

NEWSLETTER

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CALL FOR VOLUNTEERS!

ASEF will be supporting two humanitarian mission and training events this August. Teams will be traveling to Tartagal, Argentina and to Hanoi, Vietnam to image and assess patients. Both physician and sonographer volunteers are needed to participate in these events. Interested applicants must be current ASE members and submit an application by Sunday, April 19. Visit www.asefoundation.org/volunteer to learn more.

Check out page 2 of this issue to learn more about the lasting impact these type of events have. ASE Foundation volunteers make a world of difference - thank you!



The Countdown Has Begun and We Need Your Help!

By Tom Ryan, MD, FASE
Foundation Task Force Chair

Spring has sprung and ASE members know what that means: the countdown to the Scientific Sessions has begun! You have already gotten 2015 off to a roaring good start with your [Annual Research Awards Gala](#) ticket purchases, which go toward the funding of echocardiography research. You have also shown your support by purchasing tickets to the Foundation's [Healing Hearts Scavenger Hunt](#), which concludes with an after-party at Dillons Bar & Restaurant. The tickets to the Scavenger Hunt are U.S. tax deductible and entirely allocated to sonographer and fellow travel grants and scholarships.

You can purchase your Scavenger Hunt tickets as you register for the Scientific Sessions; however, if you have already registered for the Sessions and didn't secure your tickets, fear not! To purchase Scavenger Hunt tickets after completing your Sessions registration, please send an email to Kristen Pate, the ASE Foundation Coordinator at kpate@asecho.org. You can also call the ASE Foundation at 919-297-7169 - but hurry, attendance to the Scavenger Hunt is limited to the first 200 registrants. Details regarding the location, time, and date for the Research Awards Gala and the Scavenger Hunt can be found below.

I also want to take the time to send a hearty thank you to our [most generous donors of 2015](#): the Foundation's biggest hearts for January are Dr. A. Jamil Tajik and Dr. Susan Wieggers. February's biggest heart is Dr. Edward Gill. The Foundation is immensely grateful for your generosity and support.

Although our biggest hearts provide the Foundation with invaluable support, the Foundation is grateful for all gifts, regardless of the size. I would like to remind you that ASEF offers you the ability to make automatic, recurring monthly donations, so that you can "give it and forget it." **Did you know that if each ASE member gave \$5 a month to the ASE Foundation, our year-end total would be \$960,000?** That is quadruple what we raised last year! Help us break our record this year: consider becoming a sustainer to the ASE Foundation. We couldn't advance the field without you - thank you for your support. ■

ASEF VALUES Program: Six Months Later

*“...our sonographer students suddenly had “heroes” to look up to.”
- Ashwin Venkateshvaran, MSc, RCS, RDCS*

In August 2014, the ASE Foundation hosted its *Valvular Assessment Leading to Unexplored Echocardiographic Stratagems* (VALUES) Program, which served as a teaching and research event designed to assess the full spectrum of abnormalities seen in rheumatic heart disease, using state of the art echocardiographic modalities. Twenty ASEF volunteers traveled to Bangalore, India and worked alongside faculty at the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) for four days. **During that time, they imaged and assessed 256 patients with rheumatic heart disease.**

Six months later, we checked in with Ashwin Venkateshvaran, Sonographer Cardiology Manager at the Sri Sathya Sai Institute of Higher Medical Sciences in Bangalore, India, regarding the Foundation’s lasting impact on echocardiography in India. His interview with the ASE Foundation Coordinator can be read on the following pages.

Ashwin has championed the Foundation’s causes and has worked tirelessly to ensure that sonographers in India are provided with exceptional educational resources, a virtual meeting place to discuss anomalous echo cases, and knowledge regarding the “application of both basic and advanced echocardiographic imaging modalities in the routine assessment of patients with rheumatic heart disease.”

VALUES Program team leader David Adams and volunteer Bharat Patel have stayed in touch with Ashwin and sonographers in India over the past six months. Bharat graciously provided many sonographer students with ASE memberships and nursing students with stethoscopes. David has offered his echo expertise to sonographers via email and phone. Although ASE Foundation volunteers only stayed in Bangalore for four short days, the VALUES Program produced positive reverberations in the Indian echo community that is being felt months after the mission took place.



Ashwin Venkateshvaran, MSc, RCS, RDCS and Lead Cardiac Sonographer at SSSIHMS

The ASE Foundation supported the team of echocardiography professionals that volunteered at the Sri Sathya Sai Institute of Higher Medical Sciences (SSSIHMS) in Bangalore, India.

This article details SSSIHMS's lead cardiac sonographer, Ashwin Venkateshvaran's, perspective on the ASE Foundation's lasting impact on the echo community at SSSIHMS and in India.



Sonographers in Bangalore, India with ASE Foundation VALUES Program volunteer, Bharat Patel, RDCS, RVS, RDMS, FASE

What were your expectations for the humanitarian mission and training event in Bangalore?

The VALUES program was conceptualized as a unique humanitarian event that combined education, training and research aimed at providing novel insights into the management of rheumatic heart disease, which continues to plague many parts of the developing world.

The collaboration promised to enhance patient care through a direct interaction with professionals at the ASE, and aimed to: a) empower local physicians and sonographers through an exploration of current-day technology applied to a local context, and b) share these novel insights with the larger medical community in India using web-enabled broadcasts.

This opportunity, not often available to India, promised to improve our combined understanding of one of the oldest forms of heart disease known to man.



A view of the SSSIHMS from above

Were your expectations met?

Yes, and exceeded by miles. Over 250 patients with rheumatic heart disease directly benefitted from the ASE Foundation visit.

In addition to staff physicians at SSSIHMS, **30 physician delegates from other parts of the country travelled to Bangalore to attend the event, and many hundreds gained from the daily broadcasts from the institute.** Novel techniques, such as the use of mobile health and wearable devices, were explored to improve access to health delivery and medical training in India.

Regular talks by the ASE faculty enhanced our understanding of the utility of contemporary echocardiographic modalities, and daily scanning and image interpretation sessions provided opportunities for one-on-one interaction. Local physicians gained immensely, and our sonographer and nursing students suddenly had "heroes" to look up to. I think the visiting team has touched far more lives than



The 2014 ASEF VALUES Program Volunteer Team

they could imagine. In addition to 15 staff cardiologists and cardiac fellows, 20 nursing students, 15 sonographers and sonographer students also gained during the Foundation's four day stay.

You are the Cardiology Manager for SSSIHMS and run the Cardiac Sonographer School. How do you feel that SSSIHMS is unique?

The Sathya Sai Institute ranks among the few medical institutes in India that offers healthcare at the tertiary-level (which includes surgical and post-surgical care) at no charge to its patients. This is of particular relevance in a country with millions of people below the poverty line, with inadequate access to medical insurance or social security.

The institute is run by voluntary donations to a charitable trust. Our founder, Sri Sathya Sai Baba, strongly propagated the ideal of giving back to society, and employed healthcare as a means to do so. The model and intent make the institution quite unique.



SSSIHMS sonographers

What positive changes have been made at SSSIHMS since the VALUES Program took place?

A number of positive changes have been made at the institute, including:

- a) greater appreciation of understudied aspects of rheumatic heart disease,
- b) greater application of both basic and advanced echocardiographic imaging modalities in the routine assessment of patients with rheumatic heart disease,
- c) enhanced levels of skill and confidence demonstrated by our sonographers and students, thanks to their interactions with the ASE sonographers and
- d) on-going research collaborations with professionals from the ASE team to extend the application of mobile health devices in a developing world context.

What are some daily stressors and rewards that you associate with being the Cardiology Manager?

Stresses include balancing the needs of a diverse workforce of clinicians, sonographers, nurses and support staff as we work together to put the patient first.

As a healthcare manager, my biggest reward is to see a motivated team and happy patients. As an educator, nothing fills me more than to see my students excel at what they do.

You recently told my colleagues that the number of sonographers in India has grown tremendously over the past year. How do you keep track of the number of new sonographers?

We've employed social media and messenger-based applications on phones to network and organize



ASEF volunteer Egle Burdulis assessing a patient at SSSIHMS

sonographers from around the country. **From barely 30 sonographers during the ASEF VALUES meeting a few months ago, we are now past the 300 mark.**

The national echo society has been very supportive in providing stronger identity and incentives to the rapidly growing sonographer community, through an exclusive cardiac sonographer membership, sonographer certifications, and our first sonographer track at Echo India in October this year. We maintain a record of growing numbers based on national memberships.

Rheumatic heart disease is prevalent in India. How will SSSIHMS utilize the newly trained sonographers to help diagnose and treat those with RHD?

The practice of echocardiography in India is still physician dominated, but a rapidly growing community of well-trained sonographers can make a significant contribution to healthcare teams, improving healthcare delivery and access.

I think the ASEF visit has provided "role models" to the Indian sonographers, and suggested what is possible with hardwork, passion, but most importantly, a desire to empower. That inspiration will go a long way.



A patient and SSSIHMS cardiology professional utilize mHealth assessments

What is your favorite movie?

You probably expect me to say Bollywood, and I'm going to disappoint you. Huge Steven Spielberg fan, from the time I fell in love with E.T. as a kid.

BEANTOWN BLITZ!

In Boston, MA during the 26th Annual Scientific Sessions, the ASE Foundation will be hosting an unforgettable fundraiser and historic, downtown Boston will be your playing field. Join us on Sunday, June 14, 2015 from 6:00 pm - 8:00 pm for the Foundation's [Healing Hearts Scavenger Hunt](#), complete with an event after-party.

Also, did we mention that your \$40 ticket for this event is fully U.S. tax deductible and counts as a donation to provide fellows and sonographers with travel grants and scholarships?



You can register for this event when you sign up for the 2015 Scientific Sessions, or send us an email at foundation@asecho.org or call 919-297-7169 to reserve your spot. Tickets (if supplies last) will be available at the Foundation Booth and the Registration Desk at the Hynes Convention Center for purchase in the days leading up to this event; however, tickets will not be sold at the event site.

You'll be making a difference for echo and having a blast while doing it! The Scavenger Hunt concludes with prizes and is limited to the first 200 registrants. The Foundation encourages you to form a team of 8-10 of your colleagues, friends, and coworkers and bring some friendly competition to this event. Come fundraise with us and explore Boston through this one-of-a-kind expedition!

For more information, visit www.asefoundation.org/heelinghearts.
WE HOPE TO SEE YOU THERE!

ASEF sincerely thanks the sponsors for this year's event!

Premier Sponsor of the Heeling Hearts Scavenger Hunt & After-Party:
Lantheus Medical Imaging, Inc.



Co-Sponsor of the Heeling Hearts Scavenger Hunt:
Siemens Healthcare

SIEMENS

Save the Date for the 6th Annual Research Awards Gala!

In this era of dwindling government research funding and support for research fellowships, the ASE Foundation plays a crucial role in supporting the progress and future of our field through investment in the discovery process and in the careers of investigators. Because of your invaluable support, the ASE Foundation raised over \$70,000 at the 5th Annual Research Awards Gala. Your financial contribution allows the ASE Foundation to provide researchers with much needed funds to continue the growth and advancement of our field. In 2014, the Foundation awarded a \$200,000 research grant from this type of funding! To learn about the Foundation's \$200,000 multi-year research award, please click [here](#). ■



Join the ASE Education and Research Foundation for the 6th Annual Research Awards Gala in Boston. The evening will celebrate the accomplishments of awardees and the dynamic field of cardiovascular ultrasound while enjoying a theme of "Revolutionizing Research." Registration is now open! All prior Galas have sold out; purchase your tickets today.

WHAT: Black-tie optional/cocktail attire with dinner and dancing

WHERE: The Fairmont Copley Place, 138 St. James Avenue, Boston, MA

WHEN: Saturday, June 13, 2015 (7:00 pm - 11:00 pm) during the 26th Annual ASE Scientific Sessions

WE HOPE TO SEE YOU THERE!

Research Advocate Table - \$6,000

A table at this level receives premier seating for 10, recognition at the podium, a listing on the ASEF website, and ads recognizing your support of the Foundation in the Journal of the American Society of Echocardiography and the ASE Scientific Sessions Final Program.

Research Benefactor Table (Table Captains) - THIS LEVEL HAS SOLD OUT!

A table at this level receives prime seating for 10, recognition at the podium, a listing on the ASEF website, and an ad recognizing your support of the Foundation in the ASE Scientific Sessions Final Program.

Research Patron Table - \$4,000 (Individual tickets - \$400)

A table at this level receives prime seating for 10, and a listing on the ASEF website.

Research Supporter Tickets - \$325

Individual seating at open tables.

A portion of each table or ticket sale is considered a charitable tax donation to the ASE Foundation's 2015 Annual Appeal in support of echocardiography research.

If you cannot attend the Gala but wish to make a contribution to the ASE Foundation, please click [here](#). If you have any questions regarding the Gala, please email gala@asecho.org or call 919-297-7188.

Honoring ASE's 2015 Award Recipients



PHYSICIAN LIFETIME ACHIEVEMENT AWARD

Steven A. Goldstein, MD

MedStar Washington Hospital Center, Washington, DC



RICHARD POPP EXCELLENCE IN TEACHING AWARD

Marielle Scherrer-Crosbie, MD, PhD, FASE

Massachusetts General Hospital, Boston, MA



SONOGRAPHER LIFETIME ACHIEVEMENT AWARD

Margaret "Peg" Knoll, RCS, RDCS, FASE

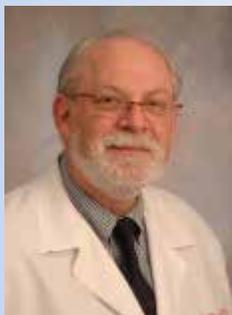
University of California - Irvine Health, Orange, CA



OUTSTANDING ACHIEVEMENT IN PERIOPERATIVE ECHOCARDIOGRAPHY AWARD

Michael K. Cahalan, MD

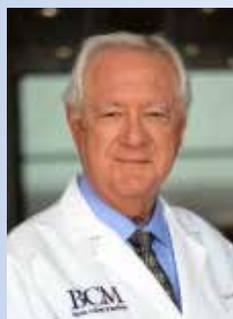
University of Utah Health Care, Salt Lake City, UT



MERITORIOUS SERVICE AWARD

Roberto M. Lang, MD, FASE

University of Chicago Medical Center, Chicago, IL



COUNCIL ON PEDIATRIC AND CONGENITAL HEART DISEASE FOUNDER'S AWARD

Hugh D. Allen, MD

Texas Children's Hospital, Baylor College of Medicine, Houston, TX

Why I Choose to Donate...

Dr. Susan Wiegers explains why she chooses to donate to the ASE Foundation.



"Cardiovascular ultrasound is my passion - clinically, intellectually and even personally. That passion aligns with the goals of the ASE Foundation which is to help assure the viability and visibility of our field. It is impossible to choose the "most important" activity undertaken by the Foundation. Investing my time, energy and money allows the Foundation to remain a vital part of our community. Watching the travel grant recipients - both sonographers and fellows - being acknowledged at the annual meeting is personally satisfying since I know that I contributed some of the funds used to bring them to the meeting. I especially value the translation of our documents, guidelines and posters into other languages to enhance global dissemination of our high quality standards. But those guidelines and standards are based on research - also an activity supported by the Foundation. Our reach is increasingly global - whether through humanitarian missions, guideline dissemination or interaction with international societies."



Joe Kreeger, RCCS,
RDCS, FASE

A Sustainer's Perspective: *An Interview with Joe Kreeger, an ASE Foundation Monthly Donor*

The Foundation is proud to have members that support its initiatives on a monthly basis. The generous contributions made by these sustainers provide crucial, ongoing support for the Foundation's activities. With this in mind, the Foundation invites you to investigate our sustainer program by contacting the ASE Foundation Coordinator, Kristen Pate, at (919) 297-7169 or kpate@asecho.org.

You are one of the ASE Foundation's recurring donors, which means you make a donation to the Foundation every month. What inspired you to become a sustainer to the ASE Foundation?

I had previously given a nominal donation along with my membership dues knowing that the ASEF was using the funds to provide education and information for cardiovascular ultrasound professionals as well as research grants to investigators in the field of echocardiography. However, I felt compelled to increase my donation amount as I became more involved with the ASE and came to learn more about the work ASEF does to support missions and what it actually costs to fund all of this. Frankly, my budget simply would not allow a large one time donation so smaller installments proved to be a more attractive means of contributing.

You are a sonographer at Children's Healthcare of Atlanta. What are your primary responsibilities and what encouraged you to specialize in pediatric echo?

I am a senior cardiac sonographer as well as the technical director of the echocardiography laboratory and have spent 15 of the 22 years of my career at this great institution. As with most sonographers performing pediatric echo, I started out as an adult echosonographer and became interested in pediatrics after learning about the spectrum of anomalies that can occur and the complexity of some of the more severe types. In the beginning, it was the challenge of putting the pieces of the puzzle together. As the years went by, it became the knowledge that scans I performed could very well be contributing to the success of corrective or palliative surgery the child would need to survive.

What motivated you to become part of the American Society of Echocardiography?

I became a member of the ASE in 1997, primarily to have access to guidelines and gain knowledge from monthly journal articles. As time passed and sonographer involvement increased, I felt the need to take that next step and volunteer as a council or committee member and give back to the profession that has

given so much to me. The ASE relies heavily on volunteers to lend their expertise in the conceptualization and execution of initiatives, formation of guidelines and standards, and dealing with current issues related to echocardiography. Sonographer volunteers lend a voice that resonates with those "behind the transducer," speaking of issues related specifically to the performance of echocardiography.

I have had the opportunity to serve on several councils and committees and find it very rewarding to contribute to positive change within the society and the field.

Have you cultivated a relationship with a mentor within the field of echo (could be a professor, friend, or family member that has encouraged you to pursue this career path)? If so, how has this relationship helped you progress as a professional?

Several people have helped mold my career by providing training, encouragement, and patience. We (sonographers) never forget our first externship rotation and as a young trainee I was mentored by a wonderful sonographer named Lilly Navas-Toplak. She helped guide my learning of fundamental techniques that would improve the quality of my scans and maximize my understanding of physiology in diseased hearts. In these later years, I would have to thank Dr. Will Border as the single reason I have come to where I am in my career. The combination of his strong encouragement and support was the catalyst for my development as an advocate for excellence in the field of echocardiography.

What is your favorite book, movie, or television show?

I am not an avid reader, but I am fascinated with the history of medicine, specifically early cardiac surgery and the evolution of its practice. The book 'King of Hearts: The True Story of the Maverick Who Pioneered Open Heart Surgery' by G. Wayne Miller is my favorite. It's the story of Dr. Walton Lillehei and how he (along with other great pioneers in cardiac surgery) pushed boundaries to develop methods to repair heart defects in the early 1950's in eye-opening and provocative ways. Excellent reading for anyone in the cardiovascular medicine field!



ASE Foundation

THANKS!

**Investor list reflects contributions made to the Annual Appeal from January 1, 2015-March 23-2015.*

*The ASE Foundation thanks the following investors for their demonstrated leadership and generosity:**

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All others \$1,000+

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Visit asefoundation.org/sustainer to learn more about this monthly giving option and sign up. Need more information? Please call or email us at (919) 861-5574 or foundation@asecho.org.

ASE Foundation Mission Statement:

The ASE Foundation provides support for education, research, quality improvement and professionalism for ASE members and the larger community of healthcare providers, and patients for whom cardiovascular ultrasound is essential.

As a 501 (c) (3) non-profit organization, contributions made to the ASE Foundation are tax deductible to the fullest extent of the law.

Please visit the Foundation website at www.ASEFoundation.org for the most up-to-date list of Foundation supporters.