency Medicine





On behalf of the Hong Kong College of Family Physicians, I would like to send our warmest congratulations to the Hong Kong College of Cardiology in celebrating the Pearl Anniversary of your College.

The Hong Kong College of Cardiology has made many important contributions in the advancement of cardiovascular medicine practice and in enhancing the public awareness of heart health through professional and public education activities as well as international cooperation since its establishment in 1992. Your College has also been providing an excellent

leadership for future generations of Cardiologists.

Many congratulations again to the Hong Kong College of Cardiology for your 30th Anniversary and wishing you many prosperous and successful years ahead!



Dr. CHAO Vai Kiong, David President The Hong Kong College of Family Physicians





On behalf of the Hong Kong College of Obstetricians and Gynaecologists, I would like to extend my warmest congratulations to the Hong Kong College of Cardiology on its 30th anniversary.

For over 30 years, Hong Kong College of Cardiology has continued to promote cardiovascular health in locally and internationally through professional development for health care workers and education to the public. The college has gone from strength to strength throughout the years and the achievements are remarkable.

We hereby wish the colleagues of the Hong Kong College of Cardiology a wonderful 30th anniversary celebration and continued success in the future.

Dr. CHAN Kar Loen, Karen

President The Hong Kong College of Obstetricians and Gynaecologists





Congratulatory Message for The Hong Kong College of Cardiology 30th Anniversary Commemorative Publication

On behalf of the College of Ophthalmologists of Hong Kong, I have great pleasure to convey our warmest congratulations and best wishes to the Hong Kong College of Cardiology on its 30th Anniversary.

Over the past three decades, the Hong Kong College of Cardiology has made invaluable contributions to the public health and wellbeing of Hong Kong citizens. You have educated our public on promoting heart health through many successful programmes, including the promotion of physical activities and the use of automated external defibrillator. You have also offered innumerable platforms for professionals to exchange views, knowledge, and experience on cardiovascular medicine and practice, and to develop and maintain the excellent practice of cardiovascular medicine by ensuring the highest professional standards of competence and ethical integrity.

The 30th Anniversary is just the beginning of a new chapter, a time for growth and enhancements, building on the past to achieve many more incredible milestones in the years ahead. I would like to take this great opportunity to wish the Hong Kong College of Cardiology and all its esteemed members continuing success in all your future endeavours.

Prof. THAM Chee Yung, Clement President The College of Ophthalmologists of Hong Kong





Congratulatory Message for Hong Kong College of Cardiology 30th Anniversary Commemorative Publication

On behalf of the Hong Kong College of Orthopaedic Surgeons, I am deeply honoured and truly delighted to send my hearty congratulation to the Hong Kong College of Cardiology on reaching the 30th anniversary.

Over these thirty years, together you have made remarkable contributions in training and education toward professional development in the field, to the benefit of our whole community.

We wish you all a fruitful and memorable anniversary, and also continued success in your future endeavours.

Dr. Wilson LI President The Hong Kong College of Orthopaedic Surgeons



The Pearl Anniversary of the Hong Kong College of Cardiology

On behalf of the Hong Kong College of Otorhinolaryngologists, I would like to extend our heartfelt congratulations to the Hong Kong College of Cardiology on this auspicious occasion.

The Hong Kong College of Cardiology has been established since 1992, and has striven to promote the advancement of cardiovascular medicine and practice. The College has proven to enhance the public awareness of heart health through professional education activities and international cooperation.

I have utmost confidence that your achievements will tower new heights with the dedicated support of your members, fellows and the capable leadership of the Council of the Hong Kong College of Cardiology. I wish the College continuous success in all future endeavours.

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Dr. NGAI Chi Man President The Hong Kong College of Otorhinolaryngologists





CONGRATULATORY MESSAGE ON THE 30th ANNIVERSARY OF THE HONG KONG COLLEGE OF CARDIOLOGY

Many congratulations to the Hong Kong College of Cardiology at its 30th Anniversary!

Many paediatricians have maintained close liaisons with your college. Not only have we witnessed the advancements in the management of many

congenital heart diseases in the past decades, but we also see an increasing interest and cooperation in the transitional care of congenital and childhood heart diseases into adulthood. The Hong Kong College of Cardiology has been an important platform where views and experiences can be shared. Your role in the development of Paediatric Cardiology has been indispensable.

With the establishment of the Hong Kong Children's Hospital, paediatric cardiology service has been stationed at the new, state-of-the-art and child-friendly facility since 2020. Being a specialty of particular importance, paediatric cardiology is one of the first services in the hospital. Children of Hong Kong deserve a colourful, built-for-purpose children's hospital. Staffed with a dedicated team of doctors, the department will see many magnificent progress in the service and training in the field that is not only an intricate science, but also a delicate art.

Hong Kong is going through a difficult period. When the outbreak of COVID-19 sweeps across Hong Kong, solidarity of the medical professionals has never been more important. I am sure the celebration of the 30th Anniversary of the Hong Kong College of Cardiology will bring clinicians together toward a common vision for the betterment of Hong Kong.

On this auspicious occasion, I would like to wish you all a very memorable 30th Anniversary celebration. My best wishes to the College for a bright and successful future for many, many years to come.

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Dr. WU Shun Ping Vice President Hong Kong College of Paediatricians





Congratulatory Message from Hong Kong College of Radiologists

On behalf of Hong Kong College of Radiologists, it is my great pleasure to congratulate Hong Kong College of Cardiology (HKCC) on her Pearl Anniversary.

In the past 3 decades, HKCC's achievement in promoting the public cardiovascular health education is highly commendable.

In particular, the organization of various scientific activities and fun-filled dynamic programmes like "World Heart Day" and "Jump Rope for Heart Program" have demonstrated HKCC's commitment to increase public awareness for prevention of heart disease. The Hong Kong public have thus witnessed and benefited from the highest standard of practice of cardiovascular medicine at all times.

Our College has a long history of fruitful collaboration with HKCC in promoting various scientific activities, including the large scale events of the 5th Congress of Asian Society of Cardiovascular Imaging (ASCI 2011) and now the upcoming 15th Congress of ASCI 2022. In jointly organizing these major functions, we feel the momentum of HKCC and are truly impressed by the enthusiastic and concerted efforts of your members and your committed Council.

Once again my warmest congratulations to you all and my best wishes on all your endeavours in the coming years.

Yours sincerely,

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Dr. LAW Chun Key President Hong Kong College of Radiologists





On behalf of the College of Surgeons of Hong Kong, it gives me great pleasure to congratulate the Hong Kong College of Cardiology on its 30th Anniversary.

The Hong Kong College of Cardiology has grown strength from strength since the establishment in 1992. It has scaled new heights through continuous staunch efforts in promoting the standard of cardiovascular patient care and heart health education in Hong Kong.

In celebration of this important milestone, The College of Surgeons of Hong Kong sincerely wishes Hong Kong College of Cardiology every success in the years to come.

Dr. LEONG Heng Tat

President The College of Surgeons of Hong Kong





Since the Hong Kong College of Cardiology founding in 1992, HKCC has become a highly recognized hub of nurturing Cardiologists for Hong Kong. It has been at the forefront of development of cardiovascular medicine in Hong Kong. It has admirably committed itself to promote the advancement of cardiovascular medicine and practice for public benefit.

I am confident that, with the solid foundation laid over three decades, coupled with the missions and passions by all concerned, the HKCC will grow from strength to strength and scale new heights in its future

development. We look forward to continuing our relationship with HKCC, and to ensuring future success.

On behalf of the Hong Kong College of Cardiac Nursing, I am delighted to congratulate HKCC on its 30th anniversary and wish HKCC every success in the years to come.

Ms. Cecilia Miu-Ching CHAN

President, The Hong Kong College of Cardiac Nursing





Congratulatory Message for the 30th Anniversary of Hong Kong College of Cardiology (HKCC)

On behalf of the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS), I am pleased to extend my heartiest congratulations to the Hong Kong College of Cardiology (HKCC) on its pearl anniversary.

Founded in 1992, HKCC has been firmly committed to fostering the advancement of high professional standard of practice of their members

in Hong Kong. Over the past three decades, the College has also made distinguished achievement in enhancing the public awareness of prevention of cardiovascular disease by educating and serving the community with their wholehearted dedication.

As HKASMSS aims to promote and advance the practice, education and research of medicine and science in relation to sports and exercise, we both pursue efforts in the same direction of promoting health and wellness. Last year, HKASMSS was honored to collaborate with HKCC in advocating the importance of cardiology in sports. The "Sports and Exercise Cardiology Chapter" was officially formed in July 2021 under HKCC, representing a milestone in the advancement of sports cardiology in Hong Kong.

HKASMSS very much values our friendship and partnership with HKCC, and look forward to continuing to grow our collaborations for the benefit of the professions, patients and the publics. Once again, congratulations, and I sincerely wish the College every success in its future endeavors.

容樹恒教授 Prof. YUNG Shu Hang, Patrick

香港運動醫學及科學學會會長

香港中文大學醫學院矯形外科及創傷學系系主任 President, Hong Kong Association of Sports Medicine and Sports Science Chairman, Department of Orthopaedics & Traumatology, The Chinese University of Hong Kong





My congratulations to the Hong Kong College of Cardiology on its 30th anniversary.

The College has a distinguished past as a pioneer to promote the advancement of cardiovascular medicine and enhancing the public awareness of the health in Hong Kong. Built on its solid foundation, the College has continued to make remarkable contributions through different platforms.

The Hong Kong Cardiac Nursing Association takes the opportunity to wish

the Hong Kong College of Cardiology continuing success in the future endeavours and the many more brilliant milestones to come.

Mr. LI Man Pan, Stephen

President Hong Kong Cardiac Nursing Association





30th Anniversary of the Hong Kong College of Cardiology

On behalf of the Hong Kong Medical Association, I would like to extend our heartiest congratulations to the Hong Kong College of Cardiology (HKCC) on its Pearl Anniversary.

Ever since its establishment, HKCC has been relentlessly pursuing advancement in cardiovascular medicine in Hong Kong by offering quality

professional education to colleagues. Through its iconic Annual Scientific Congress, HKCC brings together medical professionals worldwide and forms an important platform for international exchange and cooperation. Moreover, we also see HKCC's dedication to promote public awareness of heart health and hence fostering the well-being of the general public.

On this memorable occasion, I render my best wishes to HKCC for continued success in the years to come.

Dr. CHOI Kin President The Hong Kong Medical Association





Congratulatory Message to The Pearl Anniversary of Hong Kong College of Cardiology

On behalf of the Hong Kong Public Hospital Cardiologists Association (HKPHCA), I wish to extend my heartiest congratulations to the Hong Kong College of Cardiology on its 30th Anniversary. Celebrating this important milestone for its enormous contribution for promoting the advancement of cardiovascular medicine and practice and enhancing the public awareness

of the heart health through the professional education activities and public programs is particularly important and meaningful.

HKPHCA is proud of its close association and collaboration with the Hong Kong College of Cardiology over many years through exchanges of idea and support of education activities. Maintaining this collaboration has never been more important than in these current times as we learn and support from each other during the COVID-19 crisis in Hong Kong.

I look forward to continuing our partnership with your College, and wish the College every success in the years to come.

Best wishes

Dr. TAM Li Wah President Hong Kong Public Hospital Cardiologists Association





On behalf of the Hong Kong Society of Congenital and Structural Heart Disease (HKCASH), I am most delighted to extend my heartiest congratulations to the Hong Kong College of Cardiology (HKCC) on this auspicious 30th anniversary celebration.

Ever since its founding in 1992, the HKCC has been contributing to the development of the Cardiology profession through its role on matters of education and public interest concerning Cardiology services and heart health for the benefits of patients whom we serve. The College has also been instrumental in the area of promoting training, research and the

advancement of knowledge in the field of cardiovascular diseases to ensure our patients receive the best possible care.

The Annual Scientific Congress of HKCC has served as an invaluable platform for exchanges of ideas on research, treatment and technology related to various heart diseases among professionals. Reputable cardiologists from all over the world could be drawn together to share their knowledge and experience on areas of common interest, which is a very useful and important opportunity to get the most updated information especially in the era of pre-internet.

Working in close cooperation with cardiac professionals, researchers and academics both locally and internationally, the College plays an important role in helping advance the rapid changing medical technology and procedures used in various aspects of different cardiac sub-specialties, like coronary intervention, electrophysiology, congenital & structural heart interventions, and cardiac imaging. We greatly value the working relationships that we enjoy with you.

The pearl anniversary is a notable milestone for the HKCC and its outstanding achievements made by all members of your Council and your College should be proudly celebrated. On this memorable occasion, I sincerely wish the College every success in furthering its mission and vision that has contributed to the growth and enrichment of the entire community in Hong Kong. May the next 30 years mark further progress in influence and success for the College.

Dr. CHEUNG Shing Him, Gary

President

Hong Kong Society of Congenital & Structural Heart Disease (HKCASH)





It is a great pleasure for me, on behalf of The Hong Kong Society of Paediatric Cardiology, to extend my warm congratulations to The Hong Kong College of Cardiology (HKCC) on its 30th Birthday.

Ever since its establishment in 1992, HKCC has become a highly recognized professional body in promoting and enhancing the standard of cardiology training and practice for Hong Kong, China and beyond. Over the past 30 years, HKCC has provided a strong foundation and solid platform to nurture young cardiologists and to unite high-calibre

cardiologists. Moreover, through its consistent effort and remarkable achievements, public awareness and understanding in cardiovascular health has been markedly raised.

Since December 2008, the Paediatric Cardiology Chapter was incorporated into HKCC. This marked the definite recognition of Paediatric Cardiology as one of the key components of cardiovascular medicine. With the support of HKCC, the professional field of Paediatrric Cardiology has been thriving healthily and harmoniously. Most recently, Adult Congenital Heart Disease Chapter was also established. This serves as a common and valuable platform to allow paediatric and adult cardiologists to work closely and synergistically with each other to provide quality care to grown-up congenital heart disease patients.

We look forward to continuing our partnership with the College, and wish the College every success in the years to come!

Dr. CHEUNG Wai Yin, Eddie

President The Hong Kong Society of Paediatric Cardiology




Congratulations to the 30th Anniversary of the Hong Kong College of Cardiology. Her dedication and commitments to the training and education of our cardiac community and our general public have been unfailing over the years.

On behalf of the Hong Kong Society of Transcatheter Endocardiovascular Therapeutics, I would like to echo the anniversary slogan in Chinese by adding 2 additional sentences:

> "傾情護心三十載 心科精英輩輩出 新知舊雨齊聚首 奮力創新展未來"

> > Dr. CHAN Chi Kin

President

Hong Kong Society of Transcatheter ENdo-cardiovascular Therapeutics





It is my great pleasure to extend my warmest congratulations, on behalf of the Hong Kong Sports Institute (HKSI), to the Hong Kong College of Cardiology on its 30th anniversary.

I am truly impressed by the valuable contributions the College has made over the past three decades to the promotion of heart health in Hong Kong. The College not only provides excellent platforms for cardiology specialists to exchange insights through seminars, courses and congresses, but is also committed to strengthening public education on heart-related

knowledge. All these endeavours could not be realised without the collaborative effort of all the past and current dedicated members of the College!

As the Government's designated organisation to provide the high performance training system for Hong Kong sports, the HKSI greatly values the professionalism of the College which set up the Sports and Exercise Cardiology Chapter (運動心臟病學分會) in 2021 for the benefit of elite athletes and sports enthusiasts. Through the development and exchange of expertise, the College is an excellent partner of the HKSI in ensuring elite athletes can undergo intensive sports training and compete in high-level competition with optimal physical condition.

I look forward to the further achievements of the College in safeguarding cardiac health of the public, and will continue to work in collaboration with the College to promote heart health and for the continuing success of the Hong Kong elite sports sector.

Dr. LAM Tai Fai SBS JP

Chairman Hong Kong Sports Institute





On behalf of the Federation of Medical Societies of Hong Kong, I offer the Hong Kong College of Cardiology my heartiest congratulations on its Pearl Anniversary. I am especially proud of this significant milestone as I have been a fellow of the College since 1999. I recall with fond memory all the scientific meetings and symposia organized by the College that I have attended, usually to serve as speaker, presenter, chairperson or faculty member. The Annual Scientific Congress of the College has been a highlight in the meetings calendar not just for Hong Kong, but also for the Mainland China and Asia. The College has been instrumental in bringing together cardiologists in the Mainland China, Hong Kong, Macau, other

parts of Asia, Europe and the United States. Through its partnerships with the industry, the College has brought experts from outside Hong Kong to give invited lectures and workshops. The College has also been sending strong delegations to meetings in the Mainland China, including the South China International Congress of Cardiology.

The College has founded the Journal of the Hong Kong College of Cardiology, which has now grown into an international journal. The College is also very active in raising the standards of clinical cardiology in Hong Kong, by contributing to the Hong Kong Heart Foundation Program, and also by organizing certificate courses, some of which are run by the Federation.

The College has not forgotten its mission as a charity. The World Heart Day Carnival in Happy Valley is a joyous occasion enjoyed by not just healthcare professionals, but also by the public, including patients, families and children. The College has also been staunchly promoting Rope Jumping in Hong Kong, culminating in numerous successes by the Hong Kong team in Rope Jumping competitions worldwide.

The Federation is immensely proud to have such an illustrious and industrious society as its member. May the College go from strength to strength and scale new heights in the next thirty years!

Prof. Bernard CHEUNG

President The Federation of Medical Societies of Hong Kong



香港心臟專科學院三十周年誌

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Congratulatory Messages



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Congratulations on the occasion of the Hong Kong College of Cardiology's Pearl Anniversary

ACC is proud to partner with the HKCC in leading global efforts to transform cardiovascular care and improve heart health through research, education, scientific discovery, and advocacy on behalf of patients and their communities. The 30th Anniversary meeting of the Hong Kong College of Cardiology promises to continue that commitment to developing and

disseminating timely and innovative information required by cardiovascular professionals in Hong Kong and around the world to increase access to care, improve outcomes, promote health care value, as well as to foster wellbeing and professionalism.

ACC's mission, vision and values are aligned with your commitment to care excellence and continuous life-long learning. Active sharing of knowledge, discovery, and experience through this meeting helps improve the lives of patients around the world and helps them to reach their full potential for a healthy life.

Again, congratulations on this notable anniversary which celebrates three decades of remarkable achievement advancing the field of cardiovascular medicine through professional collaboration, mutual purpose, and commitment to optimizing cardiovascular health around the world.

Best regards,

Dr. Edward Fry, MD, FACC President American College of Cardiology





Congratulatory Message on the 30th Anniversary of Hong Kong College of Cardiology (HKCC)

On behalf of the Asia Pacific Heart Rhythm Society (APHRS), I would like to extend my most sincere congratulations to the Hong Kong College of Cardiology (HKCC) as you celebrate your 30th Anniversary. I trust that HKCC will continue to promote the highest standard of cardiovascular patient care and heart health of the people of Hong Kong. I offer my best

wishes to the College for your continued success and look forward to more of your great endeavours in the years to come.

Prof. Wataru Shimizu

President Asia Pacific Heart Rhythm Society (APHRS)





Dear members of the Hong Kong College of Cardioligy,

On behalf of Asian Pacific Society of Cardiolgy (APSC), I would like to express my heartfelt congratulations to the Hong Kong College of Cardiology (HKCC) for making outstanding contribution to the development of cardiovascular medicine for these 30 years.

As a valued member of APSC, HKCC has been representing our Society in Hong Kong by promoting the advencement of cardiovascular medicine through the professional education activities and international cooperation,

and by enhancing prevention of cardiovascular diseases by the public awareness of the heart health.

Not only by promoting the highest standard of care in Hong Kong but also by professional scientific education through Annual Scientific Congress, the Core Cardiology Course, or recently launched HKCC mobile app, HKCC has proven that we can achieve common goals by working together.

Due to the talent and dedication, I am confident HKCC will mark another 30 years great milestones. I wish the 30th Annual Scientific Congress success and HKCC 30th Anniversary Commemorative Publication memorable.

Let's continue to fight cardiovascular diseases together.

Best regards,

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Prof. Issei Komuro, MD, PhD President Asian Pacific Society of Cardiology





Congratulatory Message for the 30th Anniversary of Hong Kong College of Cardiology (HKCC)

On behalf of the Asian Society of Cardiovascular Imaging (ASCI), it is my pleasure to express my warmest congratulations to the Hong Kong College of Cardiology (HKCC) on its 30th anniversary. I have the greatest pleasure to take this opportunity to applaud the incredible achievements by HKCC in the medical professional education, exchanges, and scientific communications.

HKCC was founded in 1992. In the past 30 years, it has pooled its resources to focus on promoting the highest standard of cardiovascular patient care and heart health of the people of Hong Kong, as well as in other Asian regions. HKCC is promoting for the knowledge of science and art of medicine, with particular reference to the cardiovascular system. Even in the midst of the pandemic of COVID-19, education has been promoted through Zoom, whether in webinar or hybrid format. HKCC is developing and maintaining the good practice of cardiovascular medicine by ensuring the highest professional standards of competence and ethical integrity. It is liaising with other medical societies or associations on matters of mutual interest, and promoting international communication in the field of cardiovascular medicine.

On this memorable celebration of its 30th anniversary, may I wish the HKCC achieves the continued success in its future endeavors and to scale new heights and excellence. I sincerely wish the HKCC will continue to be flourishing in the future.

Prof. Bin LU M.D

President, Asian Society of Cardiovascular Imaging Professor and Director of the Department of Radiologic Imaging Fuwai Hospital, Peking Union Medical College, Chinese Academy of Medical Sciences State Key Lab and National Center for Cardiovascular Diseases Beijing, P. R. of China





Congratulatory Message for the Pearl Celebration of HKCC

I am happy to know that HKCC is celebrating the 30th year of Anniversary of its society. I wish them all success to celebrate this event.

I believe that HKCC is doing an excellent job to promote the Cardiovascular Science for the welfare of the mankind in a most positive direction & this step will go a long way to reduce the sufferings of the humanity from

Cardiovascular diseases. The primodial & primary prevention are two most important steps being followed across the globe to reduce the burden of Non Communicable Diseases specially the Cardiovascular disease which causes a significant loss of human life prematurely. Therefore I appreciate the role of HKCC in this regard to reduce the burden of CV Diseases in their population & also to promote the growth of Cardiovascular Science. I expect joint activities of CSI & HKCC in future for the growth of Cardiovascular Science in our areas.

At the end I wish once again a grand success of celebration of 'HKCC 30th year Anniversary'.

Dr.(Prof.) Partha Sarathi Banerjee

President Cardiological Society of India



賀 信

欣聞貴院即將舉辦三十周年慶祝系列活動,在此,我謹 代表中華醫學會向貴院三十周年華誕致以最熱烈地祝賀!

香港心臟專科學院自 1992 年成立以來,始終不遺餘力 地通過專業的教育活動和國際合作,推動心血管醫療水準和 實踐的進步,促進公共心血管健康教育,提高香港居民對心 臟健康的認識。歲月如歌,載譽奮進,傾情護心三十載,深 刻詮釋了香港心臟專科學院對香港心血管專科領域發展所 做出的重要貢獻。相信香港心臟專科學院將繼往開來,再創 高峰。

中華醫學會歷經百餘年滄桑,始終堅持"愛國為民、崇 尚學術、弘揚醫德、竭誠服務"的辦會理念,已發展成為集 學術交流、科學普及、繼續教育、對外聯絡、科技獎勵、期 刊出版等為一體的全國醫學科技工作者之家。我們衷心希望 與貴院在心臟專科領域加強學術交流與合作。我們期待在雙 方的協作和推動下,共同為兩地醫療技術進步和人民健康福 祉作出新的貢獻。

預祝香港心臟專科學院三十周年主題系列活動暨第三 十屆年度科學大會圓滿成功!



中華醫學會會長 中國科學院院士 北京協和醫院名譽院長 二零二二年三月二十五日





The European Society of Cardiology (ESC) and the Hong Kong College of Cardiology (HKCC) have been collaborating since 2008, when we had the honour and privilege of welcoming the Hong Kong College of Cardiology to the ESC as an Affiliated Cardiac Society.

The ESC has a global mission and a global reach and we are eager to make a difference in the prevention and management of cardiovascular disease through joint efforts with National Cardiac Societies around the world.

We look forward to continuously strengthening our privileged and

much valued collaboration with you and to fostering scientific and educational exchange between our societies. Together we are stronger!

We wish you all the very best success with your congress and look forward to our active participation in this special event.

Prof. Stephan ACHENBACH

President The European Society of Cardiology





I am honored to share in the celebration of the 30th Anniversary of the Hong Kong College of Cardiology. Your organization has been critical for developing education and standardized training in cardiovascular disease. As an electrophysiologist, I have been particularly impressed by the work of your society and Hong Kong cardiologists in the field of arrhythmia management. In 1991 only 7 scientific articles by Hong Kong cardiologists were published, compared to 80 in 2020. This is a remarkable achievement. As the current president of Heart Rhythm Society, I am honored to be included in your celebration this year and here's a toast to

the continued success of the Hong Kong College of Cardiology.

Dr. Fred M. KUSUMOTO, MD, FHRS

President Heart Rhythm Society





Hong Kong College of Cardiology The Pearl Anniversary

On behalf of the Macao Academy of Medicine, I take great pleasure to extend to the Hong Kong College of Cardiology my warmest congratulations on the auspicious occasion of your pearl anniversary celebration.

According to the Thematic Household Survey Report No. 68 by the Census and Statistics Department of Hong Kong, 2.3% of the land-based non-institutional population of Hong Kong had heart diseases as diagnosed by medical practitioners. Heart diseases were the third commonest cause of deaths in Hong Kong and accounted for 13% of all deaths in 2020. Over the past 30 years, the Hong Kong College of Cardiology has contributed much to develop and maintain the good practice of cardiovascular medicine by ensuring the highest professional standards of competence and ethical integrity in Hong Kong. The College has also made great efforts to promote the educational and public interest concerning cardiovascular medicine. The College's work is most commendable and members of the College should be proud of this. I am sure the College, with the strong leadership and devotion of your President and Council, would continue to achieve more in the future.

I would like to congratulate the Hong Kong College of Cardiology again on achieving this Pearl Anniversary landmark and wish the College every success in the years ahead.

> Prof. HUNG Chi Tim President Macao Academy of Medicine





On behalf of Macau Cardiology Association and my personal name , it is a pleasure and honor to present our wishes of congratulations and all the best for the future of HKCC at this moment that we are celebrating the Pearl Anniversary.

We have been participating with HKCC for so many years that we feel we are also a part of it and we are also feeling this celebration with a sense of belonging .

HKCC have been for all this years a tool of scientific reference in Asia, giving the opportunity of learning, updating and sharing information.

Unfortunately the covid pandemic came as a nightmare for all of us with particular impact in Hong Kong recently, consuming a lot of health resources to face the situation.

We hope Hong Kong overcome this situation soon and we are looking forward to have free movement capacity to resume our presence in Hong Kong and receiving HKCC in Macau as well.

Once again congratulations and all the best

Dr. Mario EVORA

President Macau Association of Cardiology



The Council 2021-2022

President



Dr. CHAN Wai Kwong, Andy

Honorary Secretary



Dr. TSUI Kin Lam

Honorary Treasurer



Dr. CHAN Kwok Keung

Honorary Advisers

President-Elect



Dr. LEUNG Tat Chi, Godwin

Immediate Past President



Dr. CHAN Ngai Yin



Dr. CHENG Chun Ho



Prof. LAU Chu Pak



Dr. CHIANG Chung Seung



Dr. TSE Tak Fu



Dr. KO Tak Him, Patrick



Dr. WONG Kwok Yiu, Chris



Council Members



Dr. CHAN Ka Chun, Alan



Dr. CHAN Yu Ho







Dr. FUNG Chi Yan, Raymond



Dr. LAU Yuk Kong



Dr. LEE Kwok Lun



Dr. CHAN Wing Sze, Carmen



Dr. LAU Suet Ting



Dr. Ll Shu Kin



Dr. LO Ka Yip, David



Dr. Thomas Prabowo TUNGGAL





Dr. WONG Chi Yuen, Eric

Council Members



Prof. YAN Ping Yen, Bryan



Prof. YU Cheuk Man

Organising Committee of 30th Anniversary Celebration

Dr. CHAN Wai Kwong, Andy (Chairman) Dr. LEUNG Tat Chi, Godwin (Co-chairman)

Logo and Design Sub-committee Dr. CHAN Hiu Lam, Ronnie (Chairperson)

Publication Sub-committee

Dr. CHAN Ka Chun, Alan (Chairperson) Dr CHAN Kam Tim Dr. CHAN Wai Kwong, Andy Dr. WONG Chi Yuen, Eric

Annual Scientific Congress Sub-committee Dr. CHAN Ngai Yin (Chairperson)

Cardiac Health Education Sub-committee

Dr. LEUNG Tat Chi, Godwin (Chairperson) Dr. LAM Cheung Chi, Simon Dr. LO Ka Yip, David

Fellowship Dinner Sub-committee

Dr. LEE Kwok Lun (Chairperson) Dr. CHAN Yu Ho Dr. LEUNG Tat Chi, Godwin



Development of Cardiovascular Medicine in Hong Kong

Refinements and discoveries in medical science have enabled the medical profession to offer better treatments in cardiac care, and led to the establishment of Cardiology as a medical specialty at the turn of the 20th Century in Europe and America.

In Hong Kong, the emergence of Cardiology as a specialty began with the establishment of the Hong Kong Cardiological Society in 1967. A promotional effort of the Cardiological Society subsequently led to the establishment of the Hong Kong Heart Foundation in 1975, which also played an important role in cardiological education and service in Hong Kong. Coronary angiography was established at the Lewis Laboratory at Queen Mary Hospital in 1976 and open-heart surgery became available at Grantham Hospital in 1979.

Development of cardiovascular medicine gathered pace in the 1980s with the opening of a new heart center at Grantham Hospital, which was a joint effort between the Hong Kong Heart Foundation and the Government. A new heart center was established at Prince of Wales Hospital with the opening of a new medical school at the Chinese University of Hong Kong in Shatin in 1984. Greater demand for cardiac care in the private sector led to the opening of a cardiac center at the Adventist Hospital in 1984 and at the Hong Kong Sanitorium and Hospital in 1987.

On the political front, the Joint Sino-British Declaration on the future of Hong Kong signed in Beijing in December 1984 decreed that the sovereignty of Hong Kong will be returned to China in 1997 under the principle of "One Country, Two Systems" for 50 years. The promulgation of the Basic Law of the Hong Kong Special Administration (HKSAR) in 1989 would enable the medical profession to continue to govern itself through registration, education, licensing and discipline.

Through 8 years of preparation, the Hong Kong Academy of Medicine was established by statute in August 1992, to govern postgraduate special medication and research, and to promote continuing medical education. Meanwhile, through cooperative efforts by the Council of the Hong Kong Cardiological Society the Hong Kong College of Cardiology was established in January 1992, to replace the Society and to support the Academy of Medicine in the areas of higher specialty education and continuing medical education. "Guidelines for Adult Cardiology Training in Hong Kong" was published by the Accreditation and Education Committee of the College in April 1992, to bring the training in line with the standard in America.

A selected number of trainees will be given the opportunity to undertake a year of advanced subspecialty training in overseas centers such as Cleveland Clinic, Mayo Clinic, Michigan University, Stanford University, or elsewhere in North America and Europe, on completion of their training in Hong Kong under the Hong Kong Heart Foundation Fellowship Program, with financial support from the Heart Foundation and the Hong Kong Hospital Authority. They are required to return to Hong Kong on completion of their overseas training to serve the general public in Hong Kong.



Over a hundred trainees have undergone this training program since its inception in 1993 to keep the standard of cardiology practice in Hong Kong up to date.

Such progress is heartening on the 30th Anniversary of the Hong Kong College of Cardiology.

Dr. PAU Wing Iu, Patrick

Distinguished Fellow Hong Kong College of Cardiology

Memorable Moments

1995 HKCC 1st Congregation



The 1st Congregation was held at Hong Kong Cultural Centre on 25 March 1995. "As Fellows of Hong Kong College of Cardiology, we solemnly pledge to devote ourselves to the study of cardiology disease, and to relieve those who are so afflicted by the disease."

1995 Care For Your Heart



(Photo provided by Prof. LAU Chu Pak)

The HKCC has cooperated with the patient selfhelp group, the Care For Your Heart (established 1995), to promote cardiac health issues directly to the patients.



Certificate Course of Cardiac Rehabilitation and Prevention Programme (Guest of Honor: Mrs Marion Fang)



1999 Jump Rope for Heart Program (JRFH)



JRFH was launched in October 1999 with the staunch support from the Education Bureau (EDB) and the Department of Health. Its mission is to motivate our young generation to adopt a heart healthy lifestyle through exercise, thus reducing the risk of heart disease and stroke.

2000 1st World Heart Day Heart Health Carnival



HKCC set the Guinness World Record for most people skipping rope simultaneously at the 1st World Heart Day Heart Health Carnival at Tamar Site on 24 September 2000.

2003 World Heart Day – The Global Embrace



With the theme "Women, Heart Disease and Stroke", HKCC and the Tung Wah Group of Hospitals continue to co-organise the World Heart Day Activities. Over 3,000 citizens are joined the Global Embrace at Victoria Park on 28 September 2003.



2003 XII World Congress on Cardiac Pacing and Electrophysiology



(Photos provided by Prof. LAU Chu Pak)

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HKCC hosted XII World Congress on Cardiac Pacing and Electrophysiology in collaboration with the International Society of Cardiac Pacing and Electrophysiology at Hong Kong Convention and Exhibition Center during 19-22 February 2003. There were 4,085 delegates with the majority of them coming from the Asia Pacific region, Europe and North America.

A: Organising Committee | B: Chinese Society of Pacing and Electrophysiology delegates | C: Overseas delegates | D: Local Organising Committee

2004 Office relocation



Accompanying with HKCC development, the new office is established featuring a functional working area and conference space. Office Relocation Cocktail Reception was held at the office of Bank of America Tower to celebrate the establishment on 15 May 2004.



2005 World Heart Day – The Global Embrace



With the theme "Healthy Weight, Healthy Shape", HKCC and the Tung Wah Group of Hospitals continue to co-organise the World Heart Day Activities. Over 4,000 citizens joined the Global Embrace at Happy Valley Jockey Club on 23 October 2005.

2006 8th South China International Congress of Cardiology



To foster national and international academic exchange in the field of cardiology, HKCC worked as one of the organiser to hold the 8th South China International Congress of Cardiology on 31 March – 2 April 2006 at Dongfang Hotel, Guangzhou, China.

2006 1st Asian Prevention Cardiology and Cardiac Rehabilitation Conference cum 6th Certificate Course in Cardiac Rehabilitation



(Photo provided by Prof. LAU Chu Pak)

The 1st Asian Prevention Cardiology and Cardiac Rehabilitation Conference cum 6th Certificate Course in Cardiac Rehabilitation was held on 2-5 December 2006 in Hong Kong Convention and Exhibition Center. A Public Conference specially designed for the cardiac patients and their family members was held on 3 December 2006.



2011 5th Congress of Asian Society of Cardiovascular Imaging



It was the first time that Hong Kong College of Cardiology and Hong Kong College of Radiologists joined hands to organize the international conference at Hong Kong Convention and Exhibition Centre on17-19 June 2011.

2012 The Jockey Club 'Heart-safe School' Project



2013 6th APHRS & CardioRhythm 2013

Supported by Education Bureau and Department of Health and founded by the Hong Kong Jockey Club Charities Trust, HKCC organised the "Heartsafe School" Project from 2012 to 2015. It aims are to develop local schools into "heart-safe" premises by installation of automated external defibrillator (AED) and raise schools' awareness of sudden cardiac arrest and strengthening relevant precautionary measures.



Co-organized with Asian Pacific Heart Rhythm Society and Chinese Society of Pacing and Electrophysiology, HKCC held the largest arrhythmia meeting in the Asia-Pacific region at Hong Kong Convention and Exhibition Centre on 3-6 October 2013.



2016 Dr. C O Pun and Dr. Mary B L Kwong Scholarship, 2016



Dr. C O PUN and Dr. Mary B L KWONG Scholarship was set up in August 2016 in memory of the passing of Dr. CO Pun and to provide an opportunity for Candidates to acquire advance techniques in the field of Cardiology.

2018 AF Campaign: Atrial Fibrillation Screening Guinness World Record



Atrial Fibrillation Screening Guinness World Record was set on 4 February 2018 at L'hotel Nina in Tsuen Wan, supported by the Hong Kong Medical Association and Lions Club of Tuen Mun. The most atrial fibrillation screenings in 8 hours were 899.





2018 14th Asian Interventional Cardiovascular Therapeutics Congress

The 14th Asian Interventional Cardiovascular Therapeutics (AICT) Congress was jointly hosted by HKCC and HKSTENT at the Hong Kong Convention and Exhibition Centre (HKCEC) on 7 – 9 September 2018.

2020 World Heart Day Live Show



In light of COVID-19 situation, the 1st online World Heart Day Live Show was broadcasted via Facebook pages of 881903.com, World Heart Day and H2C on 14 November 2020. It also celebrated the 20th anniversary of Jump Rope for Heart.



Presidents Over the Years



Dr. TSE Tak Fu Past President (1991-1995)



Prof. LAU Chu Pak Past President (2003-2007)



Dr. WONG Kwok Yiu, Chris Past President (2011-2013)



Dr. LAU Yuk Kong Past President (2017-2019)



Dr. CHENG Chun Ho Past President (1995-1999)



Dr. PUN Chiu On* Past President (2007-2009)



Dr. CHAN Kam Tim Past President (2013-2015)



Dr. CHAN Ngai Yin Immediate Past President (2019-2021)



Dr. KO Tak Him, Patrick Past President (1999-2003)



Dr. CHIANG Chung Seung Past President (2009-2011)



Dr. LI Shu Kin Past President (2015-2017)



Dr. CHAN Wai Kwong, Andy President (2021-2023)



I was first involved in the activities of the Hong Kong Cardiac Society after my return from training of Cardiology at the Cardio-thoracic Institute at the Brompton Hospital, London in the United Kingdom and resumed my duty in the University Department of Medicine at the Queen Mary Hospital, Hong Kong. The active members and leadership then included Drs. Victor Yan, Pau Wing Iu, Kwong Siu Ming, Raymond Woo and Peter Wong. In 1980, it was announced that Hong Kong would be returned to China in 1997, the community of Hong Kong was in a chaotic state. Our seniors were busy forming the Academy of Medicine of Hong Kong hoping to protect the professional autonomy of medicine under the Chinese rule.

I was asked to interest the cardiologists to form a group basing on the structure of the Hong Kong Cardiac Society and with a view to applying to the Academy to become an academy College when circumstances were appropriate. That was how the Hong Kong College was formed. We were established before the Academy of Medicine. However, as all senior physicians love to have all specialties under the same roof, we remain as a non-Academy college as of to-day. However, it has not stopped us from growing to an important and influential NGO as to-day. Being a non-Academy organization permits us to carry out numerous community projects more freely and hence increases our collaboration with people from all walks of life.

As President of the Hong Kong College of Cardiology, at the right time as fate had it, I was most honored to be elected the President of the World Heart Federation, Geneva, for the term 1999-2000, and later in 2010 was President of the World Congress of Cardiology in Beijing.

I was most fortunate to have Dr. Patrick Ko and Dr. Kenneth Ng to help start the Jump Rope for Heart programme for the school children in Hong Kong and in 1995 to have Dr. Tai Yau Ting and Prof. Lau Chu Pak to successfully bid for the World Congress of Pacing and Arrhythmia to be held in Hong Kong in February 2003 just before the outbreak of SARS. The World Congress was an immense success.

Now all of us can see that we have very strong yearly annual scientific conference and we have strong ties with the American College of Cardiology and the Chinese College of Cardiology. The College is serving our fellows to further their interest in academic and community services very well.

The College premises is a great place for all fellows other than occasional meetings and the College will certainly continue to grow with time given the efforts all our fellows are prepared to contribute over the years and I am sure future generations will work more for the heart health of the community of Hong Kong.

Dr. TSE Tak Fu Past President (1991-1995)



In 1990, I was the last president of the Hong Kong Cardiological Society. At that time we organized biannual scientific symposium. After a joint meeting with Dr. T. F. Tse and our council members, Dr. Tse tried to highlight the benefit of forming a new college in Cardiology which could provide guidelines in training and accreditation of our future cardiologists. Eventually, the existing council members of the society agreed to dissolve the society and the reserved fund was transferred to the newly formed college as seeding money. Dr. T. F. Tse was elected as the founding President of our college.

The Hong Kong Heart Foundation was chaired by the late Sir Q. W. Lee and it had played a pivotal role in the development of our College. Apart from the named lecture (The Hong Kong Heart Foundation lecture) in our annual scientific congress, we could also invite world renowned cardiologists to share their expertise with our local and regional delegates. The Foundation also setup Hong Kong Heart Foundation Scholarships to allow local cardiologists to receive overseas training in the world's most acclaimed cardiac centres.

Dr. W. I. Pau was the key person in the arrangement of local cardiologist to receive training in the top centres in United States of America including the Mayo clinic, Cleverland clinic, University of Michican and Standford University. Now the list has extended to even more centres in the United States and other overseas centres in Europe and Asia.

For the past thirty years, I have been serving the college in various positions for a long period of time. During this period, I have observed our colleagues' true dedication and commitment in the college's various activities. (我深深體會到他們無私奉獻的精神)

On looking back, the council members of the Hong Kong Cardiological Society had made the correct decision in the transformation of our society to the college of cardiology. Now the college has grown with 309 fellows and 120 members. We are able to maintain the training standards of cardiologists in Hong Kong.

In addition, our programme like Jump Rope for Heart and World Heart Day are able to influence our younger generation and our local community on the importance of heart health.

Dr. CHENG Chun Ho Past President (1995-1999)



My HKCC Memoirs

The Hong Kong College of Cardiology (HKCC) was founded in January 1992, one year ahead of the Hong Kong Academy of Medicine, thanks to the wisdom and foresight of the senior members of its predecessor, the Hong Kong Society of Cardiological Society, as recommended by our Hon. Legal Advisor, the late Mr. Peter Mark!

The main objectives of the HKCC are:

- To advance cardiovascular science and practice via training and continued medical education.
- To promote cardiovascular disease prevention via heart health education

The HKCC established a training framework for our trainees, after an informal consultation in 1990 with two Past Presidents of the American College of Cardiology: Dr. Eliot Corday and Dr. Bruce Fye, during their visit to Hong Kong¹. Within a few years, the HKCC Council set up a disciplined and comprehensive training programme that covered all aspects of core cardiology. An annual assessment plus a dissertation and final exit examination are carried out. After completion of satisfactory training requirements and assessments, they are then conferred cardiology fellowship of the HKCC and specialist recognition by the Hong Kong Medical Council. Our HKCC Convocation conferring fellowship officially is held once every three years, and this has been an important and auspicious event of our College.

Our Cardiology fellows are encouraged to participate in additional, advanced training at renowned centres in the U.S., Europe, Canada and Australia etc, made possible through the strong support from the Hong Kong Heart Foundation. Since 1993, over 100 have taken up overseas training in various cardiology sub-specialties at advanced centres in the U.S. and all over the world. Most of our fellows have done very well, and some have been rated "outstanding"! It is comforting to see many of our younger cardiologists have now become accomplished key opinion leaders in their own right!

The Council of the HKCC has been very active in organizing scientific meetings. Aside from the Annual Scientific Congress, a multitude of scientific conferences have been held regularly, some in close partnership with the various subspecialty groups in the Hospital Authority such as Echo Hong Kong, HK-IN-PACE, HKSTENT and Paediatric Cardiology. Since 2019, we have organized core cardiology courses and these have proven highly popular among our trainees as well as our cardiologists. I salute to all those who have made tremendous contribution to these scientific and educational meetings for their hard work!

With regard to heart health promotion, the HKCC has put in a lot of effort towards promoting heart health in the community. The Council has worked hand-in-hand with the Department of Health in heart health promotional activities, and the Annual Fruit Day is one of them. As a key member of the World Heart Federation, the HKCC has organized World Heart Day annually in September to December including Heart Health Carnival, public heart health lectures and promotion of heart health via TV and other media.



In 1998, the HKCC launched the Jump Rope for Heart (JRFH) Programme to encourage our young generation to adopt a heart healthy lifestyle via exercise, and has since worked closely with the Hong Kong Rope Skipping Association (HKRSA) set up by the Department of Physical Education of the Chinese University of Hong Kong. School students participating in the JRFH learn the basic skills of rope skipping, and ways to adopt a healthy lifestyle are introduced to them. The HKCC-JRFH Inter-school Rope Skipping Competition is held annually. The HKCC works closely with the HKRSA, and their coaches focus on advanced rope skipping techniques and provide intensive training for our elite rope skippers. The HK teams of rope skippers have taken part in the Asian and the World Rope Skipping Championship (ARSC and WRSC) since 2004, and they have done extremely well. They won 5 gold, 6 silver and 4 bronze medals in the 2006 Toronto WRSC. In 2014, Hong Kong hosted the WRSC. Hong Kong Team won 28 gold, 30 silver, 34 bronze medals and broke 4 world records! Hong Kong Team and our rope skippers have thus become a legend in the world of rope skipping. We are proud of our rope skippers and we look forward to further development of this sport in Hong Kong.

Aside from the human assets mentioned earlier, we acquired our own fixed assets by purchasing our premises some 20 years ago. On August 29, 2003, when Hong Kong was just getting over SARS, the Council purchased our main office at the Bank of America Building at a price of <\$4000 per sq ft! Our secretariat and JRFH staff are thus able to work in our own office and sustain all of our professional, educational and heart health facilities, with continued and strong support from the Hong Kong Heart Foundation, our donors from private sector, pharmaceutical companies and cardiovascular industry. Our College will continue to thrive, to seek creative opportunities for our members and to uphold the pivotal role of HKCC in our cardiovascular community, so our fellows/members will be proud!

Dr. KO Tak Him, Patrick

Past President (1999-2003)

1 Patrick Pau History of Cardiovascular Medicine 1841-1992, HKCC Website



I stood on the shoulders of giants when I became the President of the Hong Kong College of Cardiology (HKCC) in 2003 – 2007. My predecessors had laid a solid foundation for the College, including fellowship training, local education, community work and cardiac health advocacy. HKCC became a major cardiology college in Asia and was pivoting to an international level.

Several events occurred during my Presidency, of which I contributed and participated, and for which I am forever proud.

INTERNATIONAL MEETINGS

World Congress on Cardiac Pacing and Electrophysiology (19 – 22 February 2003) [See Memorable Moments – 2003]

On behalf of the College, I successfully bid the World Congress under the International Cardiac Pacing and Electrophysiology Society (ICPES) to be held in Hong Kong. This was the largest major international meeting held by the College then, with over 4000 attendees from 75 countries, 110 scientific sessions and 300 international faculties. The Congress was held in the Hong Kong Convention and Exhibition Centre. We were graced by a reception in the Government House by Mrs Betty Tung, our guest of honour. Dr EK Yeoh, Secretary for Health and



ng.

Welfare officiated the congress. To this date I remained indebted for the support of the College council, who unanimously offered their support and undertook the potential financial risks of this major meeting.

1st Global Conference on Cardiovascular Clinical Trials and Pharmacotherapy Incorporating the 2nd World Heart Federation (WHF) Global Conference on Cardiovascular Clinical Trials and 13th International Society of Cardiovascular Pharmacotherapy (ISCP) Congress (1 -3 October 2004)

Organised by Dr. TSE Tak Fu, Past President of WHF (1990 – 2000) and founding President of HKCC (1993 – 1997)

Congress Presidents: Dr. TSE Tak Fu, Bill Louis (President, ISCP) & Philip Poole-Wilson (President, WHF)

8th South China International Congress of Cardiology (31 March – 2 April 2006)

Congress President of HKCC: Prof. LAU Chu Pak, in conjunction with Prof. CHAN Chuen Wing of Guangdong General Hospital, Guangzhou, China

Cardiovascular Interventional Summit (23 – 25 June 2006)

Congress President: Dr. WONG Kwok Yiu, Chris

CardioRhythm 2009 (20 – 22 February 2009)

This was organized as a continuation of the World Congress on Cardiac Pacing and Electrophysiology. It became a biannual meeting in collaboration with the Chinese Society of Pacing and Electrophysiology (CSPE).

Congress Chairs: Prof. LAU Chu Pak, Dr. TSE Tak Fu (Co-chair) & Prof. WANG Fang Zheng (CSPE)



THE JOURNAL OF HONG KONG COLLEGE OF CARDIOLOGY

Building on the Proceedings of the Hong Kong Cardiac Society, the first issue of the Journal of the Hong Kong College of Cardiology was established on 1st January 1993. The journal published abstracts from the annual scientific sessions of the College and publications by cardiologists both locally and internationally. I have enjoyed my chief editorship of the journal, with up to 4 issues per year. The new editorship is going to modify the journal this year as a contemporary web-based journal.

COMMUNITY PARTNERSHIP AND CARDIAC REHABILITATION PROGRAMME [See Memorable Moments - 1995, 2006]



Fig. 2

The HKCC has cooperated with the patient self-help group, the Care For Your Heart (established in 1995), to promote cardiac health issues directly to the patients. At that time, only the Tung Wah Hospital, The Grantham Hospital and Princess Margaret Hospital had structured Cardiac Rehabilitation and Prevention (CRP) Programme.

With my Co-chairman, Dr ST Lau, the first Cardiac Rehabilitation and Prevention conference and certificate course on CRP took place in 1994. It became a biannual events. With increased in interest in CRP and certificate course training of CRP co-workers, by Feb 2001, there were 15 CRP centres developed in the Hospital Authority Hospitals.

Our promotion of CRP were further pivoted to Asia and Asia-Pacific, and we held the Asian Pacific Cardiac Rehabilitation Conference in 2003, and the first Asian Preventive Cardiology and Cardiac Rehabilitation Conference (APCCRC) in 2006, and the 9th Conference will be held in 2022.

CONCLUDING REMARKS

Writing this document in the COVID-19 pandemic in Hong Kong, I still remembered how we overcame the SARS period in Hong Kong in 2003 when I took over the Presidency of the HKCC. My years as College President gave me very fond memories. I would like to thank the support of the Past Presidents, College Councilors, College staffs, and all the members and fellows who had given me this unique opportunity.

LEGENDS TO FIGURES

Figure 1 Presentation in a life ablation in World Congress on Cardiac Pacing and Electrophysiology 2003 Figure 2 1st issues of Journal of Hong Kong College of Cardiology

> Prof. LAU Chu Pak Past President (2003-2007)



In Memory of Dr. PUN Chiu On Past President (2007-2009)

Dr. C O Pun was a great mentor, a humble physician, an eminent cardiologist and a disciplined gentleman who served both the College and the cardiology community in the last 30 years before he passed away in 2015. He served the College as council member since 1992 and as the President from 2007 to 2009. He played a key role in training of our next generation of cardiologists in Hong Kong. Being the director of Hong Kong Heart Foundation for more than 10 years, he tried his very best to fight for the best training opportunities for our fellows, to liaise with different world-renowned cardiac centres, and to facilitate the application process, which was not an easy task in those days. Apart from fellow training, Dr Pun was also actively involved in promoting heart health education to the public and upholding medical professionalism and the high standards of cardiology in Hong Kong. The Dr. C O PUN and Dr. Mary B L KWONG Scholarship was set up in August 2016 in memory of the passing of Dr. PUN and to provide an opportunity for trainees to pursue further advanced cardiac training in overseas cardiac centres. Besides gaining personal experience and skills overseas, sharing the learning with Colleagues to achieve further development of Cardiology in Hong Kong is in the spirit of Dr. C O PUN and Dr. Mary B L KWONG Scholarship. Applicants of the Scholarship have the great opportunity to carry themselves as ambassadors of goodwill for Hong Kong, to serve the community and improve the standards of cardiovascular care and professional training in Hong Kong.

Extracts from the Memorial Album of Dr Pun (Listed in alphabetical order of last name)

"To him, the College was just like his "Second Home" " Dr. CHAN Kam Tim, Past President, Hong Kong College of Cardiology

"A great doctor heals not by hands, but by heart. A great teacher teaches not by words, but by examples."

Dr. CHAN Ngai Yin, Immediate Past President, Hong Kong College of Cardiology

"永遠活在我心中"

Dr. CHENG Chun Ho, Past President, Hong Kong College of Cardiology

"He certainly had won the respect and admiration by his colleagues and all those who knew him." Dr. KO Tak Him, Past President, Hong Kong College of Cardiology

"Dr. Pun will be deeply remembered as a dedicated professional who had unfailingly supported the Foundation in all the past years" Mr. Thomas LIANG, Chairman, The Hong Kong Heart Foundation Limited

"As a Kingsian (graduate of King's College), I am proud of having a senior Kingsian like you!" Dr. MOK Ngai Shing, Past President, HK-IN-PACE

"We have lost not only a trusted friend and colleagues but also a pillar of success of our heart center."

Dr. WONG Chi Ming, Fellow, Hong Kong College of Cardiology



With excitement and gratitude, I am honoured to be invited to write about the best recollections of the Past Presidents of my most cherished Hong Kong College of Cardiology. Looking back to its establishment, we owe much to our founder Dr TSE Tak Fu who took the lead in establishing the Hong Kong College of Cardiology in 1992 with the aims of upholding the standard of Cardiology and promoting heart health in Hong Kong. After the cornerstone was laid with the purchase of its first premises in 1999 owing to the foresight of our early presidents Dr TSE Tak Fu, Dr. CHENG Chun Ho and Dr. KO Tak Him, the College flourishes with lots of remarkable achievements and fond memories. Surely the best is yet to come!

Following the College's inception, amongst all the respectable Presidents of the College the one that we remember most is the late Dr PUN Chiu On, who was both my mentor and my dearest friend who had led the College with passion and drive. His dedication and foresight in taking the helm of the College have inspired me till now. With enthusiasm and humility, it was a privilege for me take up the Presidency of the College from 2009 to 2011. Together with other prestigious and seasoned College Presidents namely Dr TSE Tak Fu, Dr. CHENG Chun Ho, Dr. KO Tak Him, Prof. LAU Chu Pak, Dr. PUN Chiu On and Dr. WONG Kwok Yiu and other council members, we made history with a serving heart.

Built on a very solid foundation, the College has organised meaningful projects and achieved a number of milestones in the following two decades. To name but a few, we bought an additional premises amidst the challenging SARS period in 2003. It was a bold and insightful move which definitely contributed to a stable finance for the College to grow and mature. Over the years, we planned and worked diligently to ensure that our Annual Scientific Congresses, academic meetings and conferences are professionally driven and inspiring. The 'Jump Rope for Heart Program' which started in 1999 and the Hong Kong Jockey Club-funded 'Heart Safe School Project' which commenced in 2012 for installing automatic external defibrillators in schools kicked off the journey of advocating heart health for our school kids. Our College Presidents, together with our Council Members and College Fellows, have also made use of their professional knowledge to reach out to the public through celebrating the ''World Heart Day' and performing other community services.

When passing baton to our College Presidents of the next generations, namely Dr. CHAN Kam Tim, Dr. LI Shu Kin, Dr. LAU Yuk Kong, Dr. CHAN Ngai Yin and Dr. CHAN Wai Kwong, we are so pleased to witness their energizing and innovative efforts. Their sensitivity to respond to society needs such as issuing timely and easy-to-understand guidelines for heart fitness under the Covid-19 pandemic is impressive. Let me take this opportunity to commend you all, well done!

A journey of a thousand miles begins with a single step (千里之行始於足下).

Let's not allow both present and future seemingly difficulties challenge our well rooted College Pillars: Upholding Cardiology Standards in Hong Kong and Advocating Heart Wellness in the community. Working together, we'll make a difference.



Facing the public, a past president's happy recollections Dr Chris Wong

The main theme for HKCC is to maintain the clinical quality of the practicing cardiologists and promotes heart health to the general public. Over the last 30 years, I am pleased to see there was a lot of openings for improving the general knowledges on heart health to the public.

In 1999, we launched the Jump Rope for Heart programme, and the first year we have Jacky Chan (\vec{R}) to be our kick off star, and with his help we did have a lot of publicity on that. Our Jump rope for heart programme is still on going and encourages a lot of successful sportsmen and women in this area, and gains so many trophies around the world and locally. It is a very rewarding programme as we have achieved to start exercise at a very young age.

In 2000, we held the first year of the World Heart Day which was initiated by the World Heart Federation. The first event was co-organised with TVB, and we have a well attended Carnival activities in the Hong Kong Coliseum. It was broadcast to the general public in the Jade channel later. We are still doing the World Heart Day year by year with new added ideas like public lectures on heart health and related subjects, drawing competitions with the main themes on heart health, Walkathon, rope skipping, mini films, Carnivals, talks in Radio and Multimedia.... We are happy to see that the World Heart Day organised by HKCC is one of the most recognised activities by the general public. We always need new ideas in this type of activity and I encourage our young cardiologists keep on involve in here and carry on educating the public with new insights and methods.

HKCC is also the first organisation that helping the general public to aware the usefulness of the Automated External Defibrillator (AED). The first AED in Lan Kwan Fong was set up by HKCC. In 2011, with a large sum of donation by the Hong Kong Jockey Club, we started the Heart Safe School Project. From 2011 to 2013, we installed AED in 1001 schools, and trained over 10,000 teachers and staff to familiarize the use of AED and CPR for persons in need of resuscitation. AED is now installed in most of the public facilities, commercial buildings and some large residential properties. The general public had also been encouraged to learn CPR to save someone in need. The unfinished business is to implement the "Good Samaritan Law" by the Government and the Legislative Council. Hong Kong is still far behind in this area as compared to other Asian Countries.

These are just a few examples what HKCC had achieved in educating the general public, on all age group, in Heart Health. I was so pleased to be part of it as serving as the President of HKCC from 2011 to 2013. Ahead of us, honestly, is still a long journey in order to cut down the morbidity and mortality rate of heart disease in Hong Kong. Deep in my heart, I want to pass this torch to the next generation. Who is willingly to take it?

心專成功創新路 薪火相傳敢問誰

Dr. WONG Kwok Yiu, Chris

Past President (2011-2013)



Issac Newton – " If I have seen further, it is by standing on the shoulder of Giants "

The great work of our predecessors had laid down the foundation and provided the momentum for the College to move forwards. During my two years of presidency, the College continued her un-relentless efforts to serve the profession and our community.

The "Jump Rope for Heart" and "Heart Safe at School" were our flagship projects to promote heart health to the public. 2014 marked the climax of our Jump Rope for Heart program. We, together with the HK Rope Skipping Association; International Rope Skipping Federation; HK Polytechnic University; Leisure and Cultural Department and the HK Jockey Club, organized the 10th World Rope Skipping Championship. More than a thousand athletes from over 20 countries participated in this international event; whereby our HK athletes had world class performances and won many medals. We had demonstrated to the world our abilities to organize event of this scale and promote heart health through exercises. The Heart Safe at School project had its full implementation and turned out to be a great success. Students from a thousand primary; secondary and special schools were protected from the installation of automatic defibrillators in their school premises and training of staffs on basic resuscitation techniques.

Besides the wide range of ordinary academic activities, we expanded our international affiliation by successfully joined the International chapter of the American College of Cardiology and the Transcatheter Cardiovascular Therapeutics. Through organizing regular conjoint scientific sessions in the annual congresses, we had created an important platform for our colleagues to share and learn from experts all over the world.

A very sad incident happened to our College in 2015. We experienced the deepest sorrow of the unexpected loss of our ex-president and inspirational mentor, Dr. Chiu On, Pun; who had made a tremendous contribution in the oversea fellowship program under the HK Heart Foundation. Many young and upcoming fellows had benefitted from this training opportunity and advanced our Cardiology services on their return to Hong Kong. Despite his departure; Dr. Pun had left behind such a great role model for us to follow and his spirit would be perpetuated by all colleagues of our College.

In summary; I was truly impressed by the selfless dedication and commitment of every council members and fellows in this two years. This well illustrated one distinctive nature of our College - We are here to "serve" the profession and our people.

> Dr. CHAN Kam Tim Past President (2013-2015)


With thankful thoughts and joy we celebrate the 30th anniversary of our College. It is almost a reflection of stages of my own professional development in reviewing the path that the College has come through. The former Hong Kong Cardiological Society held annual conference in the late eighties. As a trainee then, we were much enthusiastic to present our abstracts in this earliest platform allowing exchange of experiences between hospitals. Thanks to the effort and wisdom of senior fellows, many of whom are mentors of our generation, together they transformed a specialty society into this College three decades ago. It is still very vivid when I recall the scene that we gowned up and formed the procession in the inaugural ceremony and the first congregation.

Our College has been committed in promoting training and professional standard. The draft of adult cardiology training guidelines in 1992 formed a foundation. Many fellows of our generation, in our capacities as College representatives or institutional leaders took part in the development of accreditation criteria leading to specialist registration. We refined the guidelines and introduced program based training with more quantifiable and objective parameters. This was timely in place as the public medical services expanded vastly to entertain the rapid growth in health care demands. Along which sufficient qualified cardiac workforce is indispensible.

Before the turn of millennium, cardiology rapidly evolved from a conventional physician practice to a complex integration with procedural and imaging elements. By ourselves, or in cooperation with overseas organizations and institutions, we organised various educational events to enhance continuous professional development for our members. Apart from which, with concerted effort of Hong Kong Heart Foundation, we have been supporting our fellows to be trained in various eminent overseas centres under the scholarship program. The experience they gained made important contributions to the advances of local practice.

Our endeavour in promoting heart health to the public has been widely appreciated. Through collaboration with charity organizations, pharmaceutical industries, patient self-help groups and various community partners, we have held the annual World Heart Day and many other programmes in promoting awareness. It is glad to see the increasing availability of AED in the public and more people acquiring CPR skills. Survivors from out-of-hospital cardiac arrest are not rarely seen nowadays from timely bystanders' rescue effort. This was not imaginable thirty years ago.

I feel most fortunate and privileged to have served the College and witness its growth. I would like to express my heart-felt thanks to our colleagues, our college staff and the supporting partners for their join effort to make a successful past. The torch will pass on as our predecessors handled to us. Younger generations are succeeding and I am confident that our College will attain an even higher altitude in the future.

Dr. LI Shu Kin Past President (2015-2017)



Prior to my presidency, our College has already become a reputable professional body with healthy finance, well established office and secretariat. We owe to many past presidents and council leaders for their years of dedication and effort to build such strong foundation.

I firmly believe that the two most important core missions of the Hong Kong College of Cardiology are:

- 1. to promote and provide top quality scientific education and professional training; and
- 2. to promote public health education

so as to bring about better clinical patient care and quality heart health for the people in Hong Kong.

To better achieve this, we made some paradigm shift.

We placed scientific value and standard the first and utmost importance, and committed to strive for excellence in organizing the scientific and educational activities. Be it our flagship annual conference or just an afternoon chapter meeting, we would ensure the delegates feel the time well spent and worth in attending every single College event.

We reorganized and established the scientific and public health education committees. We consolidated, revamped and streamlined many working groups and chapters. We laid down guidelines for a finite term of chairmanship. We recruited many new enthusiastic fellows to join our subcommittee. Not only for sharing workload and bringing new ideas, it would help to develop and breed for potential devoted College leaders. We are happy to witness a record high of 42 fellows being inducted in our 9th Congregation held in June 2019. In turn it would bring additional driving force to help achieve the College goal.

In implementation, we emphasized in building quality scientific program free from commercial influence or bias. We invited the top best available international and local faculty. We established regular joint scientific sessions with leading international and regional cardiac colleges like American College of Cardiology and European Society of Cardiology. Our annual scientific congress was for the first time held at the Hong Kong Convention and Exhibition Centre, together with huge LED stage screen for better learning experience. The College also took pride in launching the 3-year Hong Kong Core Cardiology Certificate Course, first of its kind, since 2018, for enhancing the core and up-to-date knowledge and skill for our cardiology professionals. The feedbacks were very positive and encouraging.





The 9th Congregation cum the 27th Annual Scientific Congress on 31 May to 2 June 2019 at Hong Kong Convention and Exhibition Centre

New for the public, we launched Run for Heart program with 2,000 runners. We promoted public awareness on life saving AED and AF detection. We educated the public against trans-fat. Looking forward, I hope our College would advocate for banning trans-fat food and promote more regular exercise for our growing elderly population.

Lastly, we are particularly pleased to see more and more fellows and trainees taking active part in College activities with high sense of belonging. We pledge to make the College of our members, by our members, and for our members, our patients and the general public. We wish the changes we made carry significant positive impact to our College for years to come.

Dr. LAU Yuk Kong

Past President (2017-2019)



Good fortune follows upon disaster; disaster lurks within good fortune (禍兮福之所倚,福兮禍之所伏)

- Laotse (600-470 B.C.). Tao Te Ching

Engagement, collaboration and closing the gaps were my 3 working principles when I started my presidency in the Hong Kong College of Cardiology (HKCC) in September 2019. Unfortunately, the unprecedented COVID-19 pandemic set in in early 2020 and has dramatically disturbed and changed the way we live, communicate and learn. This global disaster initially disrupted my strategic planning in leading our College. However, it took little time to prove again that "crisis creates opportunity" and we did grasp the opportunity and have achieved a number of milestones.

The Annual Scientific Congress is the flagship event in professional education in cardiovascular medicine in Hong Kong. We have re-engineered the organization and program structure since 2019 and adapted to the COVID-19 pandemic by holding a virtual and hybrid Congress in 2020 and 2021 respectively. With much encouragement and excitement, a record-high attendance of nearly 2,000 delegates from Hong Kong and different parts of the world was hit last year! The biennial Asian Preventive Cardiology and Cardiac Rehabilitation Conference in 2020 met with the same challenge and was organized in the virtual format with another record-breaking attendance of almost 1,500 delegates!

Heart health promotion is crucial in improving cardiovascular health. A highly resourceful website, the HKCC Heart Health Channel (H2C), has been established and characterized by contents review by a professional editorial board of cardiologists. Our vision is to make H2C the first-choice information source for heart heath in Hong Kong and we are much encouraged to see the rapidly increasing page views. During my presidency, we have focused on 2 large-scale heart health programs, namely stroke prevention by atrial fibrillation screening and zero trans fats campaigns. Encouragingly, the slogan for the latter "3 Low, 1 High, 0 Trans Fat" (三低一高零反式) is now widely recognized.

My most challenging mission now is to achieve indexing of the Journal of the Hong Kong College of Cardiology (JHKCC) in 2-3 years. We have revamped the submission system and a strong editorial board consisting of international and local cardiovascular researchers has been formed and is being expanded. The JHKCC now publishes with Elsevier and the first revamped issue has been published in March 2022.

I am glad to have closed some gaps in the cardiovascular disciplines covered by HKCC through facilitating the formation of the Cardiovascular Intervention Chapter, Sports and Exercise Cardiology Chapter and Adult Congenital Heart Disease Chapter. Furthermore, the HKCC mobile app has been produced for better engagement and communication with our members, fellows and the general public. If I were to look into a crystal ball, our College will continue to prosper with escalating cohesion and engagement of members and fellows!

Dr. CHAN Ngai Yin

Immediate Past President (2019-2021)



Scientific Committee

Chairman: Dr. CHAN Wai Kwong, Andy

Co-Chairman: Dr. LAU Yuk Kong, Dr. TSUI Kin Lam

Committee Members (2021-2023):

Dr. CHAN Chi Kin, William, Dr. CHAN Chi Lin, Jaclyn, Dr. CHAN Hiu Lam, Ronnie, Dr. CHAN Kwok Keung, Dr. CHAN Ngai Yin, Dr. CHAN Wing Sze, Carmen, Dr. CHIANG Chung Seung, Dr. LAM Ho, Dr. LEE Kwok Lun, Dr. LEUNG Tat Chi, Godwin, Dr. TUNGGAL Thomas, Dr. WONG Chi Yuen, Eric, Dr. WONG Ka Lam

Established in 2018 by Dr. LAU Yuk Kong, who was the President of Hong Kong College of Cardiology then, the Scientific Committee aims to promote and provide top-quality scientific education and professional training in cardiology and bring these activities to a new level.

Over the years, the Committee has organized and co-ordinated various scientific symposia, seminars, meetings and educational courses on various frontiers in cardiology. We established principles and guidelines to ensure that the scientific activities confer not only up-to-date clinical and academic knowledge but also unbiased information, to our fellows, members and other participants.

For gaining worldwide vision and global insight, we actively collaborate with international organisations such as World Congress of Cardiology, American College of Cardiology, European Society of Cardiology, British Cardiac Society, World Hypertension League, etc to organise conferences, courses and joint sessions for our members and other health professionals.

We also actively partner with other local organisations, like the Hong Kong Doctors Union, the Federation of Medical Societies of Hong Kong, and Multi-specialty Medical Mega Conference, in promoting education in various aspects of cardiology.

Besides, the Committee is actively involved in drafting guidelines and advocacies in society, such as banning of trans fat, banning of E-cigarette, and guidelines for COVID-19 vaccination.



HKCC Evening Symposium on Embracing a New Era of Innovative Cardiovascular Disease Management was successfully held on 2 Dec 2021 at Conrad Hotel.



Public Health Education Committee

Chairman: Dr. LEUNG Tat Chi, Godwin

Co-Chairman: Dr. CHAN Ngai Yin, Dr. CHAN Kwok Keung

Committee Members (2021-2023):

Dr. CHAN Ka Chun, Alan, Dr. CHAN Kit, Jacky, Dr. CHAN Leung Kwai, Jason, Dr. CHAN Wai Kwong, Andy, Dr. CHAN Yu Ho, Dr. FUNG Chi Yan, Raymond, Dr. KO Lap Yan, Ryan, Dr. KWAN Wing Shan, Iris, Dr. KWOK Chun Kit, Kevin, Dr. LAU Yuk Kong, Prof. YU Cheuk Man, Dr. YUEN Ho Chuen

A paramount mission of the Hong Kong College of Cardiology is to promote heart health to Hong Kong citizens. Despite the advancements made in cardiovascular healthcare, heart disease remains a major cause of mortality and morbidity. Educating the public on the prevention and early detection of heart disease is always a major endeavor of our College. Throughout the years, our College has been making tremendous strides in raising awareness of different cardiovascular diseases through organizing various heart health campaigns such as AF Screening and Awareness Campaign, Women Heart Health Campaign, etc. Every year, a series of World Heart Day activities have been held successfully without interruption.

In order to strengthen public health education and to consolidate the support from our enthusiastic fellows, the Public Health Education Committee was formally established in 2018 with an aim to to bring heart health messages to more people of all ages. The establishment of the Heart Health Channel, H2C in short, is another hallmark strategy for our College to connect with the community. It is a resourceful and professionally-endorsed website to disseminate our College's accurate and authoritative cardiovascular health information to the public. Our ambition is to make H2C a well-known professional and credible information platform to all Hong Kong citizens. Our College has also launched the HKCC mobile app for connection with our fellows, members and citizens. The app serves not just as a platform for fellows and members to obtain useful resources, it is also available to the general public as a means to promote heart health. The recent pandemic has not affected our determination to organize heart health promotion activities in the community. For the past two years, most of the World Heart Day activities including health talks, press conferences and student drawing competitions continue to be held online.

Our College has been advocating a healthy lifestyle to prevent heart disease. To encourage regular exercise, our College has been supporting the Jump Rope for Heart programme for more than twenty years and has organized Run for Heart events. Healthy diet with zero trans-fat has been a central theme of our heart health campaign in recent years. Apart from public hearth education, our College is also committed to continuously strive for a heart healthy environment. We had written to the government to support in prohibiting the use of partially hydrogenated oil, the main source of industrially produced trans fatty acid, and in banning e-cigarettes. Our College is delighted to know that legislation has been passed to ban the above two products.



Journal of the Hong Kong College of Cardiology

Co-Editors-in-Chief: Dr. CHAN Ngai Yin, Prof. SIU Chung Wah, David

Co-Editors: Prof. LAU Chu Pak, Dr. YAN Ping Yen, Bryan

Editorial Board:

Local (as of 29 December 2021)

Dr. CHAN Ka Chun, Alan, Dr. CHAN Yat Sun, Joseph, Prof. CHEUNG Man Yung, Bernard, Dr. CHUI Shing Fung, Dr. FAN Yue Yan, Katherine, Dr. KO Tak Him, Patrick, Dr. LAM Cheung Chi, Simon, Dr. LEE Kang Yin, Michael, Prof. LEE Pui Wai, Alex, Dr. MOK Ngai Shing, Dr. YIU Kai Hang, Prof. YU Cheuk Man

International (as of 29 December 2021)

Prof. Charalambos Antoniades, Prof. Marianne Brodmann, Dr. CHAO Tze Fan, Dr. Mario EVORA, Dr. HUANG Hsuan Li, Prof. Takanori IKEDA, Dr. Yoshio KOBAYASHI, Prof. KIM Hyung Kwan, Dr. Michael Papadakis, Dr. Shinji KOBA, Dr. LEE Jong Young, Dr. LEE Pil Hyung, Dr. L. Bing LIEM, Prof. Masato NAKAMURA, Prof. Hiroyuki OKURA, Dr. Tee Joo YEO, Dr. YU Wen Chung

A journey of a thousand miles begins with a single step (千里之行,始於足下)

- Laotse (600-470 B.C.). Tao Te Ching

It is beyond doubt that the establishment of the Hong Kong Cardiological Society in 1967 is a landmark event in the development of cardiovascular medicine in Hong Kong. The Hong Kong College of Cardiology was founded in 1992 with the major mission of promoting for public benefits the advancement in cardiovascular medicine. The mission has to be achieved by maintaining professional education and heart health promotion in the community of Hong Kong. Maybe even more importantly, promoting local research in cardiovascular medicine is another key to enhance the overall management and care for our patients in Hong Kong.

Publishing a journal with a focus in cardiovascular medicine is a fundamental step in promoting research and innovation. Under the leadership of Prof. Chu-Pak Lau, the Journal of the Hong Kong College of Cardiology was established in 1993. Since then, 146 manuscripts including 53 original articles, 32 reviews, 20 editorials, 18 case reports, 10 ECG quiz, 7 special articles and 6 letters to the Editors have been published. To encourage further the submission of high-quality work of both the local and overseas cardiologists, and to enhance the visibility and impact of our Journal, we have revamped the submission system and a strong editorial board consisting of international and local cardiovascular researchers has been formed and is being expanded. The revamped Journal of the Hong Kong College of Cardiology now publishes with Elsevier. The Editorial Manager, which is familiar to most researchers, serves as our new fully online submission, review and production system.



Although worldwide we have 142 journals in cardiovascular medicine, the demand for our own journal is indeed intense. As we are all aware, there is significant difference in ethnicity, culture, socioeconomic status, access to technology and healthcare system in different parts of the world. The heterogeneity in the above factors is especially huge in the Asia-Pacific region. Therefore, we strongly believe that the revamped Journal of the Hong Kong College of Cardiology will provide an important platform for publishing the original work from Hong Kong and other parts of the world, in particular the Asia-Pacific region.

We eagerly hope that this initial step will take us to our destination thousands of miles away!

(Adapted from Chan NY. Inaugural editorial for the revamped Journal of the Hong Kong College of Cardiology. J HK Coll Cardiol 2022; 29 (1):1)





Online Version of JHKCC



Allied Cardiovascular Health Professionals Committee

Chairman: Dr. CHAN Wai Kwong, Andy

Co-Chairman: Dr. LO Ka Yip, David

Honorary Adviser on Continuing Nursing Education (CNE programme/ activity planner):

Prof. WONG Kwok Shing, Thomas

Founded many years ago and chaired by Dr. PUN Chiu On and Dr. HO Kau Chung, Charles till February 2008, this Committee plays a very important role in:

- Providing education and training for cardiac nurses and allied health professionals.
- Enhancing collaboration and cooperation with different allied health associations.
- Facilitating the communication between medical practitioners and allied health professionals.

One of our main activities is the Allied Cardiovascular Health Professionals Symposium of the Annual Scientific Congress. The first Symposium was held on 26 March 1995 during our 3rd Annual Scientific Congress.

Dr. CHAN Wai Kwong, Andy was appointed by the College Council to be the Chairman of the Committee on 26 February 2008, and Dr. LO Ka Yip, David joined the Committee a few years ago and became Co-Chairman in 2021.

In recent years, we collaborate with Hong Kong Cardiac Nursing Association Ltd., Hong Kong College of Cardiac Nursing Ltd. and the Society of Hospital Pharmacists of Hong Kong to co-organise the Allied Cardiovascular Health Professionals Symposium of the Annual Scientific Congress. The feedback and comments received are very positive. We will continue to collaborate with different Allied Cardiovascular Health Professionals to promote education in various aspects of cardiology.



Allied Cardiovascular Health Professional Symposium of HKCC 29th Annual scientific Congress was successfully held on 10 July 2021 at Hong Kong Convention and Exhibition Centre.



Cardiovascular Intervention (CVI) Chapter

Initiated by Dr. CHAN Ngai Yin, who was the President of Hong Kong College of Cardiology (HKCC) in 2020, the Cardiovascular Intervention (CVI) Chapter was established in August 2020 to promote professional education in cardiovascular intervention for cardiologists, fellows in training and allied cardiovascular health professionals, and to elevate the standard of cardiovascular intervention in Hong Kong.

Four subgroups are set up to focus on four different areas:

HKCC CVI Fellow Course:

We organise CVI Fellow Courses in virtual or hybrid format quarterly, targeting mainly our cardiology fellows. Emphases are put on basic, safe, and effective techniques. Step-by-step and how-to approaches with real case examples are adopted. The first HKCC CVI Fellow Course with the theme of "Percutaneous Coronary Intervention for STEMI Patients (From DAPT, Thrombus to No-Reflow Management)" was held on 31 October 2020 in virtual format. One course is held every three months. The courses are recorded and put on HKCC website for review by our members. We hope our cardiologists and allied cardiovascular health professionals will also find these courses useful.

Hong Kong Complex Cardiovascular Intervention (HKCCI):

We organise Hong Kong Complex Cardiovascular Intervention (HKCCI) Conferences in virtual or hybrid format half-yearly, targeting mainly our interventional cardiologists. Emphases are put on updated and advanced cardiovascular intervention knowledge and techniques. The first HKCCI Conference with the theme of "My Most Unforgettable Case in 2020" was held on 31 October 2020 in virtual format. The Conferences are held half-yearly. Well-known overseas faculties are invited to join our meeting as moderators, speakers or panelists. The Conferences are also recorded and put on HKCC website for review by our members.

HKCC CVI Pearls Electronic Book (eBook):

This is a platform put up on our website for our experienced cardiologists to share with our colleagues, especially our fellows, their most important pearls of wisdom in various aspects of percutaneous



4th Hong Kong Complex Cardiovascular Intervention (HKCCI) 2022



Cardiovascular Intervention Fellow Course 8



cardiovascular interventions. The eBook is in powerpoint format for easy reading, with illustrations of tips and tricks through case examples, diagrams and cine images. We hope this eBook can serve the purpose of transferring our collective wisdom of CVI to our younger generations.

HKCC CVI Industrial Device Webpage:

Device technologies in the field of cardiovascular intervention advance very rapidly. We collaborate with the device companies and invite them to contribute product videos or lectures, especially about newer devices, with emphases on technical details and tips and tricks for safe and effective use of the devices. We hope this webpage can serve as a platform for our colleagues to get a better understanding of these essential devices.





Cardiovascular MRI & CT Chapter

Committee Members (until 2021-2023)

Advisers: Dr. CHAN Kam Tim, Dr. LAU Yuk Kong, Dr. Wong Chi Ming

Conveners: Dr. CHAN Hiu Lam, Ronnie, Dr. CHAN Wing Sze, Carmen, Dr. CHAN Kin Yin, Anna

Members: Dr. CHEUNG Chi Wai, Stephen (Radiology Trainer), Dr. LEE Wei Sze, Eleanor, Dr. LI Ying Wah, Andrew, Dr. WONG Ka Tak, Jeffrey (Radiology Trainer)

Year of establishment

The Cardiovascular MRI & CT Chapter has been established since 2021 which was evolving from the former Cardiovascular MRI Chapter and the Cardiac CT working group.

Date of establishment of Cardiac CT Working Group: July, 2007 Date of establishment of Cardiovascular MRI Chapter: May, 2016

Mission and Objectives:

- To promote professional application of cardiovascular MRI and CT
- To promote professional education, interests and awareness in cardiovascular MRI and CT
- To provide a platform for sharing of updated experiences and knowledge via case-based learning in cardiovascular MRI and CT.

Local and International Collaborative Society Activities:

- Pre-Congress (16th Annual Scientific Meeting, HKCC) Symposium on Computed Tomography of Coronary Artery, jointed with the Society of Cardiac Computed Tomography and Sir Run Run Shaw Heart Center, 1 May 2008
- 2. CT workshops (16th Annual Scientific Meeting, HKCC), 2-4 May, 2008, Hong Kong
- 3. Symposium on Cardiac Computed Tomography, 28 February 2008, Hong Kong
- 4. The Symposium on Latest Advances in Cardiac Computed Tomography, 28 March 2010, Hong Kong
- 5. The 5th Congress of Asian Society of Cardiovascular Imaging, 17-19 June 2011, Hong Kong Convention & Exhibition Centre, Hong Kong
- 6. HKCC SCMR symposium 2014, 12 July 2014, The Langham, Hong Kong
- 7. Hong Kong Cardiac MRI Teaching Course and Workshop, 28-29 March 2015, Teresa's Hospital, Hong Kong



- 8. Biannual Scientific Meetings of Cardiovascular Magnetic Resonance Imaging (CMR) Chapter, Hong Kong (2016-now)
- 9. HKCC SCMR symposium 2021, 26-27 June 2021, Virtual Meeting
- 10. The 15th Congress of Asian Society of Cardiovascular Imaging, 24-26 June 2022, Hong Kong Convention and Exhibition Centre, Hong Kong



Symposium on Lastest Advances in Cardiac Computed Tomography was held on 28 March 2010 at St. Teresa's Hospital.





The 1st Scientific Meeting of CMR Chapter was held on 17 September 2016 at Sheraton Hong Kong Hotel & Towers.



In light of the latest COVID-19 pandemics, the chapter organize the HKCC SCMR Symposium 2021 virtually on 26 – 27 June 2021.



Hybrid conference style was adopted in the 15th Congress of Asian Society of Cardiovascular Imaging on 24 – 26 June 2022 at Hong Kong Convention and Exhibition Centre.



Echocardiography Chapter

Conveners: Dr. LAU Yuk Kong, Dr. LEE Pui Wai, Alex

Members: Dr. CHAN Lip Kiong, Dr. CHUI Ka Lung, Dr. KAM Ka Ho, Dr. LAM Chun Wai, Willis, Dr. LAM Yui Ming, Dr. LEUNG Kwok Fai, Dr. LI Ying Wah, Andrew, Dr WONG Chi Yuen, Dr. YIU Siu Fung

It has been a great pleasure to witness the growth of the Hong Kong College of Cardiology (HKCC) Echocardiography Chapter since its birth in 2013. The Echo Chapter was established as an initiative of the College to promote the education, training, and interest in echocardiography among members, and to provide a forum for sharing up-to-date knowledge and experience in echocardiography. Thanks to the vision of the College leadership and the late Dr Pun Chiu On, who was pivotal in the Chapter's establishment, the founding and early development of the Chapter was smooth. We have since served with honor as the founding co-coordinators of the Chapter.

The first scientific meeting was organized in June 2014, and already attracted an impressive number of cardiologists, trainees, and echo nurses to attend. Since then, we have organized eight successful meetings, each covering different themes ranging from ischemic heart disease, heart failure, valvular heart disease, pulmonary hypertension, to advanced echo techniques including 3D, strain, contrast, and interventional imaging. HKCC has supported the Echo Hong Kong biennial meeting since 2015 and sponsored its Intercontinental Echo in Contest and Young Cardiologists/ Fellows Echo Case Competition. In 2017, the HKCC Echocardiography Chapter joined as a member society of the Asian-Pacific Association of Echocardiography (AAE). HKCC also supported Echo Asia (the annual scientific meeting of AAE) in Hong Kong in 2021.

We always emphasize the quality and standard of our scientific meetings, which we hope delegates would find their time well spent and enjoyable. Over the past few years, many fellows and trainees have presented a variety of amazing cases highlighting the advances and importance of echocardiography in patient management. We are pleased to witness that our cardiology community including our young cardiologists have increased their interest in echocardiography and its application in daily practice. We look forward to more achievements and success of the HKCC Echocardiography Chapter and our budding cardiologists in the coming future.





9th Scientific Meeting of Echocardiography Chapter 8th Scientific Meeting of Echocardiography Chapter on 6 August 2022

on 14 August 2021



Hong Kong Core Cardiology Certificate Course

Organizing Committee

Chairman: Dr. LAU Yuk Kong

Co-Chairmen: Dr. TSUI Kin Lam, Dr. Thomas TUNGGAL

Members: Dr. CHAN Ngai Yin, Dr. CHAN Yu Ho, Prof. SIU Chung Wah, David, Dr. WONG Chi Yuen, Eric

Background

One of the most important missions of Hong Kong College of Cardiology (HKCC) is to promote the training and standard of our cardiology professionals so as to translate into better clinical patient care.

In view of the vast and tremendous explosions in knowledge with ever increasing new advances, it is getting more difficult for cardiologists and fellow trainees to stay abreast and keep up-to-date on core knowledge as well as new frontier technology.

However, the prerequisite of top-quality patient care depends highly on core clinical knowledge and experience. Therefore, HKCC determines to launch this first-of-its-kind certificate training course in July 2018. We are pleased to have Hong Kong Public Hospital Cardiologists Association (HKPHCA), which shares similar aims, to co-organize the course.

Goal

The goal of the course is for our cardiology professionals to enhance their core cardiology knowledge and skill in day-to-day clinical practice.

The course provides a comprehensive broad base and up-to-date review of clinical diseases and management. Participants also learn from experienced cardiologists the pearls of wisdom. Upon completion of all the 9 modules, delegates would acquire solid clinical knowledge to be highly competent to face daily clinical challenges.

Course Description

HKCCCC consists of 9 modules, each of one-day duration, over the period of 3 years. The course covers topics including general cardiology, coronary artery disease, arrhythmia, valvular & pericardial disease, heart failure & cardiomyopathy, congenital heart disease, hypertension, perioperative consult, systemic diseases, pregnancy & oncology related heart diseases, clinical electrophysiology, core echocardiographic & interventional knowhow & tips, critical cardiac care, advice and pearls of wisdom from the experts.

Approach to common symptoms and intelligent use of investigations are highlighted. The course also serves as good review for trainees to prepare for cardiology examinations.



Target Participants

All cardiologists in clinical practice and fellow trainees will benefit from the course. Due to limited capacity to allow for more interaction, fellows in training who are also members of HKCC / HKPHCA have priority for enrollment.

Certification

A short examination is being held at the end of each module. Delegates passing the examination will get a certificate of that module. Upon completion and passing examination of at least 6 out of 9 modules, delegates will get a certificate for the Course.

Past

The first HKCCCC was extended to 4 years due to covid pandemic. It has been very well received. Over 95% pre-registrants physically attended (except the one virtual meeting in November 2020). Our quota has to be expanded to accommodate some keen onsite registrants. The feedback evaluation has mostly been ranked top with over 5 - 6 on a scale of 6. Delegates found the course very practical and useful in daily clinical practice. Most delegates were very satisfied and many expressed gratefulness to the passionate organizer and faculty.

Future

Riding on the success of the first course, we commit to strive for even better in future. We will make the course stand for another brand name scientific course of the College - enthusiastic fellows and members would all be keen to participate and benefit one another.



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Pacing and Clinical Electrophysiology Chapter

Convener: Dr. CHAN Ngai Yin

Adviser: Dr. LAU Chu Pak

Members: Dr, CHAN Kit, Jacky, Dr. CHENG Yuet Wong, Dr. CHEUNG Li Li, Lily, Dr. HAI Siu Lan, JoJo, Dr. LEUNG Chun Yu, Dr. LI Shu Kin, Prof. SIU Chung Wah, David, Dr. YUEN Ho Chuen, Dr. YUEN Sze Man

It is always difficult, if not impossible, to know what has been achieved with a professional education program. A cardiac electrophysiologist from Malaysia once came up to me after I gave a lecture in Beijing. He thanked me for the contribution to professional education in cardiac electrophysiology and that he has chosen to work in this field after attending many of my lectures. This is certainly an encouragement which has all along fuelled my enthusiasm and perseverance in professional teaching.

Heart Rhythm Refresher Course was the first structured, interactive, case-based and round-theyear educational program in the management of heart rhythm disorders, co-organized by the Hong Kong College of Cardiology and the Hong Kong Interhospital Network of Pacing and Cardiac Electrophysiology. It was specially designed for the cardiology trainees to prepare for the exit examination and the established cardiologists who would like to update their knowledge in this field. A total of 10 modules were organized from 2013 to 2017 and well-received with satisfactory attendance. Professional education in heart rhythm disorders was then organized by the Electrophysiology and Pacing Working Group. The Working Group was converted to the Pacing and Clinical Electrophysiology Chapter of Hong Kong College of Cardiology in 2018.

The Pacing and Clinical Electrophysiology Chapter has recently been restructured and many young and energetic cardiac electrophysiologists in Hong Kong have joined. A number of exciting initiatives are in the pipeline. The Pacing and Clinical Electrophysiology Chapter Case-Based Course (PACE-CBC) will be the new professional education programs in heart rhythm disorders. An interactive online platform will be constructed for ECG interpretation and discussion of challenging cases in heart rhythm disorders. A heart health promotion project on sudden cardiac arrest will also be kicked off this year. Last but not least, a pilot home AED program for high risk patients with myocardial infarction is being worked on.

It is well-known that there is great difficulty in motivating cardiology trainees to specialize in the field of Cardiac Electrophysiology and for the few who do, there is a steep learning curve. During the first meeting of the revamped Pacing and Clinical Electrophysiology Chapter, when a young member mentioned that she has learned a lot from the Heart Rhythm Refresher Course and that something riding on that should be organized, I was deeply touched by what our College had contributed to professional education in cardiovascular medicine. I am fully confident that the new Pacing and Clinical Electrophysiology Chapter will bring high-quality and effective programs in professional education, heart health promotion and research to Hong Kong!



Paediatric Cardiology Chapter

Committee (2022-2024)

Chairman: Dr. LUN Kin Shing

Vice-Chairman: Dr. CHEN Hay Son, Robin

Hon. Secretary: Dr. MOK Chi Fung, Geoffrey

Members: Dr. CHAU Kai Tung, Dr. CHEUNG Wai Yin, Eddie, Dr. FONG Nai Chung, Dr. WONG May Ling, Dora

Past Chairman (2018-2022): Dr. YUNG Tak Cheng

The Hong Kong College of Cardiology was founded in January 1992. This year our College celebrates its 30th birthday. For many of us, turning 30 marks the beginning to live life to the fullest. For our College it is a milestone of finding its feet both locally in Hong Kong and in the international cardiology community.

In the first batch of 73 fellows admitted to the HKCC in Dec 1992, seven were paediatric cardiologists. Over the years, with limited resources the local paediatric cardiology service expanded gradually. As at 2021 the paediatric group of the College has grown to 31 fellows and 10 members. Undoubtedly we are a minority among our adult cardiology colleagues. The uniqueness of paediatric cardiology in disease spectrum and different intervention approaches has driven us naturally to organize our own paediatric sessions in the Annual Scientific Congress and



also independently in other events. In 2008 with the support of our past President, Dr Pun Chiu-On, and the Council, we established the Paediatric Cardiology Chapter. Leading our group were Dr Chau Kai Tung and Dr Yam Man Ching.

In line with the missions of our College, formation of the Paediatric Chapter aims to promote the highest standard of cardiovascular patient care and heart health of children in Hong Kong, through professional scientific education such as Annual Scientific Congress (ASC), the annual Paediatric Cardiology Symposium and various seminars. The paediatric sessions in the ASC are well received by local, Macau and Mainland paediatric cardiologists. It is indeed a great platform for exchange of experience and ideas as illustrated by good number of abstract and interest case submissions.

Paediatric cardiology is a highly subspecialized discipline, but the practice very often requires a multidisciplinary approach. We have close partnership with cardiothoracic surgeons in treatment of congenital heart diseases. Optimal patient management also involves input from intensivists, neonatologists, radiologists, anesthesiologists and other experts. Cardiac problems in children may also be part of the manifestations of other systemic problems, for example, oncological, immunological, metabolic, genetic and renal diseases. With the awareness of our own limitation, we strive to narrow our knowledge gap by improving connection with other specialists.



In the past few years we have co-organized Paediatric Cardiology Symposiums with Hong Kong Neonatal Society, Hong Kong paediatric Nephrology Society, and The Hong Kong Paediatric Haematology and Oncology Study Group successfully. In the future our educational activity will follow the direction of wider collaboration with other paediatric subspecialties and members of our Cardiology family, such as Echocardiography Chapter, Cardiovascular MRI & CT Chapter, Adult Congenital Heart Disease Chapter.

The College's 30th anniversary is truly a momentous occasion for all its fellows and members to celebrate and to look forward to an even more promising future.



The 1st Clinical Meeting of Paediatric Cardiology Meeting was held on 20 October 2009 at the Hong Kong Medical Association, Dr. Li Shu Pui Professional Education Centre, Central. Dr. YUNG Tak Cheung shared his view on Clinical Diagnosis of Long QT Syndrome.



Paediatric Cardiology-Nephrology Symposium 2022 co-organised with Hong Kong Society of Paediatric Nephrology was held on 15 January 2022 in virtual format.



Preventive Cardiology and Cardiac Rehabilitation Chapter

Advisers: Dr. LAU Suet Ting, Prof. LAU Chu Pak

Co-chairpersons: Dr. CHAN Ngai Yin, Dr. CHAN Wing Sze, Carmen

Members: Dr. CHEONG Yan Yue, Adrian, Dr. CHOI Man Chun, Dr. CHOW Siu Lun, Eddie, Dr. CHOY Chi Chung, Dr. FAN Yue Yan, Katherine, Dr. FUNG Chi Yan, Raymond, Dr. KWAN Wing Shan, Iris, Dr. KWONG Shu Keung, Alex, Dr. LEUNG Wai Suen, Albert, Dr. LEUNG Kai Chi, Dr. LI Sheung Wai, Leonard, Mr. CHENG Tak Lai, Dick (Nurse), Ms. NG Yuk Man (Physiotherapist), Ms. Charmain TAN (Dietitian), Mr. Wilson CHAN (Occupational therapist)

The Asian Preventive Cardiology and Cardiac Rehabilitation Conference (APCCRC) is the iconic regional scientific meeting in the field of cardiovascular prevention organized by the Hong Kong College of Cardiology. It is a biennial conference and the first one was held in 2006. The Preventive Cardiology and Cardiac Rehabilitation Working Group was formed in 2014 and converted to the Preventive Cardiology and Cardiac Rehabilitation Chapter of the Hong Kong College of Cardiology in 2018. The Chapter takes charge of the organization of APCCRC.

The scale and attendance of APCCRC has been growing since the first meeting. The 8th APCCRC was held in a virtual format in 2020 due to the COVID-19 pandemic. Very successfully, a record-high attendance of nearly 1,500 delegates was hit. The network of international collaboration has been expanded to include the International Council of Cardiovascular Prevention and Rehabilitation, Japanese Association of Cardiac Rehabilitation and Singapore Heart Foundation. Local collaboration has likewise been extended to the Hong Kong Cardiac Nursing Association, Hong Kong College of Cardiac Nursing, Kwai Tsing District Health Centre and Society of Hospital Pharmacists of Hong Kong.

The major challenge for cardiac rehabilitation in Hong Kong and the other parts of the world as well, remains a low update rate for this highly evidence-based and cost-effective treatment for patients with cardiovascular diseases. In addition, the COVID-19 pandemic while posing an immense obstacle to conventional rehabilitation service, accelerates the development of tele-medicine. Tele-cardiac rehabilitation has started in Hong Kong and data is being accumulated in this important field. The mission of the Preventive Cardiology and Cardiac Rehabilitation Chapter in the near future is to evaluate the current service provision of cardiac rehabilitation in Hong Kong and to contribute to the improvement in its update rate. Furthermore, the Chapter will provide a professional platform for international sharing of experience in tele-cardiac rehabilitation.



Sports and Exercise Cardiology Chapter

Conveners: Dr. LEUNG Tat Chi, Godwin, Dr. MAK Yiu Kwong, Gary

Core Members: Dr. CHAN Hiu Lam, Ronnie, Dr. CHAN Kit, Jacky, Dr. CHAN Leung Kwai, Jason, Dr. CHAN Ngai Yin, Dr. CHAN Wing Sze, Carmen, Dr. CHAN Yu Ho, Dr. FUNG Chi Yan, Raymond, Prof. Erik FUNG, Dr. Thomas TUNGGAL, Dr. WONG Kin Tak, Dr. WONG Tai Hung, John, Prof. YU Cheuk Man, Dr. YUNG Tak Cheung

Sports and Exercise Cardiology is a new and rapidly developing subspecialty in medicine. The last few decades have seen substantial growth in the populations of competitive athletes and highly active people around the globe. The clinical practice and research focusing on the care of these individuals have also expanded in parallel. Recognizing the significance of optimizing the cardiovascular care of these individuals and the importance of promoting regular exercise habits in a safe manner, Hong Kong College of Cardiology established the Sports and Exercise Cardiology Chapter in 2021. The inauguration was held in July 2021 during the Annual Scientific Congress. A press conference and a joint symposium with the Hong Kong Association of Sports Medicine and Sports Science (HKASMSS) were held on the inauguration day.

The missions of the Sports and Exercise Cardiology Chapter are to promote the cardiovascular and overall health benefits of regular exercise in the community, to provide dedicated cardiovascular care to athletes and exercising individuals of all ages and to provide education to physicians and allied health members in this field. The core members of the Chapter are composed of adult and pediatric cardiologists interested in sports and exercise cardiology and cardiologists with special interest in electrophysiology, cardiac imaging, heart failure, adult congenital heart disease and cardiac rehabilitation.

The Chapter will integrate structured sports and exercise cardiology programs into the core training curriculum for cardiology trainees to enable them to understand the physiological manifestations of exercise on the heart to differentiate normal physiology from pathology, to prescribe exercise for individuals with pre-existing cardiovascular conditions, to perform preparticipation cardiovascular screening, to take care of athletes and highly active people with known or suspected cardiovascular diseases by applying recommendations from contemporary sports and exercise cardiology guidelines. In addition, updated sports and exercise cardiology courses and seminars will be organized to interested physicians and allied health members. The Chapter hopes to provide a network and forum for interested professionals to exchange their knowledge and to share their interesting cases and publications. Networking with sports and exercise professionals like team physicians, sports physiotherapist, fitness trainers, coaches, and sports physiologists will also be encouraged. The Chapter also hopes to establish partnership with other organizations dedicated to sports medicine such as HKASMSS, major sports institutes such as Hong Kong Sports Institute and academics dedicated to sports and exercise research.



Adult Congenital Heart Disease Chapter

Advisers: Dr. TSUI Kin Lam, Dr. YUNG Tak Cheung

Conveners: Dr. WONG Chi Yuen, Eric, Dr. TSAO Siu Ling, Sabrina

Members: Dr. CHOW Pak Cheong, Dr. CHEN Hay Son, Robin, Dr. LAM Cheung Chi, Simon, Dr. SHEA Pui Gi, Catherine, Dr. KAM Ka Ho, Kevin, Dr. SO Chak Yu, Kent

With the support of Hong Kong College of Cardiology, the ACHD chapter was realized in July 2021. Our chapter's mission is to promote:

Advocacy for our ACHD patients

Congenital heart disease education

Heart health for ACHD

Develop research collaboration

Congenital heart surgery in Hong Kong was first performed by Prof GB Ong in Queen Mary Hospital back in 1964. Paediatric congenital heart surgery started in Grantham Hospital by Dr. Kwong and Dr. Bryant in 1968. Adults with congenital heart disease (ACHD) are testaments to the success of Congenital Heart Surgeries and Paediatric Cardiology care in Hong Kong.

While paediatric congenital heart disease care is much organised and developed, ACHD care remained scattered and unstructured. Most of the time, ACHD care is under the leads of Paediatric Cardiologists. ACHD patients may have complex anatomy and physiology, therefore, will be best cared for by paediatric cardiologists who understand their unique hemodynamics, in collaboration with adult cardiologists who can manage acquired heart disease that comes with age. With increased recognition and need of ACHD care, ACHD clinic was established in 2010 by Dr. PC Chow in paediatric cardiology, joined by adult cardiologists in QMH. While ACHD surgical patients are admitted under CTSU, dedicated ACHD beds were in operation in QMH medical cardiac unit since 2015 to accommodate ACHD in-patient medical needs. Out-patient clinics and in-patient care of ACHD patients were also provided in QEH and PWH.

With ACHD care being taken up in adult setting, seamless transfer and transition from paediatric cardiologist to ACHD cardiologist is of prime importance. Transition services and care has been developed under paediatric cardiology QMH, and now HKCH, since 2018 to prepare adolescents with CHD from family-centered paediatric services to patient-centered adult services.

We hosted our first virtual scientific symposium on Tetralogy of Fallot – past and future on February 12th, 2022. We had 11 faculty including an overseas expert. The symposium was well received with over 200 attendees. We plan to organize future symposiums to share knowledge on different types of congenital heart disease.





We hope the ACHD Chapter established under HKCC would help to raise awareness of ACHD population, to lead the development of collaborative, multidisciplinary ACHD care, to enhance knowledge exchange and to create research opportunities in Hong Kong.



Hong Kong Heart Foundation Cardiology Training Fellowship Programme

Mission

- ~ To promote, assist and encourage training and medical research study in the field of Cardiology.
- ~ To provide financial support to successful applicants to pursue their fourth-year fellowship training in a subspecialty in Adult Cardiology, Paediatric Cardiology or Cardiovascular Surgery.

History

The Hong Kong Heart Foundation (HKHF) Limited was stablished in 1975 as a non-profit making organization. Its main objectives were to promote, assist and encourage medical research and training in the field of Cardiology. To catch up with the rapid advance in the field of cardiology, a group of senior cardiologists including Dr. Tse Tak Fu and Dr. Patrick Pau came up with the idea of arranging trainees from Hong Kong to undergo further advanced subspeciality training in oversea centres after they had completed the core cardiology training in Hong Kong. Through the generous support from Sir Lee Quo-Wei's family trust, the Wei Lun Foundation Limited, HKHF Fellowship program was established in 1992. Because of the well-established cardiology subspeciality training structure in United States, it was desirable to send our fellows to USA for further training. Being one of the founders as well as the coordinators in United states, Dr Pau had proactively assisted and provided professional advice to potential trainees. He went ahead to contact relevant medical authorities in USA and obtained their consent to accept cardiology fellows from Hong Kong for training in their cardiac centres. Many worldrenowned cardiac centres including Mayo Clinic, Cleveland Clinic, University of Michigan, Stanford University, University of California, San Francisco, Harvard University and Columbia University were added to the list of designated training centres for our local fellows. Hands-on clinical experience was essential for our fellows. It was desirable for them to undergo one year training in each subspeciality, learning the most updated clinical knowledge and acquired the most advanced technical skills from experts. They will be guided by their mentors appointed by each programme directors. After their return to Hong Kong, they will be equipped with the latest skills and qualified to run subspecialty services as directors and pass on what they have learned.

Challenges

Many trainees should have experienced the frustration during the arrangement of their working visa to USA. The Educational Commission for Foreign Medical Graduates (ECFMG) is the federal agency that sponsor the entry of international medical graduates into USA through the issue of the Exchange Visitor (J-1) Visa. Dr Pau made the connection with the administrator of ECFMG and facilitated many visa problems for our fellows in the past 30 years. Without his help and commitment, it would be almost impossible for the trainee to join the program in a timely manner. He also managed to convince ECFMG to accept the Hospital Authority as the responsible agency for issuing the "Letter of Need" for visa application. A Letter that certified a need for Hong Kong to send fellows for subspecialty training in USA. The expense during the one-year training in USA also caused significant impact to some trainee.



Hong Kong Heart Foundation Cardiology Training Fellowship Programme

Apart from the support from HKHF, Broad members of fellowship program had actively liaised with the administrator of Hospital Authority at that time and gained their support in providing paid study leave. After overcoming all these challenges, generation of trainees can successfully completed their oversea training.

Diversity

Cardiac subspeciality training was not as diverse as in our present day. Many candidates underwent training in traditional subspeciality including interventional cardiology, electrophysiology/device therapy, echocardiography/imaging, heart failure, cardiac surgery and paediatric cardiology. The situation became more complicated as there were increasing competition for the training posts from both local USA and international cardiac fellows. This made us to search for new training centres not limited to USA but to other parts of the world. Trainee can have their training in different European and Asian cities. Cardiology is a rapid developing field of medical science and many advances have been made in the last 10 years. More trainees were having their training in Structural heart intervention, adult congenital heart disease, peripheral intervention, Complex PCI/CTO program, advanced heart failure/transplant care etc. Many of them have become the leading expert in their fields locally and internationally and it helps to enhance the level of cardiac care in the region.

Future

We would like to take this opportunity to thank HKHF for their generous support to all our fellows to pursuit their training in world renowned cardiac centres. More than 100 fellows received the scholarships and successfully underwent their oversea training since 1992. They will benefit from the oversea training while our society will benefit from the new knowledge and skills brought back by them. Apart from the role of a trainee, they will also serve as the ambassadors from Hong Kong, to make close connection and friendship with their fellow colleagues as well as leaders in the respective field during their training. This will be a unique experience that every trainee treasures for the rest of their career.



Hong Kong Heart Foundation Cardiology Training Fellowship Programme

HKHF supported more than 100 Fellows for overseas training since 1993.

Below figures show the institutes where the fellows received their training (1993 - 2021)

Name of institution (US)	Number of Training
Mayo Clinic, US	20
Brigham & Women's Hospital Harvard Medical School, US	12
University of Michigan Medical Center, US	12
Stanford University Medical Center, US	11
The Cleveland Clinic Foundation, US	6
Rigshospitalet, Denmark, Europe	5
Massachusetts General Hospital, US	3
University Hospitals Harrington Heart & Vascular Institute, Cleveland, US	3
Royal Alexandra Hospital, Canada	3
Royal Brompton Hospital, Europe	3
Centre Hospitalier Universitaire Vaudois (CHUV), Europe	2
Great Ormond Street Hospital for Sick Children, Europe	2
The Royal Children's Hospital Melbourne, Australia	2
University of California, San Francisco, US	2
Westmead Hospital, Australia	2
Beth Israel Deaconess Medical Center, US	1
CardioVasculares Centrum Frankfurt, Europe	1
Henry Ford Hospital & Medical Centers, US	1
Kaohsiung Chang Gung Memorial Hospital, Taiwan	1
Leiden University Medical Center, Europe	1
Monash Medical Center, Australia	1
Montreal Heart Institute, Canada	1
National University Heart Center, Singapore	1
Oxford Heart Centre, Europe	1
Royal Adelaide Hospital, Australia	1
Royal Infirmary, Glasgow Scotland, Europe	1
The London Chest Hospital, Europe	1
Universita Vita-Salute San Raffaele, Europe	1
University Medical Centre Utrecht, Europe	1



Coronary Intervention

Percutaneous coronary intervention (PCI) has developed at a fascinating speed over the last 30 years in terms of stent/scaffold design, indication expansion to treat more complex and higher risk patients, physiological and imaging guidance to achieve optimal results to prevent immediate and future complications as well as procedural facilitation with the use of adjunctive devices.

From balloon angioplasty to improved stent/scaffold design

Since the first coronary angiography performed by Mason Sones in 1957, treatment of coronary artery disease remained at either medication titration or the more invasive open heart surgical option of coronary artery bypass graft (CABG). It was not until Andreas Gruntzig performed the first PCI with a fixed-wire non-compliant balloon catheter in 1977 that percutaneous approach has attracted more attention. Ever since Ultrich Sigwart performed the first coronary stenting with a bare-metal stent (BMS) in 1986 to tackle the immediate complications of balloon angioplasty such as abrupt vessel closure and recoil, stent development has taken a rocketing trajectory. To reduce neointimal proliferation and subsequent in-stent restenosis, these metal stents were coated with either cytotoxic or cytostatic drugs and this formed the basis of the first generation drug-eluting stents (DES) in 1999. Subsequently, there has been continued improvements in: 1) stent platforms, from stainless steel to cobalt-chromium (CoCr) or plantinum-chromium (PtCr), with reduced strut thickness but improved radial strength and visibility, 2) newer derivatives of sirolimus, such as everolimus, zotarolimus and biolimus, to improve lipophilicity and enhance cellular uptake, 3) polymer technology ranging from durable to biodegradable polymer and the polymer-free DES. The concept of leaving nothing behind after the initial scaffold to prevent acute vessel closure and recoil with the polylactic acid bioresorbable scaffold (BRS) has attracted much attention in the recent few years. However, its unacceptably high late scaffold thrombosis rate has resulted in the removal of BRS from the global market in 2017. This did not end the fantasy to search for better ways to treat coronary artery stenosis. Newer generations of DES, more compatible bioresorbable materials or the more personalized medicine with an innovative "microRNA (miRNA)-based cell-selective therapy" are on the horizon with the promise of offering improved PCI outcomes.

Complex and high-risk patients

The first coronary angioplasty procedure was to treat a simple type A lesion. With the improvement in device design to enable lower profile of balloons and stents, coupled with better operator skills and experience, more complex patients both in terms of co-morbidities and coronary anatomies (left main disease, complex bifurcation lesions, chronic total occlusion, in-stent restenosis) are being treated with PCI. Adoption of the transradial approach even in complex coronary anatomies has greatly enhanced patient comfort and safety. The indications of PCI has also expanded from treating the more stable angina patients mainly for symptom control, to the more urgent patients suffering from acute coronary syndrome, acute myocardial infarction or even cardiogenic shock to improve their subsequent morbidty and mortality. This has partly been enabled with the use of percutaneous Mechanical Circulatory Support (MCS) devices such as IABP, Impella or ECMO.



Physiology and Imaging-guidance

It has been well-accepted in the interventional community that we can depend on physiology to justify or plan a PCI procedure and imaging to optimize the results and minimize complications. A fractional flow reserve (FFR) cut-off of <0.8 or an instantaneous wave-free ratio (iFR) of <0.89 has been regarded as an indication of coronary artery stenosis causing significant myocardial ischaemia and thus warrants an interventional procedure. For patients with coronary microvascular dysfunction, Index of Microvascular Resistance (IMR) or Coronary Flow Reserve (CFR) can help to clarify the misdiagnosis of "atypical chest pain". Both intravascular ultrasound (IVUS) and optical coherence tomography (OCT) or optical frequency domain imaging (OFDI) have been widely used to interrogate the lesion characteristics, minimize stent under-expansion and malapposition, detect inflow and outflow dissections or geographical miss. Overall, there is accumulating evidence that imaging-guided PCI can improve long-term clinical outcomes.

Adjunctive Devices

Thrombus and calcium are often coined as the worst enemies of PCI. A number of thrombectomy devices are available to remove thrombus during primary PCI for STEMI but its routine use has been downgraded to Class III indication in view of increased risk of ischaemic stroke and lack of strong clinical benefit. Heavy coronary artery calcification is a strong risk factor for stent under-expansion and malapposition. Adequate calcium modification and lesion preparation with algorithm-directed use of the different ablative devices (cutting or scoring balloons, rotational atherectomy, orbital atherectomy and intravascular lithotripsy) are of paramount importance to achieve optimal PCI results.

Future Perspectives

To build on the success of PCI over the last 30 years, the future is focused on both the patients and the operators: more precision medicine targeting at the cellular level to prevent restenosis, treating more complex and high-risk patients with better haemodynamic support and assisted/imaging devices, as well as robotic PCI combining tele-stenting and artificial intelligence to enhance operator safety while achieving more precise outcomes.

Dr. LEE Kang Yin, Michael

Head of Cardiology Department of Medicine Queen Elizabeth Hospital



Electrophysiology

Great advancement has been achieved in Electrophysiology by the Cardiology committee in Hong Kong in the past 30 years. Research from Hong Kong played a pivotal role in the development of the rateresponsive function of pacemakers. Another milestone of pacing therapy is synchronizing ventricular contraction by Cardiac Resynchronization Therapy (CRT) in patients with widened QRS complex, impaired left ventricular ejection fraction, and heart failure. In the early 2000s, Hong Kong has a lot of research inputs in the area of patient selection, widened the application, and predicted responses to CRT. A new kid on the block is physiological pacing through His-bundle or left bundle branch area pacing and has attracted a lot of attention lately. The first leadless pacemaker was implanted in Hong Kong in 2015 and this breakthrough technology reduces pacemaker complications especially related to transvenous pacemaker lead.

A very important advance in rescuing patients with life-threatening arrhythmias was the implantable automatic defibrillator (ICD). Major advances in technology resulting in increasing effectiveness have led to widespread acceptance of the device. The first subcutaneous ICD was implanted in 2014 in Hong Kong and this new technology has been shown to reduce transvenous lead-related complications. In recent years there is a better adaptation of Automatic External Defibrillator (AED) and hopefully more AEDs installed in public areas will improve the survival rate of out of hospital cardiac arrest patients

The first reported case of catheter-based Radiofrequency ablation of supraventricular tachycardia in Hong Kong was performed on a patient with atrioventricular reentrant tachycardia utilizing an accessory pathway in December 1990 by the Hong Kong University group. The technology was later adopted in pediatric patients. In the late 1990s there are two breakthroughs in catheter-based treatment of arrhythmia, the discovery of pulmonary vein trigger as the initiator of atrial fibrillation (AF) and the availability of three-dimensional mapping system, which made pulmonary vein isolation for prevention of AF occurrence possible. The contemporary approach for AF ablation also includes the option of a timesaving one-shot approach with cryoballoon. The availability of a three-dimensional mapping system in guiding ablation also allowed electrophysiologists to tackle complex atrial and ventricular arrhythmias with reduced fluoroscopy radiation exposure and more precise in identifying the mechanism and site of origin of tachycardia.

Apart from device and ablation, another area of major advancement is pharmacological therapy including new antiarrhythmic agents like Dronedraone but the real game-changer is Direct Oral Anticoagulation in replacing warfarin for anticoagulation for patients with AF. Left atrial appendage occluder is currently available as an option for patients with contraindication to oral anticoagulation.

Dr. CHAN Yat Sun, Joseph

Head of Division, Division of Cardiology (Clinical) Department of Medicine & Therapeutics Faculty of Medicine, The Chinese University of Hong Kong



Heart failure

Background

Heart Failure (HF) is associated with significant morbidity and mortality which places enormous burden on healthcare system. It is a prevalent disease affecting 1-2% of the Hong Kong Population.(1) Although HF is known to carry relative high mortality of more than 50% 5 years from diagnosis (2), there has been significant advancement in management to improve morbidity and mortality of HF over past 30 years.

Clinical Pharmacotherapies for HF- Recent Advances

Since the first landmark Consensus Trial published in 1987, which established the role of angiotensinconverting-enzyme inhibitor (ACEI) in management of HF, we are witnessing ongoing breakthrough and advances in pharmacotherapies for HF being supported by many significant landmark clinical trials. Subsequent studies further confirmed the pivotal role of beta-blockers and mineralocorticoid receptor antagonists in HF management. (3-5) These therapies are being recommended by the international guidelines and have become the cornerstone for HF management in Hong Kong all these years.(4, 5) Lately, various new pharmacotherapy for HF continued to evolve. In 2010, the SHIFT study demonstrated the use of selective sinus-node inhibitor improved clinical outcomes driven mainly by hospital admissions for worsening HF and deaths due to HF. (6) In 2014, another class of drug angiotensin receptor neprilysin inhibitor (ARNI) was studied in the PARADIGM-HF study which demonstrated significant superior effect of ARNI in reducing risks of death and of hospitalization when compared to standard treatment enalapril. This has led to favouring ARNI over ACEI in treatment for heart failure with reduced ejection fraction (HFrEF) in the latest guidelines.(7-9) The inhibitors of sodium-glucose cotransporter 2 (SGLT2-i) was a class of drug initially developed to treat diabetes mellitus and was subsequently confirmed to be useful for patients with HFrEF regardless of diabetes status in the landmark study DAPA-HF trial and EMPEROR-Reduced Trial published in 2019 and 2020, respectively.(10, 11) In 2021, the EMPEROR-Preserved trial was published and became the first clinical drug trial in patients with heart failure with preserved ejection fraction (HFpEF) which met its primary end point of composite of cardiovascular death or hospitalization for HF.(12) In 2020, the oral soluble guanylate cyclase stimulator was demonstrated in the VICTORIA trial to improve clinical outcome among patients with high-risk worsening HF.(13) All these drugs were registered and currently available in Hong Kong as contemporary HF management. (Figure 1)





Non-pharmacological Therapies for HF

Besides advancement in pharmacotherapy, there have been a lot of developments in cardiac implantable electronic devices (CIEDs) in management of HF. Heart failure patients are at risk of sudden cardiac death especially due to ventricular arrhythmias. Since the publication of landmark MADIT study in 1996 which showed significantly improved survival with the use of implantable cardioverter defibrillator (ICD) in patients with ischemic cardiomyopathy. The publication of SCD-HeFT trial in 2005 showed ICD reduce mortality in HF patients including both ischemic and non-ischemic aetiology. In Hong Kong, there are continuing significant increase in utilization of these devices (128 ICD device implantation per year before 2010 vs 324 per year after 2011 in HK, p<0.001). (14, 15) In addition, with the publications of COMPANION trial in 2004 followed by the CARE-HF (2005), MADIT-CRT (2009) and RAFT (2010), cardiac resynchronization therapy (CRT) has now been recognized as established device therapy in HF patients with wide QRS duration by improving cardiac dyssynchrony. There was significant increase in adoption of CRT devices in Hong Kong (91 CRT device implantation per year before 2010 vs 143 per year after 2011 in HK, p=0.012). (16-19)

In addition to pharmacotherapy and CIED, multidisciplinary heart failure management also received class I recommendation to reduce heart failure hospitalization and mortality. (8) In Hong Kong, community nurse service for congestive heart failure program has begun since 2015 and phone-based early postdischarge follow-up patient empowerment program has started since 2018.

Patients with HF are remarkably complex with a large burden of cardiac and non-cardiac comorbidities. More than half of patients have co-existing comorbid conditions such as obesity, chronic kidney disease, diabetes mellitus, hypertension and atrial fibrillation. International guidelines have reinforced to recognize multiple co-morbidities in HF patients and tailor patient care accordingly. Recent clinical trials and data on different treatment modalities such as transcatheter mitral repair for functional mitral regurgitation in chronic HF and atrial fibrillation for rhythm control are emerging as practical approaches.

Heart Transplant and Left Ventricular Assist Devices for Stage D HF

Being a chronic disease, some patients will inevitably progress to stage D advanced HF. Heart transplantation remained the gold standard therapy for eligible patients with advanced HF. The first heart transplant in Hong Kong was performed in 1992 and by 2021, 237 heart transplants have been performed.(20) This year is the 30th anniversary of both our first heart transplant patient. The overall post heart transplant survival rates were 86.6% and 68.8% at 1- and 10-year respectively with median survival of 18.5 years in Hong Kong which was comparable to survival rates of 84.0% and 56.8% at 1- and 10-year as well as median survival of 11.9 years reported by the International Society of Heart and Lung Transplantation registry.(20) However, due to limited donor supply and high-risk nature of stage D heart failure, patients on heart transplant waiting list faced an alarmingly high mortality of approximately 20%/year while on heart transplant waiting list in the past.(20) The introduction of durable left ventricular assist device (LVAD) provided a new light to patients deteriorating while still on heart transplant waiting list. Since the first LVAD implantation in Hong Kong in 2010, more than 140 LVAD



implantations have been performed and more than 90% of the cases were for bridge to transplantation (BTT) while the remaining were for destination therapy. It has been demonstrated that the use of BTT LVAD was associated with 79% risk reduction of waiting list mortality. Furthermore, ongoing survival after BTT LVAD was similar to those received heart transplantation up to 8 years in Hong Kong.(20)

In conclusion, we are witnessing major rapid advancements in HF management in Hong Kong over last 30 years and will certainly continue to evolve which improve the outcome of HF patients. The emphasis of careful assessment and evaluation with timely referral to a multidisciplinary Heart team is of utmost importance.

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Cardiac Imaging

Few more months to go, it will be the remarkable year in cardiac imaging from a historical point of view. This will be 60 years of echocardiography, 50 years of nuclear cardiology, 40 years of cardiovascular magnetic resonance imaging and 40 years of cardiovascular computed tomography.

In Hong Kong, Echo offers a non-invasive, safe and readily available means to provide clinicians with real time, anatomical, functional and aetiological diagnoses of cardiovascular disorders. The technology has evolved from two-dimensional functional assessment and Doppler to stress echocardiography, three dimensional measurement, speckle tracking, contrast imaging, intra-cardiac echocardiography and interventional imaging. Today, handheld echocardiography (the "virtual stethoscope") has made echocardiography the most widely used noninvasive imaging technique not only here but globally and it has been included in the training curriculum of the medical schools.

Imaging the most movable part of the body is always the most technical challenging task among all the Computed Tomography and Magnetic Resonance Imaging examinations. The initial applications for CT before great advancement before 2000 mainly focus on anatomic evaluation of the heart in patients with arrhythmogenic right ventricular dysplasia, intra-cardiac shunts, congenital heart disease and coronary artery bypass grafts. Since the introduction of more detectors and dual source CT(4 slice CT in 1999; dual source CT, 265 slice scanners and 320 slice scanners between 2005 and 2010), the increased temporal and spatial resolution improved diagnostic accuracy in diagnosing coronary artery disease. Cardiac CT becomes a widely adopted for clinicians practicing in public and private sectors. Usually the study protocol includes first, non-contrast enhanced CT to detect and quantify coronary calcium and second, contrast enhanced CT to detect non-obstructive and obstructive coronary atherosclerosis. As with the latest guideline, the application of cardiac CT has been used in place of, or complementary to, functional tests in selected patient group. The CAC Score-based algorithm provides additional guide for personalized statin management in asymptomatic patients with various 10-year risk categories for ASCVD.

Cardiac magnetic resonance imaging has been regarded as a gold standard for right ventricular assessment and congenital heart disease for decades. Since 2000, CMR techniques involving real-time imaging and 3-D data acquisitions with parallel imaging have speeded up the scanning time. This allows a comprehensive one-stop examination. Apart from standard volumetric assessment, the first pass contrast enhanced CMR after induction of vasodilator (adenosine in most centers) can be included for the functional evaluation of coronary artery status. Dobutamine CMR imaging has also been used for identifying myocardial ischemia and hibernating myocardium in some centres. Tissue characterization by late gadolinium enhancement allows the identification, location and quantitation of myocardial fibrosis, infiltration and infarction. In recent years, newer technique like T1 mapping increased the sensitivity of identifying diffuse fibrosis and myocarditis. The degree of iron deposition at the heart and the liver measured by T2* are included as a standard protocol for serial monitoring of the result of chelating therapy in Thalassemia and other transfusion dependent patients.

Dr. CHAN Wing Sze, Carmen

Council Member, Hong Kong College of Cardiology



Preventive Cardiology

Coronary heart disease had become the leading cause of death in affluent society with ageing population in developed countries. Preventive Cardiology had become an important subspecialty in the past fifty years. Risk factors were identified and evidence in decreasing mortality and morbidity by controlling the modifiable risk factors had prompted the importance of primary and secondary prevention of cardiovascular diseases. Apart from epidemiology and public health measures, clinical intervention with medications and lifestyle modification supported by advances in imaging assessment and monitoring have revolutionized the management of heart disease prevention. Evidence had shown 80% of the cardiovascular attacks can be prevented.

Anti-hypertensions	From diuretics and centrd acting drug to second generation betablockers,
	alpha blockers, calcium antagonists, ACEIs, ARBs
Anticoagulants	From warfarin to new oral anticoagulants
Lipid modification	From fibrates to statins and PCSK9 inhibitors
Diabetics medication	SGLT2 inhibitors, GLP1 receptor agonist
Antiplatelets	From Aspirin to P2Y ₁₂ Inhibitors

Examples of more effective and less side effects medication included:

Compliance in medication and healthy lifestyle is essential and can only be achieved with cooperation of healthcare personnel, patient and caregivers. Our College has been taking the leading role of advocacy, education and training. Our team of cardiologist champions in prevention conducted researches, symposiums, workshops, certificate courses and conferences for healthcare professionals and the public.

Sustained efforts in public education in heart health and disease prevention include:

- World Heart Day
- Jump Rope For Heart
- Heart Safe at School and Hong Kong
- Collaborative projects with Hong Kong Council on Smoking and Health and the Department of Health

Our College held the first international conference in 2003, the 8th Asian Pacific Congress of Cardiac Rehabilitation cum Hong Kong Preventive Cardiology Conference and 5th Certificate Course in Cardiac Rehabilitation. To commemorate the 30th Anniversary of our College, we are conducting the 9th Asian Presentative Cardiology and Cardiac Rehabilitation cum Certificate Course in Cardiac Rehabilitation.

In future, we need to sustain our efforts as we have more than six thousand deaths from heart diseases each year in Hong Kong.

Dr. LAU Suet Ting

Council Member, Hong Kong College of Cardiology



Structural heart intervention

Structural heart disease (SHD) intervention is an innovative, exciting and rapidly evolving field of cardiology in Hong Kong (HK). Over the past thirty years, there has been dramatic advancement in the technology and applicability of percutaneous transcatheter procedures and devices to treat a broad range of congenital, valvular and structural heart diseases in HK.

Transcatheter intervention for congenital heart diseases was first introduced to HK in the mid 80s starting with percutaneous balloon pulmonary valvuloplasty (PBPV) in paediatric patients. This was followed by introduction of various catheter-based occlusion procedures including patent ductus arteriosus occlusion (1991), atrial septal defect occlusion (1994) and ventricular septal defect occlusion (2002). The more recent advancement would be the inception of percutaneous pulmonary valve implantation (PPVI) program for paediatric and adult congenital heart patients since 2017, providing an alternative to repeated open-heart surgery in pluri-operated patients with dysfunctional right ventricular outflow tract.

The earliest transcatheter treatment of adult valvular heart disease in Hong Kong was percutaneous trans-mitral commissurotomy (PTMC) for severe mitral stenosis in 1990. With decline of rheumatic heart disease and ever rising aging population in HK, PTMC is now less commonly performed, and instead transcatheter treatments for degenerative valvular problems have grown exponentially. Transcatheter aortic valve intervention (TAVI) for severe aortic stenosis and percutaneous mitral valve repair with MitraClip system for severe mitral regurgitation are currently the two most commonly performed transcatheter operations for valvular heart disease in HK since their launch in 2010 and 2012 respectively.

In addition to valvular disease management, SHD intervention has also played an important role in stroke prevention. Since its launch in HK in 2009, transcatheter left atrial appendage occlusion (LAAO) has become an attractive alternative for primary or secondary stroke prevention in patients with non-valvular atrial fibrillation who are not suitable for long term oral anti-coagulation. Percutaneous closure of patent foramen ovale (PFO) with high-risk anatomic features has also been increasingly performed for secondary prevention of cryptogenic stroke in patients 18 to 60 years of age, supported by several randomized controlled trials published since 2017 demonstrating better stroke risk reduction comparing with medical therapy alone.

Founded in August 2007, the Hong Kong Society of Congenital and Structural Heart Disease (HKCASH) will continue promote professional and public education of the congenital and structural heart disease and its latest developments. Continued technical and device improvements together with ongoing clinical trials will certainly expand the possibility and future of SHD interventions.

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President Hong Kong Society of Congenital & Structural Heart Disease





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Boehringer Ingelheim

Congratulatory Message to The Hong Kong College of Cardiology 30th Anniversary

Congratulations the Hong Kong College of Cardiology on achieving a major milestone! Happy 30th Birthday!

On behalf of BIHK, it is our greatest pleasure to send greetings to the HKCC and congratulate them on the **30th anniversary**, the **Pearl Anniversary**. Pearl is a symbol of wisdom and everlasting commitment. We admire your mission and everlasting commitment to excellence in world class cardiovascular care through professional scientific exchange meetings as well as community engagement in public education.

2022 has been a challenging start of the year, but occasion like this is a wonderful reminder that great things are happening. Thank you HKCC for everything that you've done for our community especially during these hard times. It could not have been easy to keep looking after us during the pandemic.

Please accept our best wishes for a memorable year and continued success in cardiovascular care.

Ms. Lola Cheung Sales and Marketing Director Boehringer Ingelheim Hong Kong Ltd.

Congratulations!

to the Hong Kong College of Cardiology on its 30th Anniversary

With the compliments of



Engineering the extraordinary



Working Hand in Hand with the Hong Kong College of Cardiology to Help Patients in Hong Kong





30 years is a brilliant milestone! On behalf of Organon HK, I would like to congratulate the Hong Kong College of Cardiology on this very special occasion of your Pearl Anniversary, and its significant contributions towards the better cardiac health of people in Hong Kong! Congratulations! ??

Karen Chu Commercial Director (Hong Kong & Macau)

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Congratulations

to The 30th Anniversary of The Hong Kong College of Cardiology

Our heartiest thanks for your relentless efforts in promoting & protecting the cardiac health of Hong Kong people

Prism Technologies Limited, your trustworthy partner in the journey of fighting the cardiac diseases «

HONG KONG COLLEGE OF CARDIOLOGY



Happy Birthday

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