

## “One day, no one will die from a heart attack”

### **Sangeetha Iyer from India visited EuroHeartCare**

*With five years of university and currently pursuing her Doctor of Pharmacist Sangeetha Iyer took part in EuroHeartCare. Only 23 years old she was showing her research on cardiology to the world's elite heart scientists.*

- *Jönköping is so beautiful and so vibrant, it is small and big at the same time, I have already fallen in love with it!*

For the second time in a row Sangeetha Iyer visited EuroHeartCare that was hosted in Jönköping this year. Three days filled with the latest in heart science from different parts of the world.

- This is a big opportunity for me to take part in this congress. I came here to learn from other people's research that I can take back to India. It is also an opportunity for me to create new international connections and collaborate with a wider range of people from diverse background with professional expertise in cardiology.

Her research emphasizes on preventing heart diseases in the community. She is presenting a paper on "Assessing the effect of gender in the management of Atrial fibrillation."

- So far I have been getting good feedback on my research. I want patients to get help earlier in the process. My goal is to create a better future for people that might get sick and make the world unite in this, share and learn more from each other. It should be the ultimate goal, that we all can improve together.
- I love EuroHeartCare because it is a place where people in cardiology can meet, from multicultural countries, with different backgrounds. You meet people that are cardiologists, nurses, pharmacists, physio therapists and much more. You get to see others perspective on things, which give bigger possibility for development.

### **“Women should pursue their dreams”**

So far Sangeetha have been studying at the university for five years and has her sixth left. After her graduation she is planning to do her PhD, in Europe and is looking for possible grants or support to continue her research. Her motivation through studying and research has been her brother.

- My brother has always motivated me. He motivates me to aim higher and get as highly educated as I can. I think women should be independent and higher education shows independence. I come from a very small town and I have also faced many challenges as a girl in reaching where I am today. In our community, girls get married off early and are forced to live for their husband, his family and kids. Women are not in a position to pursue their dreams after that. However, this will change in the time to come. Parents are now supporting their daughters to study and pursue their dreams and I have been quite lucky to have such supportive parents. Somewhere down the line I will one day start a foundation to support and provide necessary resources to women to pursue their dreams.

## **Joyful lecture**

During the Thursday Sangeetha joined a workshop about how you publish your research.

- It was a very informative lecture that I will definitely have use for in the future. It was a really unique evening. Towards the end they were playing some music and everybody started to dance and just let go, it was amazing! It is not too usual during these kinds of events.

For three days Sangeetha participated in lectures, workshops and told people about her own research. She is also looking for possible internship opportunities with the right organization that will support this study.

- The congress has so far been very good. You can tell that it is very well organized. Before I came here I looked up some information about Jönköping and noticed that it is very small. But people here have such a good quality of life. And the city is so beautiful and so green!

Sangeetha Iyer went on to win the 'Top Scored poster' for her work at the end of the congress.

- I sincerely thank the EuroHeartCare- Council on Cardiovascular Nursing and Allied Professions (CCNAP), the International Pharmaceutical Federation (FIP) foundation for education and research and the Destination Jonkoping team for their relentless support that has enabled me to travel as far as 4000 miles. As long as such organizations continue to invest on education and research, I believe we can have many young scientists working for path breaking research.

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