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I have always been interested in the unknown and this probably transformed into research questions as I walked into the world of medicine. As I dealt with patients that had limited diagnostic or therapeutic options for their diseases I would often be thinking furiously of newer avenues to explore. That was why I tested electrical muscle stimulation (EMS) of leg muscles to demonstrate that it can produce cardiovascular exercise as well as give benefits of physical exercise without actually needing to exercise. It also showed improvement of leg muscle strength and exercise tolerance in mild to moderate heart failure, pa-

tients receiving dialysis and in normal volunteers. My research is inspired by patients in day to day life and has explored areas that have poor understanding such as heart failure with preserved ejection fraction, pulmonary hypertension, cardio-renal disease and myocardial fatigue. These four areas have a common linked theme of increased vascular resistance which has become an area of interest in the last 10 years. My research program is therefore attempting to delve into the role of the vasculature in heart failure and renal disorders.

My academic work started in India with my MD degree, moved to Yorkshire where I trained in cardiology and then firmly established itself at UHCW with the help of our R&D department, colleagues and a number of NIHR grants. I was luckily able to build and lead our cardiology academic department from 2011, became Cardiovascular Research Lead for the West Midlands NIHR Clinical Research Network in 2012, and was appointed Honorary Professor of Cardiology by Coventry University in April 2016 and by the University of Warwick (Warwick Medical School) in August 2019. I am an editor and reviewer for a number of national and international peer-reviewed journals and a reviewer of research grant applications with the BHF and NIHR. I supervise and am an examiner for MD & PhD projects with 6 current research fellows. I am thrilled to be where I am and can't believe how fortunate I have been! Research is truly the final frontier of clinical work and everyone should taste it.

