

*It is our pleasure to share the next few lines with you, in the midst of summer and the holidays, a time we love to spend with our near and dear ones.*

*We are only three months after our unforgettable meeting in Barcelona, where a unique scientific forum was held in the field of multimodal imaging diagnostics! Kudos to EACVI! For those of you who were not able to be part of this scientific event, you still have this opportunity by becoming part of the big EACVI family and having access to presentations all year long on ESC 365. Read below Dr Moharem Elgamal's take-home messages from the congress.*

*And in just a few weeks we will be able to meet again and share our future ideas and join forces with the global cardiology community at ESC Congress in Amsterdam.*

*We are very happy that Dr Alessia Gimelli, Editor in Chief of EHJ Imaging Methods and Practice is our guest in this newsletter.*

*And as always, we have prepared interesting reading texts to diversify your holiday mood.*

*See you again soon in Amsterdam!*

### **Highlight of the month by Krasimira Hristova**

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#### **Interview – Women Leaders in Cardiovascular Imaging**



**Alessia Gimelli**

Alessia Gimelli is the clinical lead of the Nuclear Cardiology Unit at Fondazione Toscana G. Monasterio, Pisa, Italy, from 2010. She is a cardiologist and nuclear medicine specialist.

She is the Editor in Chief of EACVI journal EHJ Imaging Methods and Practice, and a member of the EACVI Board.

She was the EACVI Treasurer and a member of the ESC Advocacy Committee in 2020-2022 and the EACVI Vice-President (Nuclear Cardiology and CT) in 2018-2020.

Dr Gimelli has a Master's in Health Management, University of Pisa. Since 2013, she has been leading the quality assurance system for the nuclear medicine department of the FTGM. In October 2019 she won the ESC grant: Women Transforming Leadership Programme (WTLP) run by the Saïd Business School of the University of Oxford (UK). In 2022 she received the Mentor Escalator Award for highly qualified women in medicine by Women As One. She has deep experience of clinical research on cardiovascular diseases and cardiovascular imaging and has contributed to several international high-profile projects.

- **You are part of the EACVI Women TF in CVI and you have done a wonderful job - could you describe how a woman can join you?**

Once you have familiarised yourself with the task force and its activities, express your interest in joining. Reach out to the task force coordinator, leader, or the designated contact person to inquire about the process for membership or any available opportunities. Submit

your application along with any required documentation, such as a resume or statement of interest. Do not forget to share your relevant experience, skills, and passion for the cause to demonstrate your commitment.

- **How do you feel in the role of Editor in Chief of EHJ Imaging Methods and Practice ?**

As the Editor-in-Chief of a scientific journal like EHJ Imaging Methods and Practice, I feel a sense of responsibility and pride in overseeing the publication of high-quality research and advancing the field of imaging methods and practice. It is an exciting and challenging role that involves several key responsibilities:

*Leadership:* As the Editor-in-Chief, I provide strategic direction and leadership to the journal's editorial team, working together to ensure the publication's goals are met.

*Ensuring quality and integrity:* Maintaining the journal's reputation for high-quality research would be a priority. I work closely with the editorial team to ensure the integrity of the peer-review process, adherence to ethical guidelines, and the publication of accurate and reliable research.

*Engaging with the scientific community:* As the face of the journal, I collaborate with researchers, authors, and reviewers, attending conferences, and building relationships within the scientific community. This involves promoting the journal, soliciting high-quality submissions, and staying updated on the latest advancements in imaging methods and practice. Moreover, I intend to be inclusive as much as possible, trying to engage researchers and collaborators from low-income countries, to fill the gaps between cardiological communities.

- **How do you spend your free / personal time? What is your hobby?**

Drawing and reading are two of my personal hobbies that bring immense joy and fulfillment to my life. Through drawing, I can express my creativity and imagination, allowing me to create visual representations of my thoughts and emotions. Whether it's sketching intricate details or experimenting with different art styles, the process of drawing provides me with a sense of calm and allows me to escape into a world of my own creation.

On the other hand, reading opens the doors to countless adventures and knowledge. It is a gateway to diverse worlds, characters, and ideas. When I immerse myself in a good book, I find myself transported to different eras, faraway lands, and intricate plotlines. The written word has the power to ignite my imagination, evoke a range of emotions, and broaden my perspectives. From fiction to non-fiction, each book I read leaves a lasting impact, expanding my horizons and deepening my understanding of the world.

- **Have you encountered a challenging time at work where you felt that as a woman you had been harassed or bullied?**

I consider myself fortunate that I have not personally experienced any instances of harassment or bullying based on my gender in the workplace. However, I have observed and felt the need to consistently exert additional effort and go the extra mile compared to my male colleagues. Despite my dedication, competence, and contributions, I have noticed a subtle discrepancy in the recognition, advancement, and opportunities afforded to me as a woman. This realisation

has motivated me to continuously strive for excellence, pushing through barriers and stereotypes, while advocating for equal treatment and opportunities for all.

- **What is your favourite research topic?**

Research on myocardial ischemia and myocardial innervation is at the forefront of my interests, as these topics hold great significance in the field of cardiology. Exploring the complex mechanisms underlying myocardial ischemia, I find myself captivated by the different new variables that we can evaluate, seeking innovative approaches to early detection, diagnosis, and effective treatment strategies. Additionally, delving into the realm of myocardial innervation, I am intrigued by the possibility of “seeing” it by nuclear cardiology, fueling my curiosity to understand the role of neural pathways in different cardiovascular diseases. These topics inspire me to contribute to the advancement of knowledge in the field, with the ultimate goal of improving patient outcomes and enhancing the understanding of cardiac pathophysiology.

- **What is the most important advice to a woman who wants to do cardiology in 2023?**

The most important advice to a woman who has set her sights on a career in cardiology in 2023 is to have unwavering belief in your own abilities and potential. Embrace the confidence to overcome any gender-related barriers or biases that may exist in the field. Seek out and actively cultivate relationships with experienced women cardiologists who can serve as mentors, advocates, and sources of inspiration throughout your journey. These mentors can provide invaluable guidance, offering insights into navigating the unique challenges faced by women in cardiology and sharing strategies for success. Additionally, actively engage in networking opportunities, conferences, and professional organizations dedicated to supporting women in the field, as these platforms can provide a nurturing community where you can connect with like-minded individuals and build a strong support system. Remember, your passion, dedication, and determination combined with a supportive network will empower you to thrive and make significant contributions to the field of cardiology.

- **What was the last book you read?**

I just ended to read again Don Quixote. It is a timeless literary masterpiece that explores the power of imagination, the complexities of human nature, and the enduring pursuit of idealism.

- **What was the last movie you watched?**

Indiana Jones and the Dial of Destiny. I really love adventure films, for their ability to transport me to extraordinary worlds filled with excitement, danger, and discovery. Whether it's exploring hidden archaeological treasures, embarking on perilous expeditions to uncharted territories, or embarking on epic quests, these adventure films never fail to ignite my sense of wanderlust and awaken my imagination.

Having a mentor can be very important as they serve as a trusted guide and advisor throughout various stages of life. A mentor can offer wisdom, experience, and support, helping to navigate challenges, make informed decisions, and achieve personal and professional growth. Their guidance can provide clarity, perspective, and motivation, allowing mentees to tap into their full potential and unlock opportunities they may not have otherwise recognized. A mentor also can offer a safe space for mentees to seek guidance, ask questions, and receive constructive feedback, fostering a nurturing and empowering environment for personal and professional development. By sharing their own

experiences, lessons learned, and insights, mentors can help mentees navigate obstacles, avoid common pitfalls, and accelerate their learning curve. Moreover, a mentor can provide a network of connections, opening doors to new opportunities, collaborations, and professional relationships. Building a strong mentor-mentee relationship cultivates a sense of trust, mutual respect, support and friendship, creating a lasting bond that extends far beyond the immediate mentorship period.

### EACVI 2023 Take-home messages

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**Sarah Moharem Elgamal**

Dr Elgamal is a Consultant Adult Congenital Heart Disease and Imaging Cardiologist at Liverpool Heart and Chest Hospital, UK and National Heart Institute, Egypt. Her research interests are advanced cardiac imaging, heart failure in ACHD and systemic RV.

She is currently a Board Member of the European Association of Cardiovascular Imaging (EACVI) and EACVI Chair of Web and Communication. She is also a member of the ESC Communication Committee.

EACVI 2023 Congress was the first EACVI face to face congress since the start of the pandemic 3 years ago. It was great to reunite again with friends and colleagues from all over the world in the first multimodality imaging congress!

My take home messages from EACVI 2023 are:

- It is important to know what each modality can offer to diagnose and monitor a patient's condition. As even though echocardiography can answer a lot of our clinical questions, it is important to know the utility of other modalities and how it's interpretation can aide in clinical management and surveillance. The Congress really highlighted the importance of getting the right diagnosis in a cost-effective manner.
- The use of imaging to assess different phenotypes of the clinical condition will improve our understanding of disease mechanisms and the potential for improved disease detection and risk stratification.
- Recent developments in cardiovascular imaging techniques and software has been moving at an exponential rate. Artificial intelligence and machine learning will improve the workflow of the busy imaging cardiologist. I don't expect this will make us obsolete. It is important to have a good understanding of how to use it to improve the time to acquire, quantify and analysis of exams so we can use this to our advantage to reach a clinical diagnosis faster and increase research opportunities. With a growing population of cardiac patients that are getting older, technological advances will help to meet with the increased need to deliver healthcare that meets up to European standards and to improve equality and access to healthcare throughout Europe.

**After years of online conferences, it was good to be together again! I hope you join us in 2024 for CMR 2024, ICNC and EuroEcho-Imaging.**

### Grants

1. **EACVI Research Grants**

The best way to boost your career!

Application period is 31 March to 30 September.

More information available at: [EACVI Research Grants](#)

2. **EACVI Training Grants**

The best opportunity for specialised training in the field of non-invasive cardiovascular imaging!

Application period is 31 March to 30 September.

More information available at: [EACVI Training Grants](#)

3. **EACVI Education & Training Grants**

The best opportunity for specialised training in the field of non-invasive cardiovascular imaging for women from low and low-middle incomes countries!

Application period is 1 May to 30 September.

More information available at: [EACVI Women Education & Training Grants Programme](#)

### Upcoming courses & educational programmes

1. [EACVI Teaching Course on CMR in Congenital and Paediatric Heart Disease](#)

6-8 September 2023, London, United Kingdom

2. [EACVI Teaching Course on Transoesophageal 2D&3D Echocardiography](#)

27-29 October 2023, Prague, Czech Republic

3. [EACVI EchoLisbon](#)

30 November - 2 December 2023, Lisbon, Portugal

More information available at: [EACVI Organised Courses](#)

### Upcoming exams & certification

1. [EACVI Online Certification Exam - Cardiovascular Magnetic Resonance CHD \(CMR-CHD\)](#)

Wednesday 22 November 2023 - - Registration opens 3 months prior to exam date.

2. [EACVI/EANM Online Certification Exam - Nuclear Cardiology \(NC\)](#)

Thursday 23 November 2023 - - Registration opens 3 months prior to exam date.

3. [EACVI Online Certification Exam - Cardiac Computed Tomography \(CCT\)](#)

Friday 24 November 2023 - - Registration opens 3 months prior to exam date.

4. [EACVI \(TTE\) Winter Online Certification Exam - Transthoracic Echocardiography](#)

Monday 27 November 2023 - - Registration opens 3 months prior to exam date.

5. [EACVI/EACTAIC \(TOE\) Winter Online Certification Exam - Transoesophageal Echocardiography](#)

Tuesday 28 November 2023 - - Registration opens 3 months prior to exam date.

6. [EACVI/AEPC Online Certification Exam - Congenital Heart Disease Echocardiography \(Echo CHD\)](#)

Wednesday 29 November 2023 - - Registration opens 3 months prior to exam date.

For more information, please visit: [EACVI Certification & Accreditation](#)

- 1) **Women in Cardiovascular Imaging: A Call for Action to Address Ongoing Challenges**  
<https://doi.org/10.1093/ehjci/jead158>
- 2) **Radiation protection for healthcare professionals working in catheterisation laboratories during pregnancy: a statement of the European Association of Percutaneous Cardiovascular Interventions (EAPCI) in collaboration with the European Heart Rhythm Association (EHRA), the European Association of Cardiovascular Imaging (EACVI), the ESC Regulatory Affairs Committee and Women as One**  
<https://eurointervention.pconline.com/article/radiation-protection-for-healthcare-professionals-working-in-catheterisation-laboratories-during-pregnancy-a-statement-of-the-european-association-of-percutaneous-cardiovascular-interventions-eapci-in-collaboration-with-the-european-heart-rhythm-association-ehra-the-european-association-of-cardiovascular-imaging-eacvi-the-esc-regulatory-affairs-committee-and-women-as-one>
- 3) **Understudied, Under-Recognized, Underdiagnosed, and Undertreated: Sex-Based Disparities in Cardiovascular Medicine (Circulation: Cardiovascular Interventions):**  
<https://www.ahajournals.org/doi/10.1161/CIRCINTERVENTIONS.121.011714>
- 4) **Normative values of the aortic valve area and Doppler measurements using two-dimensional transthoracic echocardiography: results from the Multicentre World Alliance of Societies of Echocardiography Study:**  
<https://academic.oup.com/ehjcmimaging/article/24/4/415/6798870>
- 5) **Sex- and age-specific normal values for automated quantitative pixel-wise myocardial perfusion cardiovascular magnetic resonance:**  
<https://academic.oup.com/ehjcmimaging/article/24/4/426/6862891>
- 6) **Multimodality imaging in thoracic aortic diseases: a clinical consensus statement from the European Association of Cardiovascular Imaging and the European Society of Cardiology working group on aorta and peripheral vascular diseases:**  
<https://academic.oup.com/ehjcmimaging/advance-article/doi/10.1093/ehjci/jead024/7070979?searchresult=1>
- 7) **Coronary Arterial Function and Disease in Women With No Obstructive Coronary Arteries (Circulation Research):** <https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.121.319892>
- 8) **Sex Differences and Similarities in Valvular Heart Disease (Circulation Research):**  
<https://www.ahajournals.org/doi/10.1161/CIRCRESAHA.121.319914>
- 9) **Sex and age-specific interactions of coronary atherosclerotic plaque onset and prognosis from coronary computed tomography**  
<https://doi.org/10.1093/ehjci/jead094>



## ESC 2023 sessions on imaging

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Explore the exciting sessions selected for you by the EACVI: [The EACVI at ESC Congress 2023](#)

## A message from the task force

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Missed the Online Brainstorming Open Forum on 27 April 2023?

A recording of this exciting event with brainstorming and lectures on CVD in women, by the task force members and Invited guests is available to watch on our web page.

Presented by Julia Grapsa, Ana Almeida, Alessia Gimelli, Elif Sade, Giulia Elena Mandoli, Krassimira Hristova, Naeimeh Hosseini, Nicoletta Orphanou, Sarah Mohareem Elgamal and Victoria Delgado.



Be part of our professional community!

[EACVI Task Force - Women in Cardiovascular Imaging](#)