

My Journey So Far

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It gives me immense pleasure to write a few words for our upcoming issue of Acta scientific case reports. Medicine and science are ever evolving, changing, and always growing which makes it necessary to keep in touch and abreast of what is happening and what's going around. The Covid- 19 pandemic has taught us a lot and has really questioned our lifestyles and way of living. As we still struggle to except the new normal; it is a reminder that virus, bacterial and other infections still rule and we have to go a long way in understanding that both human being and virus are struggling and finding various ways and means to survive. And as it is the struggle for the fittest, role of good immunity, yoga, and meditation cannot be overemphasized to maintain both good mental and physical wellbeing.

My field of work and interest has been pretty vast from Internal medicine to cardiovascular imaging and sports medicine. The role of history and clinical examination is still immense and we should never let our clinical skills die, which can only be achieved with constant practice. The purpose of case reports is to arrive at a diagnosis using history, clinical knowledge and taking the help of diagnostic tools. The various diagnostic tools need to be interpreted correctly and arrive to a right diagnosis which can be beneficial to the patient.

Let me give you some insight about my latest work and my international publication about need for expansion for prescreening diagnostic test for young athletes planning to join competition sports. Sudden Cardiac death (SCD) in athletes is a disheartening tragedy in the world of sports leading to profound grief and sorrow. The prescreening techniques till now included detailed history taking and precise ECG interpretation. The addition of Echocardiography and other imaging techniques like CT, MRI can

substantially decrease the incidence of SCD in sports by timely diagnosing various conditions like Mitral valve prolapse, premature coronary artery disease, arrhythmogenic right ventricular cardiomyopathy, Hypertrophic Cardiomyopathy, myocarditis, Marfan's syndrome leading to aortopathy and subsequent dissection of aorta. Thus, my work emphasis on need for better and detailed imaging techniques for prevention of SCD in young athletes.

With the above note, I believe that I have taken you through a small journey of my vast experience of work across many countries. My hobbies include listening music, traveling, reading and writing.

Hoping for a long-lasting relationship with you all and lots of academics to dwell upon.

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