For many decades, the Council on Lifelong Congenital Heart Disease and Heart Health in the Young (Young Hearts) has been a place for networking around interests common to pediatric and congenital heart disease. In this issue, we focus on the connections between us. We want to share with you in this piece, prepared by Shelley D. Miyamoto, MD, FAHA, our Council Vice-Chair, how Young Hearts is partnering with our Japanese pediatric cardiology colleagues through Scientific Sessions and at the annual meeting of the Japanese Society for Pediatric Cardiology and Cardiac Surgery and our fellow exchange. The strength of this ongoing relationship is prime example of how Young Hearts fosters connections between pediatric and congenital heart disease specialists. We are also honored to be invited to a yearly joint session with our Chinese colleagues at the 2020 Great Wall International Congress of Cardiology, described below. Finally, technology is bringing us new ways of coming together, of staying in touch; in this issue, Matt Oster, MD, FAHA, Chair of the Young Hearts Membership and Communications Committee, describes ways to use social media tools to connect us around the science and policy work of Young Hearts and the AHA.

The Young Hearts Council has started thinking about speakers for the Young Hearts/Great Wall International Congress of Cardiology (GW-ICC) joint session which will take place in Beijing, China on Oct. 22–25. These annual joint sessions generally consist of two speakers from the Young Hearts Council and two Great Wall speakers. In 2019 Young Hearts was represented by Andrea Beaton, MD, FAHA, and Boglarka Remenyi, MD, speaking on evidence-based strategies for the global reduction of rheumatic heart disease, including the 2018 World Health Organization’s Rheumatic Heart Disease (RHD) Global Resolution and national efforts to control RHD, and by Anitha John, MD, PhD, FAHA, and Tessa Crume, PhD, MSPH, on Changing Epidemiology of Adult Congenital Heart Disease (ACHD) and Improving Outcomes for ACHD. This year’s topics are being developed but may focus on acute myocarditis. Travel costs, hotel and conference registration are supported generously by the Great Wall organizers, supplemented in recent years by Young Hearts council funds.

In 2020, the Young Hearts council will continue its efforts to enhance international collaboration and partnerships. The joint session between Young Hearts and the Japanese Society of Pediatric Cardiology and Cardiac Surgery (JSPCCS) at the 2019 AHA Scientific Sessions in Philadelphia, Pennsylvania, was extremely productive and well attended. Speakers from the United States and Japan shared experiences and considerations of nationwide screening programs for sudden death in young persons as well as neonatal congenital heart disease. Much was learned on both sides and we particularly appreciate the contributions of our Japanese colleagues, Mamoru Ayusawa, MD, PhD, from Nihon University and Masao Yoshinaga, MD, PhD, FAHA, from the Kagoshima Medical Center.

We are also excited about the ongoing pediatric cardiology fellow exchange program with Japan and are identifying one Japanese and one U.S. fellow along with host institutions for participation in 2020. We encourage fellows and programs interested in being involved in this opportunity to reach out to ahacouncils@heart.org. We are thankful for the leadership of Satoshi Yasukochi, MD, (vice-president of JSPCCS and liaison to the Young Hearts Leadership Committee) in all of these endeavors, and we look forward to continuing our productive relationship.

Additionally, we are in the planning stages for the 2020 Great Wall International Congress of Cardiology which will be held in Beijing, China, Oct. 22–25. Each year, two joint sessions between Young Hearts and GW-ICC are included in the programming; 2019 sessions focused on adult congenital heart disease and rheumatic heart disease. We are working to identify areas of shared interest in support of this important collaboration.

Is it time to renew your Professional Membership?
professional.heart.org/membership
Young Hearts on Social Media

Twitter, Instagram, Facebook, LinkedIn, TikTok, YouTube – so many social media sites out there for the pediatric cardiologist, but are any of them useful? The social media landscape can be overwhelming for many, but the fact is that many patients and advocates are using these platforms to learn about the field, to explore opportunities for their children, and to interact with each other as well as the rest of the pediatric cardiology community.

Why should a cardiologist have a professional profile on social media? There are many reasons, including: networking with the cardiology community, keeping up with latest research findings, building your brand, interacting with others at national meetings, and “attending” presentations that you can’t attend in person. For those in an academic environment, many institutions are even now using social media presence as a measure of making an impact on the local, regional, national, and international level for assessing appropriateness for promotion.

Each platform has its own nuances as well as its unique set of advantages/disadvantages. Want to share or view videos on various topics? YouTube or TikTok are for you. Interested in unique images in medicine? Check out Instagram. Want to interact with your colleagues from work? Follow them on Facebook. Interested in networking with cardiologists from around the world? Create a profile on LinkedIn.

Perhaps the most widely used platform in medicine, though, is Twitter. On Twitter you’ll find colleagues, parents, policy makers, advocates, hospitals, journals, and organizations.

Cardiology posts can run the gamut from new scientific articles that are published to debates on whether appropriate CPR on a centaur would be on the human chest portion or the horse chest portion (credit to @FredWuMd).

An easy way to start is by searching for journals that you like to read (@CircAHA) or organizations that you are a part of (@American_Heart). Expand by searching for key terms that you are interested in (e.g. search for #PedsCards or #YoungHearts) and follow accounts that have tweeted using those hashtags (although try not to be confused by the band Young Hearts). At Scientific Sessions 2019, these hashtags each reached almost a million users.

Eventually, you can start tweeting yourself, either by sharing links to articles that you find interesting or posting key findings that you learn at a scientific meeting such as #AHA20. If you want to get really advanced, you can create various topics to follow or multiple profiles of your own to follow differing interest areas.

Yes, social media can be daunting, and how to best use it for professional purposes is still a work in progress. If you’re not an active user yet, I encourage you to try it out (at least Twitter) and see how it can it be useful to you.

—

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Serious question for medtwitter: If you show up at a code, and the patient is a centaur who had a cardiac arrest, ignoring the joules question, where do you think the defib pads should go? A, assuming the heart is in the human part, or B, assuming the heart is in the horse part?