

IN THE SPOTLIGHT: Welcome to Nice!

Hermann Reichenspurner, MD, PhD

University Heart Centre Hamburg

Hamburg, Germany

Reichenspurner@uke.de

I cannot believe that my time as President of the ISHLT is almost over. We are almost finished with the preparations for our Annual Meeting in Nice, which will be one of the best and memorable ones ever! At this point, I really have to thank the Program Chair, Andreas Zuckermann, M.D., for his excellent job, his persistence and his absolute reliability. I really had a lot of fun with such a great cooperation partner in the planning of this exciting meeting! In addition, of course, I want to thank the ISHLT staff and specially Amanda Rowe, Susie Newton and Lisa Edwards for their time and effort in preparing our annual conference, despite the fact that the organizers added quite a few new components and features (you will be surprised!).

In addition to this preparation, it was a very busy year, since we are in the process of changing quite a few necessary strategic goals within our society. We had a great governance meeting in January, which was very effective and a real eye-opener for me. We will inform the Board of Directors and our members about these alterations in detail, and I am sure that everything will be in full benefit of our society!

A very important personal goal of mine was to more strongly reflect the International component of our society. We are very present in Europe and North America, but we neglect our respected members in other parts of the world, such as Asia and South America. For this reason, a group of senior members of our society, in close cooperation with the I2C2 committee, has created a "global outreach project" which will address specific ISHLT activities in these parts of the world. We will organize these outreach meetings in collaboration with academic institutions or partner societies in that particular part of the world. I personally really hope that we can convince the Board of Directors and our members, that these activities are absolutely essential to keep the international character of our society.

I am really looking forward to welcoming all our members at our Annual Meeting in Nice and I would once more like to encourage members to book their hotel rooms early, because Nice is so beautiful that they are not dependent on our congress and will sell hotel rooms quickly anyway.

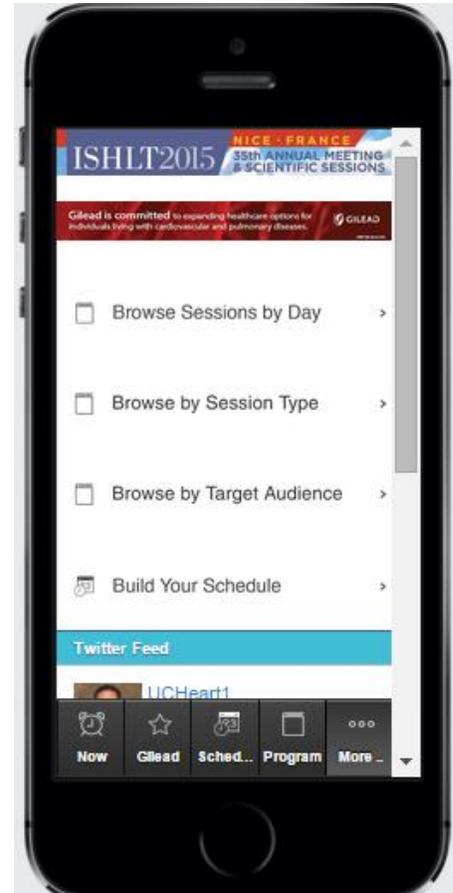
It has been a pleasure and honor to serve as President of this great society and I will do the best I can also in future to support our beloved ISHLT!

Disclosure statement: The author has no conflicts of interest to disclose.

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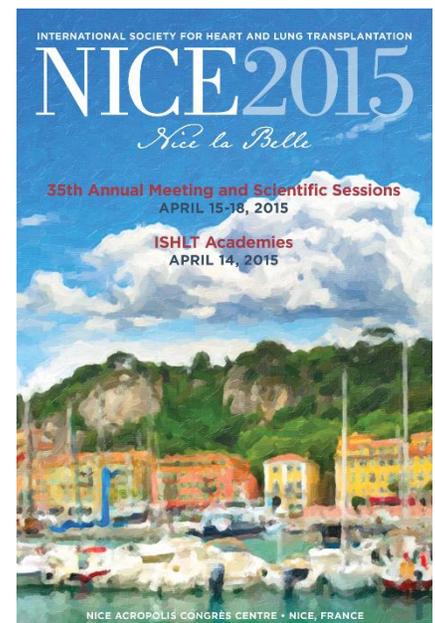
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Mind your P's and PR's for the French Riviera with Elegance and Style: It's Your Presentation

Vincent Valentine, MD
Vgvalent@utmb.edu

Allan Glanville, MBBS, MD, FRACP
Aglanville@stvincents.com.au

John Dark, MB, FRCS
John.dark@newcastle.ac.uk

There were the PRs for all in [Prague](#) and [Montreal](#) and last year, we encouraged you to let your presentation Purr in [San Diego](#).

This year it is time again to prepare to deliver a good speech or make a great presentation, let's again refer to the *January 2012 ISHLT Links, Issue 8, Volume 3, [On Teaching and Learning](#)*. From this article, take note of the following points: 1) the one who learns the most while sharing knowledge is the teacher or presenter, and 2) when teaching, presenting your poster, delivering your lecture, or writing your paper, you should ask yourself, "What do I want the intended audience to know five years from now?" Perhaps better advice can be found in the [rules for posters and presentations](#). Finally, the best advice for the success of ISHLT 2012 in Prague is in the *June 2011 ISHLT Links, Issue 1, Volume 3* article, [On to Prague](#), from our Program Chair, Stuart Sweet: "*brevity and clarity will be key, particularly in oral presentations.*"

PROCRASTINATION

Whatever means you have used to overcome procrastination, now is the time to prepare but be mindful of Benjamin Franklin's quote, "By failing to prepare, you are preparing to fail." You will also find more of his wise words on procrastination in *January 2012 Vol. 3, Issue 8, [Quotable Quotes](#)*.

According to the famous Irish Playwright and Critic, George Bernard Shaw, Mark Twain is the "American Voltaire" who taught Shaw this great piece of wisdom: "*Telling the truth's the funniest joke in the world.*" This American Voltaire was subjected to procrastination, all the time: "*I was born lazy. I am no lazier now than I was forty years ago, but that is because I reached the limit forty years ago. You can't go beyond possibility.*"

PREPARATION

Knowing these basic rules for being prepared will make you aware of your allotted time (see *Vol. 3, Issue 1, [Rules of Engagement](#)*). Within this allotted time, your presentation is to comprise no more than 75% of the total time for you to speak. Why? You want your presentation to be memorable. To be memorable, find a way to captivate and/or involve the audience. Involving the audience is easier than captivating them. Save time for questions and answers and invoke the Chinese proverb "*Tell me and I'll forget; show me and I may remember; involve me and I'll understand.*"

While preparing, ask, what will my audience gain by this slide? What will my presentation lose? Be aware how the audience divides their time between you and the screen. Slides can interfere with the audience-lecturer relationship. What happens when the lights are dimmed? It induces sleep! With this thought, remember-NEVER read from your slides!!! They are there to enhance and clarify, not duplicate, not become a substitute and certainly, not distract. The slides are to supplement not prompt your talk. What you say must differ from what the audience reads, so keep your slides simple and direct. Each slide should convey one idea, have one diagram or contain one or two pictures. As a gentle reminder: **Living by slides could lead to dying by slides.**

Finally, do not use a pointer. The audience is distracted when you turn away, and the microphone may lose your voice. If there are multi-screen projections, the pointer is seen on only one. Using the mouse is an alternative, but you have to look at the screen, thereby you lose eye contact. Instead, *build pointers into your slides-arrows on a photo, underline a key part of a table, encircle the data you are referring to, etc.*

PRACTICE, PRACTICE, PRACTICE

During preparation, be self-critical and **practice**. Videotape yourself. Your goals are to liven up your presentation, so practice being dynamic, informative, interesting and persuasive. Consider your presentation as a performance (although tempered with the notion that you are not competing for an academy award!). Study the mannerisms of great lecturers or your favorite speakers. To be an effective lecturer, you must plan, begin, and think about your audience.

While practicing your speech, vary your sentence length. Use short action verbs and short crisp sentences. Long complex words are more difficult to pronounce correctly in front of 2000 people. Use rhetorical questions (frequently more informative) rather than making declarative statements. Be aware of your tone of voice, variations in volume, and appropriate gestures. **Do not speak in monotone.** Vary your vocal inflections from loud to soft and from a high to low pitch. Paradoxically, the audience pays closer attention when you become quiet or soften your voice. Convey the idea to the audience that there's no place you'd rather be than talking about the topic you are enthusiastically delivering free from any distraction. Passion—and commitment to the subject—matter most when giving a presentation.

PRESENTATION

Before the session starts, **always** check the podium and, ideally, talk to the projectionist, if there is one. Will they display your opening disclosure slide? What mechanism advances the slides (mouse, button, keyboard)? Who controls the lights? Is there a timer controlled by the Chair? Doing all this ahead of time makes you look professional and avoids embarrassing pauses and gaps.

Remember to stand upright. Don't lean on the lectern (unless very drunk from the night before) or stand still for a long time. Walk around, and consider standing in front of the lectern instead of behind it. Use hand gestures economically and be careful about swaying or using bizarre or repetitive gestures.

And remember, appearance is important. The old adage applies here, especially for us silver-tongued, graying bunch: “We may not be any good, but at least we try to or think we look good.” In other words, dress to impress! During your presentation, smile, make eye contact and choose your mood. You know your topic, so show passion for it. Bring enthusiasm and delight to the subject!

Quick helpful tips:

- Begin your presentation by **introducing** your topic. - *Introduction*
- **Approach and means** to support or refute your topic. - *Methods*
- **Talk about** your topic by giving details and various means of supporting your topic. - *Results and Discussion*
- Finally, **summarize** your topic. - *Conclusions*

Simply put, *Tell* the audience what you will say, then *say* it and *repeat* what you have just told them. Keep your messages clear and simple. Most importantly **DO NOT EXCEED YOUR TIME LIMIT** by cramming too much material in your presentation. Know your time limit—this applies just as much during hours as after.

With these points in mind, you are now on the road to a great formal presentation. Through repetition and review you will know your topic better than most—if not the entire—audience, therefore you must keep your presentation simple, especially simple from your point of view.

Most of all, **DO NOT EXCEED YOUR TIME LIMIT** by cramming too much material in your presentation.

Finally with *repetitious* repetition:

1. Keep it simple
2. Know your time limit and stick to it
3. Include full disclosures at the beginning and references at the end
4. Leave time for questions

Oh and did we mention, PRACTICE, PRACTICE, PRACTICE!

This article has been modified from other versions which initially appeared in the March 2012 issue of the ISHLT Links Newsletter, [Procrastination, Preparation, Presentation, Prague](#) then the April 2013 and 2014 issues, etc. etc. We thought we would assist the procrastinators, then again maybe NOT by putting this in the March 2015 issue.

Disclosure statement: The authors have no conflicts of interest to disclose.

Get More Out of the Meeting with Tweeting! Use hashtag: **#ISHLT2015**

Naomi Rios

Social Media Guru
ISHLT Annual Meeting
NZR0812@gmail.com
@Naomi_Rios14

The modern way to stay connected at the 2015 ISHLT Annual Meeting is to follow us on Twitter - the online social network that connects you to news, stories, pictures and conversations that you'll find interesting.

Why Twitter?

Twitter allows you to use 140 characters to put down your thoughts in a message. It also lets you follow other Twitter users, and retweet interesting content. You can begin conversations with other users by typing their Twitter handle (person's user name) for example, @person. We highly encourage you to join our online conversations as we keep you up-to-date with the latest news, meeting information and events taking place at this year's meeting.

We will be Tweeting before, during and after the Annual Meeting in Nice, France, using the hashtag **#ISHLT2015**.

If you already have a Twitter account, go and Follow us now! (@**ISHLT** or <https://twitter.com/ishlt>). If you want a Twitter account, you can easily go to www.twitter.com and create one for free! If you don't have an account and choose not to create one, you can still search for **#ISHLT2015** on Twitter and read what is posted.

The Power of the #hashtag

In the Twitter world, a pound sign (#) is called a "hashtag". It is a keyword tag for the tweet allowing other followers to find it. Just by simply hashtagging **#ISHLT2015** you are following the trend and enlightening other followers on content associated with the 2015 Annual meeting.

Looking to learn more about Twitter, Twitter lingo and how to use it? Below are some great links for you to look at:

<http://usat.ly/1bBzXEO>
<http://read.bi/1d15Qpn>
<http://twiends.com/how-to-twitter>

WARNING: Once you get the hang of it, Twitter is entertaining, informative and addicting. Have fun and tweet away!

7 Super Tips That Will Make You a Tweeting Pro

1. If you reach the max 140 characters in your tweet, try abbreviating words to make more space for your message.
2. Found a tweet that you found interesting? Go ahead and retweet it (RT)! Doing so will allow you to re-share the tweet, giving credit to that source or follower.
3. Keep it professional and respectful. Stay away from foul language and thoughts. Remember, Twitter is a public forum. Once you say it online, it's hard to take it back.
4. When creating a message, don't overuse hashtags. 2 or 3 are enough for your message.
5. Be sure to give credit where credit is due. Always make sure to credit the person you are paraphrasing or the source you are quoting.
6. There will be a ton of eyes on your content. Be sure to Tweet accurate information for them to follow.
7. Let the world know who you are by showing your personality through each tweet!

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Fun Things to Do and See in Nice

Top Attractions

http://travel.usnews.com/Nice_France/Things_To_Do/

- La Promenade des Anglais - Part of the heart of this seaside French city, Nice's Promenade des Anglais is lined with cafes situated directly on the beach, and it's a bustling area active with cyclists, runners, walkers and rollerbladers.
- Castle Hill (Colline du Chateau) - Despite its name, there is little to nothing of the original tower remaining. However, the climb (or elevator ride) to the top of the hill offers a reward of some of the best views of the city, the sea and the countryside.
- Chagall Museum (Musee National Message Biblique Marc Chagall) - With a permanent collection featuring the biggest public collection of works by Marc Chagall, the museum houses over 400 painting, gouaches, drawings, wash drawings and pastels.
- Old Town (Vieille Ville) - one of the city's main attractions and a must-see for any visitor, Old town is a hive of activity, buzzing both day and night, making it ideal to wander around, get lost in and to get a drink or a good traditional meal whilst enjoying the unmistakable baroque Mediterranean vibe.
- Cours Saleya - In this rectilinear baroque ochre setting, the flower and vegetable markets are held every day except Monday, when they are replaced by an antiques market, provide a feast for the eyes and a delight for the taste buds.
- Museum of Modern and Contemporary Art (Musee d'Art Moderne et d'Art Contemporain) -With nearly 1.200 works, the MMAC illustrates the key role of Nice in the development of groundbreaking movements from the 1960s and 1970s to the present.
- La Place Massena - Built in the 1840s, Place Masséna remains the jewel of Nice. On the north side, elegant arcaded buildings are painted with the famous Pompeian red and to the East, there is a splendid perspective on the hills with their Tuscan charm.
- Avenue Jean Medecin - A shopper's paradise, this street is the largest open air shopping center on the Riviera. The 2.5km of shopping features 250 shops and boutiques, as well as a rich variety of restaurants.
- Parc Forestier du Mont Boron - one of the most preferred places for an extended walk in the weekend because of its profuse greenery and the views, the park offers extensive pathways and over seven miles of trails.
- Musee Matisse - From his first paintings in 1890 to the gouache drawings that Matisse produced at the end of his life, this collection is known for its presentation of all the techniques the artist used to express his art.

Arts and Culture

Museums

<http://en.nicetourisme.com/museums>

- Musee Departmental des Arts Asiatiques - standing in the artificial lake in Parc Phoenix, in a building of white marble and glass the Asian Arts Museum evokes the spirit of of Asia, India, Southeast Asia, China and Japan through both classical and contemporary works.
- Musee des Beaux Arts Jules Cheret - This museum is the heir to the first Municipal Museum of Nice featuring paintings and sculptures from the 13th to the 20th century.

- Museum d'Histoire Naturelle - Walk through and experience the incredible biodiversity of the region, already known for the beauty of its landscapes.

Cultural Activities

<http://en.nicetourisme.com/galleries-and-cultural-activities>

- Bibliotheque Louis Nucera – The library occupies a vast area on a single level dominated by a huge square head devised by the sculptor Sacha Sosno.
- Centre Universitaire Mediterranéen - The Galerie de la Marine is a center dedicated to young contemporary art, focusing on inviting emerging young artists who have a connection with Nice.
- Galerie des Pochettes - The municipal galleries are dedicated exclusively to temporary exhibitions of contemporary art.

Monuments and Churches

<http://en.nicetourisme.com/monuments-and-churches>

- Basilique Notre-Dame
- Cathedrale Sainte-Reparate
- Chapelle de la Misericorde
- Le Fort du Mont-Alban - Built on a hilltop 222 metres above sea level, the Fort is a massive 16th century structure offering exceptional panoramic views.
- Le Negresco - A listed historic building since 2003, it houses collections retracing five centuries of art history. The 121 rooms and 24 suites each have their own decoration. Recently promoted to the 5-star category, it is reputedly one of the world's finest hotels.
- La Place Rossetti - Ochre façades, fountains, flower-decked balconies, baroque cathedral and café terraces make this bustling square one of the most picturesque in Old Nice.
- La Tour Bellanda - Adorned today with ceramic mosaics with ancient Greek motifs, the terrace offers a splendid panorama over the city and its surroundings.

Parks and Gardens

<http://en.nicetourisme.com/parks-and-gardens>

- Cap de Nice
- Cascade de Gairaut
- Jardin Botanique
- Jardin du Monastere
- Parc Chambrun
- Parc Carol de Roumanie
- Parc Castel des deaux Rois
- Parc de l'Eco Vallee
- Parc de la Colline du Chateau
- Parc Naturel Departmental de la Grande Corniche
- Parc de Valarose
- Par des Arenes de Cimiez
- Parc Naturel Departmental Estienne d'Orves

- Parc Phoenix
- La Promenade du Paillon
- Sentier du Canal de Gairaut
- Sentier du Littoral
- Sentier du Vinaigrier
- Parc Vigier

Tours

<http://en.nicetourisme.com/discovery-tours-of-nice>

- Guided Walking Tours
- Self-Guided Walking Tours
- Photography Tours
- Helicopter Tours
- Bus Tours
- Food Tours
- Bicycle Tours
- Train Tours
- Boat Tours

Sports and Recreation

<http://en.nicetourisme.com/sport-activities>

In April, the weather in Nice hasn't hit its summer highs, making beach-going, swimming, and jet-skiing an unlikely occurrence. However, with a high of around 60°F, the cooler air keeps a variety of outdoor activities viable springtime options.

- Scuba Diving for all experience levels
- White water rafting (Grand Canyon du Verdon)
- Rock climbing (Grand Canyon du Verdon)
- Hiking
- Biking
- Golf

Call for ISHLT 2016 Symposium Proposals

Dear ISHLT Members and Colleagues:

Even though the 35th Annual Meeting in Nice, France, is just around the corner, it is already time to start developing content for the ISHLT 36th Annual Meeting & Scientific Sessions to be held in Washington, DC, USA, April 27-30, 2016.

As program chair for the 2016 meeting, I encourage you to submit ideas for pre-meeting and sunrise symposia and/or invited Plenary talks. Although, well worked complete symposia proposals are preferred, we welcome suggestions for potential plenary speakers from outside the transplant community who might deliver an excellent presentation with widespread appeal to members.

Your input into this process will be very valuable to the Symposium Planning Committee since the majority of the invited scientific content for the Annual Meeting will stem from proposals submitted by ISHLT Members and Scientific Councils.

Below is a link to the symposium proposal submission site:

[2016 Symposium Proposal Submission Site](#)

You are strongly encouraged to consult with the Education Workforce Chair(s) and Council Chair(s) appropriate to your topic before submitting a proposal. They will provide guidance regarding educational areas identified as priorities for the Annual Meeting. You are also encouraged to develop proposals that will encourage collaboration among the different ISHLT specialties. The list of current committees and councils can be found at <http://www.ishlt.org/> under the "Boards and Committees" and "Councils" tabs.

The deadline for receipt of proposals is **Tuesday, June 2, 2015**.

All proposals will be reviewed by program committee representatives from the relevant discipline area. The final development of invited scientific content will take place during the Symposium Planning Committee meeting in July.

If you have any questions about the submission process, please contact Susie Newton (susie.newton@ishlt.org) at the ISHLT office.

Please accept my thanks in advance for your valuable input. I look forward to seeing you in Washington, DC!

Sincerely,

Andrew J. Fisher, FRCP, PhD
2016 Scientific Program Chair

Editor's Corner: Thoughts On Nice and Reflections on the Future of Our Society

Roger W. Evans, PhD

The United Network for the Recruitment of Transplantation Professionals
Rochester, MN, United States
Evans.Roger@Charter.net

Nice, France. It looks like a really nice place to be this time of year.

Unfortunately, it's been another long hard winter up here – North that is – where I live. Although it's not been as bad as last year, it's nonetheless been pretty unpleasant. Day after day, the temperature has hovered around zero or below and, even still, the snow flies. People think it's too cold to snow. Not really. There are signs of spring, but we've had a few setbacks. We went over to Sioux Falls, South Dakota for a bull riding event on March 13th. It was 70+ degrees. A week later we received 10 inches of snow – depressing for even the heartiest Minnesotans.

Last Sunday afternoon I came into the house after shoveling snow for two hours. Ice hung from my beard, my shirt was soaked through. I sat down at my desk, cold Hamm's beer in hand to warm up, and instinctively picked up the program for the ISHLT Annual Meeting and Scientific Sessions. Nice. Hmm... it must be nice there... I could actually be there in a few weeks' time. Consumed by reverie, I confronted reality. It's too late.

Months ago, no matter how nice, I decided I wouldn't be going to Nice for the 35th ISHLT Annual Meeting and Scientific Sessions. I can no longer stomach getting on a plane and flying across the Atlantic. In fact, getting on an airplane for any reason has become abhorrent.

A couple weeks ago I was up on Capitol Hill meeting with members of Congress concerning various issues associated with transplantation. I left The Capitol at 1:00 PM, went to the airport, and eleven hours later I walked into the house where our two cats – Teemu and Mighty – anxiously greeted me. Needless to say, I'm losing interest in domestic air travel as well, even when there is important work to be done.

As the ISHLT meeting approaches, people keep asking me "Are you going to Nice?" or they conclude their e-mails with the line "See you in Nice." I will not be in Nice and, at the moment, I don't regret it, although I will miss socializing with friends and colleagues from around the world. I look forward to major meetings for one reason – to spend time with the many friends I have made over the course of a very satisfying and rewarding career (> 35 years).

Now let me take several minutes to share a few thoughts on "Our Society." Independent of me, I'm sure you will hear some of them discussed in Nice.

I joined the International Society for Heart Transplantation (ISHT), as it was known then, in 1982 – the same year in which the 2nd Annual Meeting was held. At that time there were 12 U.S. heart transplant centers and 20 more worldwide. In 1983, 103 heart transplants and 11 heart-lung transplants were performed in the U.S. Unfortunately, I don't have the worldwide figures.

In 1982 the ISHT was a small, but dedicated group of what I would call “enthusiasts.” The second Annual Meeting was held in Phoenix on May 2nd. Yes, it was a one day affair, run as a satellite symposium of the American Association of Thoracic Surgery. The registration fee was \$30.00 (\$73.00 in 2015 dollars), the same as the annual society membership dues. There were no pre-meeting symposia, concurrent, or satellite sessions and, as I recall, fewer than 150 people attended. Indeed, all 20 papers were presented to the entire audience in a small ballroom. It was nice and cozy.

Today, the ISHLT membership, at just over 2,900, exceeds the number of heart transplants performed each year in the U.S. (2,655 in 2014). Over 3,100 people registered for last years’ Annual Meeting and Scientific Sessions in San Diego. Clearly, Our Society is doing well, but concerns have been expressed about what I will call “content diversity,” and imbalance.

We all accept the fact that heart transplantation is not a “growth industry” and, barring groundbreaking advancements in tissue engineering, it may never be. Meanwhile, mechanical circulatory support systems (MCSS) of all types, as well as extracorporeal membrane oxygenation (ECMO), are becoming an increasingly significant part of what Our Society is about. This has led to reflections about changing the name of Our Society, as well as Our Journal – the Journal of Heart and Lung Transplantation (Incidentally, up until January 1991 it was known as the Journal of Heart Transplantation.). Frankly, changing the name to something more representative of the content we collectively reflect may itself qualify as an abstract.

Let me now shift gears.

Looking back on our organizational history, where did we focus our attention?

As a benchmark, I have reviewed the programs and proceedings for the first three ISHT Annual Meetings (1981 to 1983) to see what content was presented. My findings are summarized in the table below.

Content Area/Topic of Presentation	Number of Papers/Abstracts Presented At Each Annual Meeting		
	San Francisco, 1981	Phoenix, 1982	New Orleans, 1983
Heart/lung transplantation	4	5	23
Devices/TAH/VADs	0	5	6
Immunology/immunosuppression	8	8	13
Preservation/procurement	3	1	5
Annual ISHT Registry report	1	1	0
Total number of papers	16	20	47

Perhaps you’re surprised to find the artificial heart was a topic of considerable interest in 1982. However, as you may recall, Dr. Barney Clark (the Seattle dentist) received his implant at the University of Utah Medical Center on December 2, 1982. He died 112 days later (March 24, 1983). I don’t recall whether or

not Dr. William DeVries, Dr. Lyle Joyce, or Dr. Chase N. Peterson, all of whom cared for Dr. Clark, were at the ISHT meeting in Phoenix. I do know there were no presentations from the Utah group. However, in 1983, at the New Orleans meeting, which lasted two days, Dr. William DeVries did a presentation entitled "Current Status of the Artificial Heart."

As the above table reveals, even from the very beginning, the ISHT/ISHLT had content diversity, which remains true today. One needs to look no further than the distribution of papers on last years' program, and again on this years' program. Nonetheless, some people still claim the Annual Meeting and Scientific Sessions is more about devices than transplantation. I don't believe this is true, but if it is, I'm fine with that. To enhance our diversity, perhaps it's time to be thinking about how regenerative medicine fits into the overall scheme.

There are many other professional associations that occupy at least some of what I will call "Our Space." I will not identify them here. You know who they are and, like many of you, I am a member of a lot of them. I don't attend all the annual meetings, but I do my best to stay in touch with the "fringe members" of these other societies who have not elected to be a part of the ISHLT.

I think it's time we, as a society, do a little research. We need to come up with a complete list of professional societies and associations with which we have content overlap. Likewise, we need to identify those journals and professional publications where there is content similar to ours. We should compare them on all the relevant metrics, including membership size, annual meeting attendance, content diversity, circulation numbers, and so forth. Depending upon our findings, we might then consider whether or not there are ways we can collaborate and work together.

While competition can be healthy, it can also be detrimental. I think there's room for all of us, but the space we all occupy is getting smaller as the "population" grows. However, who knows? We may even find there is less overlap and competition than we expect. For example, within each category, there are fewer than 50 transplant cardiologists, transplant pulmonologists, and cardiothoracic transplant surgeons who are members of the American Society of Transplantation (In other words, the total for all of these transplant professionals is less than 150 members.).

The ISHT/ISHLT has been a wonderful society of which I am proud to be a part. However, we must make sure Our Society remains relevant to its members, while attracting the next generation of leaders in all the disciplines our membership represents.

Enjoy your time in Nice. I hope it's nice. I will miss those of you I know, as well as those of you I will not have an opportunity to meet.

Merci.

Disclosure statement: The author has no conflicts of interest to disclose.