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6<sup>th</sup> Edition

# **ALICE 2024**

APOLLO LEADERSHIP & INNOVATION  
IN CARDIAC ENDEAVOURS

**E3** EXCELLENCE, ENDURANCE & ELEGANCE

Sunday, 29<sup>th</sup> September 2024 | Taj Coromandel, Chennai.

# Welcome to ALICE 2024

The flagship event, APOLLO LEADERSHIP & INNOVATION IN CARDIAC ENDEAVOURS: ALICE 2024, returns in its 6th Edition! In the rapidly evolving world of medicine, cardiology takes center stage. Recent advances have elevated cardiac care to remarkable levels of excellence.

Yet, significant challenges and paradoxes persist. The rising incidence of atherosclerosis & its risk factors, acute coronary syndromes, and heart failure continues to be a major concern. A troubling new epidemic is emerging: “healthy young people” experiencing sudden cardiac events. While regular physical exercise and a healthy diet help reduce atherosclerotic risk, there is growing evidence that more intense exercise may contribute to this paradox. With the proliferation of fitness centers, stories of young, “healthy” fitness enthusiasts suffering from severe cardiac issues, including cardiac arrest and sudden death, have become increasingly common. These incidents often extend beyond the usual vascular plaque rupture syndromes, encompassing less-recognized valvular, myocardial, and electrical conditions. Additionally, exercise-induced aortic syndromes are on the rise. This new paradigm of “heart disease associated with excessive or unhealthy exercise” requires better understanding and targeted approaches to management.

The theme of ALICE 2024 is **E3: Excellence, Endurance & Elegance**. Excellence in care that consistently delivers the highest levels of success. Endurance in the unwavering dedication to care, even in challenging disease scenarios. And Elegance in wrapping it all with effortless simplicity. In the context of “heart disease associated with excessive or unhealthy exercise,” **E3 stands for Exercise, Efficiency, and Excess**.

Coinciding with World Heart Day 2024, ALICE 2024 will take place on September 29, 2024, at Taj Coromandel, Chennai. The format will be contemporary and interactive, featuring panel discussions and interactive sessions. Additional topics include Young MI, angioplasty challenges in spontaneous coronary dissections, the coronary artery calcium paradox, exercise as a trigger for ACS in the stable middle-aged and elderly, sessions on optimal exercise for the healthy and the diseased, screening protocols for exercise, and out-of-hospital cardiac arrest.

The event focuses on the intriguing concept that excessive exercise might negatively impact heart health, known as the “More is Worse” paradox. It will explore a variety of critical topics related to cardiovascular health and physical activity. And of course, the traditional **Quiz 2024** will be the icing on the cake. We at Apollo Hospitals, Chennai, warmly welcome you to join us in this magnificent journey of **ALICE 2024** into the “Wonderland of Knowledge!”



## **Dr. Y. VIJAYACHANDRA REDDY** (YVC REDDY)

MD DM MRCP FACC FCSI CCDS FSCAI FESC

British Commonwealth Scholar in Interventional Cardiology

Endovascular & Structural Heart Disease Specialist,

Senior Consultant & Interventional Cardiologist,

Apollo Main Hospitals, Chennai, INDIA.



HEART INSTITUTES

cordially invites you to the  
6th Edition of

# ALICE 2024

APOLLO LEADERSHIP & INNOVATION  
IN CARDIAC ENDEAVOURS

**E3** EXCELLENCE, ENDURANCE & ELEGANCE

**Date:** Sunday, 29<sup>th</sup> September 2024

**Time:** 08:00 am - 05:30 pm

**Venue:** Taj Coromandel, Chennai.



## Program Highlights

- Panel Discussion: "Heart Disease & Intense Exercise - Is More Worse?"
- Interactive Session: Managing Heart Disease Associated with Excessive Exercise
- Young MI: The Growing Concern
- Angioplasty Challenges in Spontaneous Coronary Dissections
- The Coronary Artery Calcium Paradox
- Exercise as a Trigger for Acute Coronary Syndromes (ACS)
- Out-of-Hospital Cardiac Arrest: A Growing Challenge
- Optimal Exercise for the Healthy and the Diseased
- Screening Protocols for Exercise and Fitness Enthusiasts
- Apollo Hospitals: Shaping the Future of Cardiology with Visionary Leadership and Breakthrough Innovations
- Quiz ALICE 2024

# Programme Agenda

Sunday,  
29<sup>th</sup> September 2024

Timings	Topics	Speakers
08:00 - 09:00	<b>Registration</b>	
09:00 - 09:15	<b>Inauguration</b>	
09:15 - 09:30	<b>Thorns and Paradoxes in cardiology</b>	Dr. Y. Vijayachandra Reddy
09:30 - 10:30	<b>Exercise: The Good</b> Exercise types and terminology Exercise hemodynamics Exercise and Cardiac Structure & Function Cardiovascular Benefits of Exercise	Dr. Radha Priya Dr. Upendra Dr. Hemnath Dr. K. Kirubakaran
10:30 - 11:00	<b>Tea Break</b>	
10:45 - 11:45	<b>Does Exercise Cause Harm?</b>  Potential mechanisms of harm Life span of elite athletes Coronary artery calcium paradox Exercise and coronary calcification	Dr. Abhishek Dr. Antony wilson Dr. Jayalakshmi Dr. Aruna
11:45 - 12:05	<b>The Paradox of Young MI</b> - with special emphasis on SCAD	Dr. Y. Vijayachandra Reddy
12:05 - 01:00	<b>Exercise Excess:</b>  When valves and valvular tissues give way  When heart fails: Dilemma of athlete's heart vs Early Cardiomyopathy  When the Aorta Tears: PAU to Dissection	Dr. G. Sengottuvelu Dr. Sai Satish Dr. S. Vijayakumar  Dr. Refai Showkathali Dr. Poorna Pushkala Prof. K. Chandrasekaran  Dr. K.P. Pramod Kumar Dr. Asha Mahilmaran Dr. Vignesh
1300 - 1400	<b>Lunch Break</b>	
14:00 - 14:30	When leg clots cause havoc  The fast and slow of heart disease and SCD in the unexpected	Dr. K. Damodaran Dr. Prakash C Jain Dr. K.P. Pramod Kumar  Dr. Robert Mao Dr. Refai Showkathali Dr. K. Damodaran Dr. Prakash C Jain
14:30 - 14:45	<b>Ideal exercise</b>  What is ideal exercise for CVD prevention and for patients with heart disease: Guidelines	Dr. Rajeshwari Nayak
14:45 - 15:30	Screening for Intense Exercise Readiness for SCA, BLS, AED The challenge of OUT of hospital Cardiac Arrest	Prof. K. Chandrasekaran, Dr. G. Sengottuvelu, Dr. Sai Satish, Dr. Asha Mahilmaran, Dr. Vignesh Dr. Rajeshwari Nayak Dr. Selvakumar
15:30 - 15:45	<b>Tea Break</b>	
15:45 - 17:30	<b>QUIZ ALICE 2024</b>	

## Registration Details

**Registration is complimentary but it is mandatory**

For registration visit [www.aliceupdate.com](http://www.aliceupdate.com)

**CLICK HERE TO REGISTER**



For further information please reach us at

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**CME Credit Hours Awarded by Tamil Nadu Medical Council**

## Faculties

Dr. Abhishek K  
Dr. Abraham Oomman  
Dr. Antony Wilson  
Dr. Aruna  
Dr. Asha Mahilmaran  
Prof. Chandrasekaran.K  
Dr. Dhamodaran.K  
Dr. Hemnath  
Dr. Jayalakshmi  
Dr. Karthigesan. A.M  
Dr. Kirubakaran. K  
Dr. Poorna Pushkala  
Dr. Prakash C Jain  
Dr. Pramod Kumar  
Dr. Radha Priya  
Dr. Rajeshwari Nayak  
Dr. Refai Showkathali  
Dr. Robert Mao  
Dr. Sai Satish  
Dr. Sathyamurthy. I  
Dr. Selvakumar  
Dr. Sengottuvelu. G  
Dr. Srinivasan. K. N  
Dr. Upendra  
Dr. Vignesh  
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