

## SAC President's 2020 Opening Speech

### *Discurso inaugural de la presidencia de la Sociedad Argentina de Cardiología 2020*

Authorities of the National Academy of Medicine, Authorities of the Argentine Society of Cardiology, Argentine Foundation of Cardiology and Argentine Journal of Cardiology, Ladies and gentlemen, colleagues, family and friends,

It is an honor and a privilege to have become president of this Society, a desire and a life goal that took shape several decades ago, when I first entered this house shortly after completing my residency program, under the guidance of Raúl Oliveri. Since that early moment, I was impressed, and I knew that a great part of my professional destiny would be drawn in this field.

Our Society is one of the eldest among the Spanish speaking societies and has a deep tradition among the Argentine scientific societies. It was dreamed and founded eighty years ago by a group of visionaries, such as Braun Menéndez, Moia, Taquini and Cossio among others, who knew how to detach themselves from the world crisis in order to sow and give the initial shape to a project, which would be later nourished by several generations of cardiologists who contributed to its monolithic growth.

This is a society made up of individual members belonging to various institutions, represented as evenly as possible. With its headquarters in Buenos Aires, the Argentine Society of Cardiology is present in thirty-four districts distributed nationwide with a federal vocation and reality.

However, in a world that has progressively fewer borders, the relationship with its peer institutions in other countries is considered a strategic project of our Society, which has an increasing international impact, interacting with the Americas, Europe and the rest of the world. This interaction implies sharing academic, research and education projects and health policies, with the core mission of preventing and reducing cardiovascular diseases.

But the Argentine Society of Cardiology is primarily committed with cardiovascular health in Argentina, and has been working hard on it for a long time, particularly during the past year 2019, when the Society and the National Health Secretariat worked together on the project of the National Plan on Myocardial Infarction. We have also collaborated, and will continue to do so, in the making of registries, surveys and programs aimed at improving the cardiovascular health of Argentina.

So now, the question is: what is a scientific society

and why is it necessary?

I would say that, above all, it is a meeting and convergence point, a field for the development of common objectives intended for the insertion and promotion of a specialty, in this case, cardiovascular medicine. It is a place to learn, but it is also the scenario to show what we do, even if it seems little to us, and to humbly share it along with the experiences of others for mutual enrichment. It is a forum to unify criteria and reach consensus. It is a necessary and almost essential field to achieve the development of the specialty in harmony, with multiple goals and without ideologies and sectarianisms.

It is good to see young doctors here; the possibility of transmitting the experience of many years gives meaning to life. Medicine is theory and practice; it is a factual science with many points in common with art. Our Society encourages the integration of care, teaching and research, which in correct balance, is a powerful trainer of the medical character that requires perseverance, imagination, method and, above all, ethics.

Honesty is needed to recognize the error and humility is necessary not to believe one is the owner of the truth and to accept the points of view of the others. We must not forget that, no matter how much we want to disguise facts, the truth will always prevail.

The medical situation in Argentina is hard: lack of resources and of protected time, excessive patient load and low salaries. Training requires less time for sleep, family, and sometimes the need to borrow money. This is counterbalanced by the creative capacity of Argentine physicians, their voracity for knowledge, their ambition, concerns and resilience against adversity. I have no doubt that you, young people, carry these germs, just as we did before and were able to transmit them.

My project for the presidency can be summed up in a few points, which are intended to consolidate what those who preceded me have done so well:

Economic and financial consolidation, in a year that looks to be difficult. To ensure that production exceeds expenses, with greater investment particularly in technology and educational resources.

I will work towards a centralized resource management and increase the proportion of genuine resources, such as membership fees and educational activity.

We will naturally continue with the national health programs mentioned above and regional agreements for action plans in community health and with inter-

national projects.

Research, in all its forms, will be a primary target of my administration, together with the reformulation of the Ethics Committee and the beginning of a new stage in the Argentine Journal of Cardiology.

Certainly, we will continue with the quantitative and qualitative development of the districts, the educational scientific program and the communication project. Wikicardio will remain a strategic focus.

Finally... just a piece of my history:

I attended primary and secondary school at the *Colegio del Salvador de la Compañía de Jesús*, where I received a solid cultural and spiritual imprint, which, along with the family legacy, would shape the rest of my life. My unequivocal vocation for medicine led me into the School of Medicine at *Universidad del Salvador*, where the scientific and ethical principles received in the previous stages were consolidated in its cloisters.

During my internship, and already sure that I was going to become a cardiologist, destiny allowed me to meet Dr. Raúl Oliveri in a course which had a decisive influence for choosing the Department of Cardiology of *Hospital Italiano* as the space to develop my career. Thus, I entered the residency in cardiology in May 1975, and the hospital was my home, my way and my life, until today.

I had the privilege to be trained in cardiology by giants like Raul Oliveri, Hernan Doval, Oscar Bazzino

and Arturo Cagide, who were my teachers and embodied the goal I wanted to reach. It would be unfair not to recall Dr. Enrique Beveraggi, the leader who shaped the medical mystique of *Hospital Italiano*.

It would also be unjust not to recall my lifelong companions: Buby Schargrosky, Juan Krauss, Norberto Vulcano and César Belziti, and, of course, all the brilliant cardiologists working now in our department, headed by Rodolfo Pizarro.

But my professional life has another complementary aspect: my beloved Society of Cardiology, in which I passed through all its levels for four decades, until I was finally granted the honor of being its president.

Finally, it is time for gratitude in the order in which they appeared in my life: To God our Lord, to my parents, who gave me life, love and the drive to study and grow. To my beloved brother Carlos, my alter ego. To the Compañía de Jesús that shaped my spirit and my character. To *Hospital Italiano*, my home and my medical philosophy. To Liliana, my wife, my love, partner and support in good and bad times. To my children Cecilia, Joaquín and Pilar, who feed my life with their love and give the deepest meaning to my existence.

To all of them, thank you very much.

**José Luis Navarro Estrada**

President of the Argentine Society of Cardiology