



EDITORIAL

First of all, I would like to welcome all the delegates of the international conference.

This is a special issue of NHJ published on the occasion of international conference, 'Conquering Heart disease in the Himalayan region'. We have included our regular articles and features as well as abstract of the papers presented in the conference in this issue.

We hope this conference will further help in upgrading our knowledge and improve our services in the country. We also hope this will improve interaction among our colleagues and experts from abroad.

Nepal is a developing country with limited resources. Though there have been some great achievements in health sectors in some areas like reducing infant and maternal mortality. Our healthcare system needs to undergo lots of improvement and change to serve majority of the people. Moreover, political instability is major factor that prevents us from implementing good policy and plans.

Despite all odds, the field of cardiology has grown tremendously in the last 15 years in Nepal. Now all most all advanced cardiology and cardiac surgery services are available inside the country. But, these facilities are only available in urban areas. Majority of the people who live in rural areas even lack basic health care facilities. This may be also more or less true for other developing countries.

Prevalence of rheumatic heart disease has not decreased significantly in many developing countries including ours. On the other hand, Hypertension, Diabetes, tobacco use, obesity have significantly increased leading to alarmingly increased prevalence of coronary artery disease, stroke and chronic kidney disease. So, It is unfortunate that developing countries are fighting with both communicable and non communicable diseases in large scales at the same time. The cost involved in treatment of non-communicable diseases whether it is drug or devices or surgery is very high and beyond the reach of majority of the population. Government of Nepal has come up with schemes like child assistance program, free heart valve program, senior citizen program under which many people have benefitted. This kind of "revolutionary steps" taken by government with such limited resources has great impact in the society but still it is not adequate. The most effective answer to this is to plan and invest in prevention of cardiovascular diseases, which is a hot topic worldwide now.

Formal cardiology and cardiac surgery training programs have been already started in the country, which is another landmark in the development of cardiac services. Before this, we had to go abroad for specialized training. We also need to work on improving our research capabilities. Organizing this type of international conference is also an effort of cardiac society of Nepal to promote research and interaction with international community and from now onwards, we plan to organize this type of conference on regular basis.

I would like to thank all international and national faculties for accepting our invitation and coming all the way to attend the conference. I would also like to thank all the delegates, colleagues, sponsors, event managers for making this conference happen.

I am very grateful to editorial team and publication committee for their contribution in publishing the journal.

Dr Deewakar Sharma
Chief Editor / Chairman,
Publication Committee
Nepalese Heart Journal
