

Counting down to 2024

Welcome to the last newsletter of 2023. The year flew by very fast, but before counting down to Christmas and entering 2024 we would like to update you on several activities with EACVI.

In this edition of the newsletter we will meet with two very famous, smart and intelligent women-cardiologists and experts and leaders in cardiovascular imaging - Prof. Leila Elif Sade and Assoc. Prof. Tuğba Kemaloğlu Öz. They will share with us their stories and expectations!

We would like to express our gratitude to all the contributors who found time to contribute to these newsletters during the past year !

Do not miss the opportunity to join our great international meetings in extraordinary places next year!

On behalf of EACVI Task Force for Women in Cardiovascular Imaging we wish you a merry Christmas and happy and healthy New Year 2024!

Highlight of the month by Krasimira Hristova

Interview – Women Leaders in Cardiovascular Imaging



Professor Leila Elif Sade, MD

Professor of Medicine University of Pittsburgh Medical Center, Heart and Vascular Institute, Pittsburgh, PA, USA, Chair Education Committee, European Association of Cardiovascular Imaging. Vice-President of EACVI, Chair Echo Section, EACVI Past President Working Group on Cardiac Imaging

- **Could you tell us more about your professional journey?**

I am currently working at the University of Pittsburgh Medical Center in the USA as a professor of Medicine in the Heart and Vascular Institute. I finished the medical school and cardiology training in Türkiye at Hacettepe University School of Medicine. My early career had been blended with clinical work and clinical research both in Türkiye followed by a research fellowship in the USA. The warmth of my home country brought me back to Türkiye after 18 months of an exciting research experience at the University of Pittsburgh. I continued my academic career at Baskent University and achieved professor degree in 2013 as a result of my ongoing intense research activities. My publications and presentations empowered my contribution to the ESC congresses and facilitated my connection to EACVI on a scientific platform. It did not last long for me to be involved in the board of EACVI. Since 2014 I had the opportunity to serve the association in several positions. Finally during the last mandate I had the honour to sit as the Vice President, Chair of Echo Section. Currently I am proud of Chairing

the Education Committee of the EACVI. As you know EACVI is a unique multimodality imaging Association embracing more than 10000 members from all around the world. I am proud to be part of the Board of it and fully engaged to carry the association to the future.

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

Many female colleagues have already joined me both for research and for advanced echo education during their career in Hacettepe University. Women TF of the EACVI is very active and offers opportunities to improve life standards of women as cardiologists and as patients. For example, the women TF offers education opportunities to women from underserved regions, undertake initiatives to increase the awareness of women health, raises issues about equity for access to healthcare among women, about access to professional promotion. Women TF is committed to empower the interaction between the TF members and women members of the EACVI. Social events dedicated to facilitating this interaction are organized during congresses and meetings. I highly encourage women colleagues to speak out their concerns, curiosities, future plans, and intangibles during these networking opportunities. All women are more than welcome to chat, to join the social and scientific events, to bring their perspectives and add value to the activities with their critical thinking and sharing their own experience. We want to know what they do, what they are interested in..

- **What are your key notes to women inspired by the ESC Congress, 2023?**

1- COVID taught us to use very efficiently the virtual platforms and remote connections. Yet, getting together in person has no equivalent! More women should attend congresses in person.
2- We need to work more on implementing science into patient care, even more so for female patients.
3- Women need to be more engaged in bed to bedside translational research.
4- Women need to be encouraged to take active roles in EACVI initiatives.

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

Reading, walking in forest, listening to music and swimming (in summer).

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

I gave 2 premature births. Both my children were born prematurely while I was on call, because I was on monthly (whole month) call during the third trimester of my pregnancies with no excuse. Furthermore, babies were very small (<3 kg) when I had to restart working. I had to take 45 days extra maternity leave off of salary from the Hospital which was considered as a “bad thing”. This caused me to a 1-year penalty of cut down of my salary. Nowadays, there are precise, fair and mandatory protective regulations for the peri-pregnancy period, binding also the private institutions.

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

Echocardiographic speckle tracking based research is my favourite. I am excited of exploring the puzzle of myocardial mechanical alterations in response to several clinical conditions.

- **What is the most important advice to a woman who wants to do cardiology in 2024?**
Be courageous and resilient but flexible to find the midway and to balance a multitask lifestyle. Select the joyful part of your career and work for it.
- **What was the last book you read?**
“The Book of Laughter and Forgetting” from Milan Kundera.
- **What was the last movie you watched?**
Mission impossible 7.
- **How important it is to have a mentor?**
It is a must.

Interview – Women Leaders in Cardiovascular Imaging



Associate Professor Tuğba Kemaloğlu Öz, MD

Cardiologist, advanced cardiac imager and scientist, educator and influencer, associate professor of cardiology , member of Task Force for Women in CVI

- **Could you tell us more about your professional journey?**
After completing Dokuz Eylül University Faculty of Medicine, I did my cardiology training at Siyami Ersek Hospital, İstanbul, Turkey. In the third year of my training, I went to Alabama University as a research fellow to study three-dimensional echocardiography with Prof. Dr. Navin C. Nanda. I had a chance to work on 3 D echocardiography which was a very new field for cardiovascular imaging. When I finished my training, I was offered the opportunity to continue to work in Siyami Ersek Hospital as a cardiology consultant and had a chance to work as Interventional Cardiac imager. Then I started working at Bahçeşehir University and Medical Park Hospital for 2 years and in Liv Hospital Ulus İstinye University as an echocardiography laboratory head and associate professor of cardiology for almost 4 years. Three months ago I had a job offer from Australia and accepted it. I started work in Alice Springs Hospital and Flinders University as a cardiology consultant. It was a huge change for me and my family. Throughout my professional journey, I met valuable minds, and their lights illuminated my path and made me more confident and brave.
- **What motivated you to work in Australia?**
I was working in one of the best hospitals in İstanbul for the last 4 years. At the beginning it was so exciting. I learnt a lot and not just medical experience but also social skills there. However I realized that I was doing the same things everyday, with no significant progress. I was in a plateau phase which made me feel like I was wasting my time. I had a good job offer from Australia and I wanted to expand my vision, learn the world and have more experiences. Also I want to build bridges between the Global Society of Cardiology and the Asia Pacific

region. In this way the Global society of cardiology can be a complete Global association. We can provide more opportunities to every enthusiastic cardiologist.

On the other hand, when I see other cultures I realize that everything in World is an illusion. I changed my angle, my lens and I see the World with different eyes. In this way, I no longer have a strict, fanatic devotion to my truth, but it allows me to understand the other side better and see both 9 and 6.

- **What is the difference between health care in Europe-Türkiye-America and Australia?**
Even though I am very new here, the first thing that caught my eye was that the health system here helps doctors better balance work and life. Working hours are more reasonable and time spent with patients is longer. This helps reduce the stress that already exists while working.
- **What was the biggest challenge you faced in Australia?**
It was not easy to leave my own country, language, social environment and all my routine. My son changed schools, my husband and I quit our jobs, as a family we took a risk. It was a big pressure on me. In Australia, I changed everything, even my seasons. For example winter time in Türkiye but very hot summer here with 40 degrees. English is completely different and at the beginning I could not understand jokes, despite the fact that I am a very extroverted person. I was looking with empty eyes. Based on my academic perspective, In Türkiye I was performing my echocardiography studies but here we have well experienced echocardiographers and we write reports and evaluate echocardiographic on the computer. It has advantages and disadvantages. I try to adapt to all of them.
- **What is the most important advice to a woman who wants to work outside of their countries?**
We will never know what we are capable of unless we leave our comfort zone. Otherwise we repeat and repeat ourselves. I would suggest to them to dare to be yourself, dare to change, dare to ask, dare to try, believe you will be surprised with the positive results. If you are a diamond, you will shine everywhere.
- **What do you think will change in the field of cardiology in 2024?**
We are in a big and rapid change in the field of technology. We have all witnessed in the past years that cardiology is also rapidly keeping up with this. I believe that we will use artificial intelligence, augmented and virtual reality. Additionally, we will use metaverse more in meetings, training and patient follow-up.
- **What should we do to provide better opportunities for women in cardiovascular imaging?**
We must consciously include our female colleagues in all scientific and social activity we manage. We should support and help each other. We must consider the balance between men and women when choosing speakers in our meetings or determining the board of directors. We will rise up together.

Upcoming organised meetings and congresses



[CMR 2024](#)

Co-organised with SCMR, endorsed by ESCR

24-27 January 2024

London, UK



[ICNT-CT](#) *International Conference on Nuclear Cardiology and Cardiac CT*

Co-organised by the ASNC, EACVI, and EANM

19-21 May 2024

Seville, Spain



[ESC Congress 2024](#)

30-31 August 01-02 September 2024

London - UK



[Euro-Echo Imaging](#)

11-13 December 2024

Berlin, Germany

Upcoming educational courses

- [EACVI Teaching Course on Transoesophageal 2D and 3D Echocardiography](#)
24-25 May 2024, Prague, Czechia
- Save the date! EACVI Teaching Course on CMR in Congenital and Paediatric Heart Disease
04-06 September 2024
London, UK
- Save the date! EACVI Preparatory Course to Certification in CMR
19-21 September 2024
Sophia Antipolis, France

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

Upcoming certification exams 2024

Registration opens 3 months before and closes 15 days before exam date

Summer session

- | | |
|--------------|--|
| 27 June 2024 | EACVI (TTE) Online Certification Exam - Transthoracic Echocardiography |
| 28 June 2024 | EACVI/EACTAIC (TOE) Online Certification Exam - Transesophageal Echocardiography |

Winter session

18 October 2024	EACVI Online Certification Exam - Cardiac Computed Tomography (CCT)
22 October 2024	EACVI/AEPC Online Certification Exam - Congenital Heart Disease Echocardiography (Echo CHD)
25 October 2024	EACVI Online Certification Exam - Cardiovascular Magnetic Resonance CHD (CMR-CHD)
03 November 2024	EACVI/EANM Online Certification Exam - Nuclear Cardiology (NC)
26 November 2024	EACVI Online Certification Exam - Cardiovascular Magnetic Resonance (CMR)
28 November 2024	EACVI (TTE) Online Certification Exam - Transthoracic Echocardiography
29 November 2024	EACVI/EACTAIC (TOE) Online Certification Exam - Transoesophageal Echocardiography

Grants

EACVI grants will open in the Spring 2024

1. EACVI Research Grants

The best way to boost your career!

Application period is 31 March to 30 September 2024

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 2024

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 2024

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

Be part of our professional community!
[EACVI Task Force - Women in Cardiovascular Imaging](#)

This newsletter has been prepared by the "Newsletter" sub-group of EACVI Women task force, led by Assoc. Prof. Krasimira Hristova.