

# The Argentine Society of Cardiology and the Forum of Scientific Societies

*La Sociedad Argentina de Cardiología y el Foro de Sociedades Científicas*

The Argentine Society of Cardiology (SAC) has recently announced the establishment of the **Forum of Scientific Societies** to its members and the general public. This forum, made up of 21 distinguished scientific societies with significant academic background in our country, represents a range of specialties in the medical sciences (the participating societies are listed on the website [sac.org.ar](http://sac.org.ar)).

## FOUNDING OBJECTIVES OF THE FORUM

The founding objectives of the Forum are as follows:

1. **Positioning the medical community:** Establish the medical community as a key player in the Argentine health system and promote its relevance in formulating health policies.
  2. **Visibilizing health system issues:** Raising awareness among government authorities and the public of the persistent issues the health system faces and their impact on the population health and on the performance of healthcare professionals. Efforts will be made to generate a deep understanding of these issues so that they become a priority for Argentine society.
  3. **Proposing solutions:** Presenting public and private solutions to improve the working conditions of healthcare professionals. Job insecurity and moonlighting, direct consequences of deteriorating income levels, negatively impact the quality of patient care.
  4. **Promoting human resources training:** Encourage continuous training and professional development of human resources in the healthcare field to ensure the quality and sustainability of the system.
  5. **Generate innovative proposals:** Develop comprehensive proposals that rethink budgetary resources and optimize the health management system, considering the increase in life expectancy and the impact of new technologies.
- The primary objective is to ensure that every pa-

tient receives quality, equitable healthcare, which is a fundamental right.

## SPECIFIC INTERVENTION STRATEGIES

Along with creating the forum, the SAC is developing specific intervention strategies for clinical settings. Implementing proven programs with minimal investment can significantly reduce mortality and morbidity in the short term.

For illustrative purposes only, we will refer to an initiative on acute myocardial infarction. Data from the ARGEN-IAM-ST Registry, (1) which includes more than 7000 patients, reveal an alarming stagnation in mortality from acute myocardial infarction (AMI) at 8% over the last ten years. This figure significantly exceeds the one recorded in the international community. The mortality rate due to AMI indicates the promptness and effectiveness of access to emergency treatments, such as angioplasty or thrombolysis; therefore, it is a crucial indicator of the effectiveness of the healthcare system. In this registry, hypertension is the most prevalent risk factor, present in 60% of patients and significantly impacting population health.

In this regard, the RENATA (National Registry of Hypertension) Registry is an initiative of the SAC, together with other societies, with the aim of evaluating and improving the diagnosis, treatment, and control of hypertension in the population. (2) The data provided reveal a worrying reality: approximately 40% of the adult population in Argentina has hypertension. The prevalence of hypertension among the patients surveyed was 70%, and less than 30% of hypertensive patients had their blood pressure adequately controlled (below 140/90 mm Hg). In addition, around 55% of patients were not receiving antihypertensive treatment. Adherence to antihypertensive medications ranges from 30% to 50%, and patients from lower socioeconomic strata have less access to medical care and adequate treatment, which exacerbates



the problem. As stated by the WHO, universal health coverage is a fundamental human right.

#### **INTERDISTRICT CONFERENCE IN BARILOCHE AND THE DIGITAL MEDICINE COUNCIL MEETUP**

**In line with the above-mentioned issue regarding acute myocardial infarction, the Interdistrict Conference** was recently held in the city of Bariloche, together with the **Council on Digital Medicine Meetup**, in collaboration with the Balseiro Institute. Over the course of two days, members of our society who study advances in artificial intelligence and digital tools generated a powerhouse of ideas and projects applicable in two crucial scenarios: acute myocardial infarction and blood pressure control.

In these settings, the SAC, in line with the Forum of Societies, is developing a work group with its districts, Stent Save a Life initiative, ARGEN-IAM, and the Council on Digital Medicine for the creation of myocardial infarction networks in Argentina. This group will be responsible for providing advice and structuring networks in different communities across the country to optimize reperfusion times and define the appropriate strategy for each region, using digital medicine and artificial intelligence tools for the diagnosis of infarction and informed decisions on reperfusion strategies.

With regard to high blood pressure, PAHO's Hearts program is an excellent tool that can be applied in different regions of the country. (3) This program has proven to be an invaluable tool in the fight against hypertension and cardiovascular diseases, providing solid evidence to support a comprehensive approach to primary care.

#### **CALL TO ACTION**

The actions of the SAC within this strategic frame-

work are not limited to the diagnosis of the problem. In context of this health system, it is imperative that our society becomes an active player, offering evidence-based organizational solutions and adapting them to the realities of our country.

**At this critical time, the members of the SAC must come together to address the challenges that our health care system is facing. It is imperative to not only identify the issues pertaining to organization, financing, and expenditure, but also to raise awareness about these issues. It is our duty to train human resources who are dedicated to the cardiovascular epidemiological reality of our region and to implement effective and proven strategies that contribute to reducing cardiovascular mortality in our country.**

**We embody a profound responsibility towards our patients. Let us work with determination and commitment for a more efficient, equitable, and humanized healthcare system.**

**Pablo Stutzbach** <sup>MTSAC</sup>

President of the Argentine Society of Cardiology

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#### **REFERENCES**

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