

CURRICULUM VITAE

Dr. PURSHOTAM LAL

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DIRECTOR INTERVENTIONAL CARDIOLOGY

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Profile

Currently the Chairman and Director of Interventional Cardiology at Metro group of hospitals, Dr. Purshottam Lal, a pioneer in Interventional Cardiology, has the **unique distinction of introducing the largest number of interventional techniques** (as an alternative to open heart surgery) for the first time in the country. He is **credited with performing the largest number of angioplasties/stentings procedures as a single operator in the country**. After spending 15 years in the United States, Dr. Lal decided to come back to India and has since established 9 state-of-the-art hospitals with a mission to serve the poor. **His guiding philosophy in setting up these hospitals has been that no patient should ever be returned for want of money.**

Dr. Lal is also passionate about teaching and has taught over a period of 20 years a large number of medical students, residents and fellows in the field of Interventional cardiology. His students are spread far and wide and count among them some illustrious names in the field of Cardiology.

An internationally acclaimed Interventional Cardiologist, Dr. Lal is by far the **most decorated Interventional Cardiologist of the Country for having been awarded Padma Bhushan, Padma Vibhushan and Dr. B.C. Roy National Award of Medical Council of India by the President of India for his innovative contributions in the field of Interventional Cardiology**. He has been Fellow and Member of numerous organizations. Among prestigious ones are:

- Fellow, American College of Cardiology
- Fellow, American College of Medicine
- Fellow, Royal College of Physicians (Canada)
- Fellow, Society of Cardiac Angiography and Interventions, USA
- Fellow, Indian College of Cardiology
- Member, British Cardiovascular Interventional Society
- Member, German Society of Cardiovascular Research
- Member, Central Council of Health & Family Welfare – an apex advisory body of the Ministry of Health & Family Welfare, Govt. of India
- Member, Expert Committee for medical devices, Ministry of Health & Family Welfare, Govt. of India
- Member, Delhi Medical Council

Academics

Post-graduate Training & Teaching experience (more than 20 years):

Having been trained at internationally renowned institutions in the United States, UK and Germany, Dr. Lal is deeply interested in passing on knowledge and imparting skills to an ever increasing number of budding cardiologists. This is amply reflected in the choices he has made throughout his long career.

- Immediately after graduating from Government Medical College, Amritsar, Dr. Lal joined Government Medical College, Patiala in 1976 as a **demonstrator in the Department of Anatomy** and taught medical students about human anatomy.
- In the same year he left for United States. After completing his post graduate training and passing the American Specialty Board, he joined as Instructor followed by **Assistant Clinical Professor** at Mich. University in 1983 where he taught medical students as well as post-graduate students (residents). He was instructor of Advanced Cardiac Life Support (ACLS) certified by **American Heart Association** and maintained **Physician Recognition Award by American Medical Association** for continuing medical education. He also held the positions of **Registrar in the Dept. of Cardiology and Visiting Consultant in UK & Germany respectively** where he was involved in the pacemakers & advanced structural interventional cardiology.
- While working as a **Senior Interventional Cardiologist** at Apollo Hospitals, Madras in 1991 he was involved in the teaching of **DNB Cardiology students**.
- Dr. Lal was appointed as **Attending Cardiologist** at Cornell Medical Centre USA in 1994 and was assigned teaching and research related responsibilities.
- He has worked as **Senior Interventional Cardiologist & Coordinator, Department of Cardiology** at Indraprastha Apollo Hospitals, New Delhi in 1996 where he taught **Interventional Cardiology fellows**.
- From 1997 onwards Dr. Lal has been involved in teaching and training activities as **Director Interventional Cardiology** at Metro Heart Institute, NOIDA. He has been involved in the teaching of **DNB students** and students pursuing Post-graduate Diploma Courses in Cardiology (**PGDCC**) at the institute.

Research & Professional Achievements:

Dr. Purshotam Lal is credited with introducing the largest number of procedures in the field of Interventional cardiology in the country (more than twenty 'firsts'). Among these:

- Slow Rotational angioplasty (Rotacs)
- Coronary Athrectomy
- Rotablator (diamond drilling)
- T Stenting
- Heart hole closure (ASD)
- Post myocardial VSD Closure
- Repair of Abdominal Aneurysmand many more

He subsequently presented the **first ever scientific papers on these techniques** at the annual conferences of the Cardiological Society of India. These were later on published in the Indian Heart Journal.

- He has developed his own techniques of **left atriofemoral bypass support (partial artificial heart) & opening of tight heart valves (with echo without cath lab)** and **presented the papers in national & international conferences to this effect.**
- Dr. Lal is credited with his contributions in the clinical development of **monodisc device for ASD Closure and Core Valve for non-surgical replacement of aortic valve. He performed the first case of non-surgical heart hole (ASD Closure)** on a 19 year college student, this being the **first case in the medical literature** with this particular device. He also performed the **non-surgical aortic valve replacement with a core valve** on a 69 year old terminal patient unfit for surgery. This case being the **first in the world** and more than 20000 cases have been performed successfully around the world with this technique. All this work have been presented and published in the national & international journals.
- He is the **first investigator of Inoue Balloon Mitral Valvuloplasty** in the Country, the most popular balloon in the world for opening the tight valves of the heart and compared the same with the other available techniques.
- He has also performed more than 25 life saving procedures of **non – surgical closure of Post MI VSD, one of the largest series in the medical literature.**
- **He designed the concept of 'Metro Coronary Screening'** for the detection of early coronary artery disease in the high risk individuals. It involves echocardiography, blood tests and coronary angiography through left arm

which has been made patient friendly taking less than five minutes and the individual can return to work within one hour. **Dr. Lal has himself performed more than 13000 such procedures (the largest series in the medical literature) since its introduction in 1998 with 100% success.**

- Dr. Lal has been performing **the largest number of angioplasties/stentings as a single operator over a period of 10 years and has been honoured with “Distinguished Achievement Award of Highest Order” by the National Forum of Indian Medical Association (2006-07)** for performing the largest number of angioplasties/stentings as a single operator in the Country.
- His name has been listed several times in the **Limca Book of World Records.**
- He has published over one hundred research papers, articles and chapters and has also authored a book **“Cause and Prevention of Heart Diseases”**. In some of the conferences he **presented record number of papers namely:-**
 - **Third Great Wall International Symposium on Interventional Cardiology & Live Demonstration Course held in Beijing, China in October 1998**
(total number of papers presented 13)
 - **50th Annual Conference of Cardiological Society of India held in Mumbai in December 1998.**
(total number of papers presented 14)
 - **4th International Meeting on “Frontiers in Interventional Cardiology” held in London, UK in June 2001.**
(total number of papers presented 10)

Orations, honours and awards

Dr. Lal has delivered several prestigious orations and has received several honours and awards. Notably,

Orations

1. **Dr.V.V.Shah Oration** at the Annual Conference of Cardiological Society of India in 1992.
2. **Dr. B.L. Tanjea Memorial Guest Lecture and Oration** at the 47th Annual Awards of the Delhi Medical Association in 2004
3. **Dr. William Ganz Oration** at World Congress on Clinical and Preventive Cardiology 2009
4. **Bharat Ratna Dr. A.P.J.Abdul Kalam oration** at World Congress on Clinical and Preventive Cardiology 2010

Awards

1. 2nd Jawaharlal Lal Nehru International excellence award (awarded by Finance Secretary UK) in 1990
2. Best Interventional Cardiologist of the year 1991 (Awarded by Health Minister, State of Tamil Nadu)
3. Mother India Award 1992 (Awarded by Hon'bl Speaker, Lok Sabha)
4. Selected for Padma Shree in 1993
5. Lifetime Achievement Award by Delhi Medical Association for outstanding contribution to Cardiology in 2002
6. Dr. B.C.Roy National Award in 2005 (Awarded by H.E. The President of India on behalf of the Medical Council of India)
7. Indira Gandhi Excellence Award 2006 at GPCON by National Medical Forum, New Delhi
8. Distinguished Achievement Award of Highest Order by the National Forum of Indian Medical Association (2006-07)
9. Padma Bhushan in 2003
10. Padma Vibhushan in 2009
11. Lifetime Achievement Award at World Congress of Cardiology, 2010

Social Commitments

A crusader against unethical commercialization of medical, Dr. Lal is a man with a mission. He has committed himself to making available to the middle class, poor and the needy the latest cardio-vascular procedures at the most affordable cost. In pursuance of his mission, he has established nine state-of-the-art Hospitals and three satellite units. A large number of poor patients have been treated either free of cost or at concessional rates here. **No patient is ever turned back for want of money. Dr. Lal has been named as the 'Creator of Affordable Healthcare' by 'Express Healthcare', a leading health magazine and has been a trendsetter for NRIs who want to return to India to serve the needy.**