



APHRS NEWSLETTER

JANUARY 2025 | NO.82

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WELCOME MESSAGE FROM THE APHRS PRESIDENT 2026

Written by: Professor Wei Hua, MD, PhD, FAPHRs



Greetings from the APHRS President 2026

Dear APHRS Colleagues and Friends,

Warm greetings to all members of the APHRS community as we welcome the start of Year 2026. It is both a great honor and a profound responsibility to serve as President of the Asia Pacific Heart Rhythm Society during this meaningful year.

I would first like to express my sincere gratitude to the Past President Dr. Hui-Nam Pak and to the Board of Trustees, Committee Members and Country Representatives for their leadership and vision. Their dedicated efforts have shaped APHRS into a vibrant, globally respected society in the Asia-Pacific region while actively contributing to the cardiac electrophysiology community worldwide. Their notable achievements throughout the past years, ranging from information sharing, research and training to connections to the progress of our field in an age of new technology and artificial intelligence as well as important to ongoing efforts toward better detection and management of cardiac arrhythmias.

As we well know, APHRS is the only organization created in the Asia Pacific region to promote excellence and advancement in the diagnosis and treatment of patients with heart rhythm disorders. In 2025, APHRS continued its strong momentum in advancing the field of cardiac electrophysiology across the Asia Pacific. The 2025 Congress led by Prof. Wataru Shimizu and Japanese colleagues and supported by all APHRS members attracted a diverse international faculty and a large global audience for high-level scientific exchange and education. In addition to reinforcing APHRS as a premier platform for cutting-edge research, clinical innovation and cross-border collaboration were enhanced during the annual meeting. Throughout the year, educational initiatives were strengthened through structured training programs on cutting-edge topics and fellowship sustained through activities that will continue to pay dividends in APHRS' commitment to nurturing the next generation of electrophysiologists.

Looking ahead to 2026, the focus will be on deepening quality while expanding scale and regional impact. Given significant disparity in electrophysiology development, with some member countries facing substantial unmet needs in education and training, our organization intends to strengthen in-depth education and capacity-building initiatives over the next year. Supporting high-impact research and publications, fostering meaningful collaboration among clinicians, scientists and allied professionals, and nurturing young electrophysiologists are among our stated goals. Specifically, promoting equitable access to education across diverse regions, and advancing multicenter research initiatives that address real-world clinical needs throughout the Asia Pacific region will be emphasized. I am looking forward to the APHRS Annual Scientific Meeting in 2026 in Busan, Korea, certain that there will be another successful meeting with the support from APHRS members and experts from around the world.

As we embark on the year 2026 together, it is meaningful to note that, in Chinese culture the Horse symbolizes vitality, perseverance and forward momentum—qualities that strongly resonate with the spirit of cardiac electrophysiology and with the mission of APHRS. By working together supporting one another, and maintaining an open and collaborative mindset, I am confident that APHRS will continue to reach new heights and make lasting contributions to global heart rhythm care.

Thank you for your trust, support and friendship. I sincerely wish you and your families a healthy, fulfilling and prosperous New Year.

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REPORT ON THE JOINT MEETING OF THE 18TH ASIA PACIFIC HEART RHYTHM SOCIETY CONFERENCE (APHR2025) AND THE 71ST ANNUAL CONFERENCE OF THE JAPANESE HEART RHYTHM SOCIETY (JHRS2025)

Written by: Professor Wataru Shimizu, Conference President

The 18th Asia Pacific Heart Rhythm Society Scientific Conference (APHR2025) and the 71st Annual Conference of the Japanese Heart Rhythm Society (JHRS2025) was held jointly at Pacifico Yokohama North Yokohama, Japan from Wednesday, November 12 to Saturday, November 15, 2025 (Figure 1). As the President of the APHR2025, I co-hosted the event alongside Professor Teiichi Yamane at Jikei University School of Medicine and Professor Eiichi Watanabe at Fujita Health University Bantane Hospital, the Presidents of the JHRS2025 (Figure 2). The theme of this conference was “Arrhythmology and Electrocardiology: Entering a New Stage!”

We are pleased to report that it was a great success, attracting a record total of 8,130 participants — far exceeding expectations — including 5,243 from Japan and 2,887 from overseas. This marked the first time in eight years since 2017 that the APHR Scientific Conference was held in Japan. Co-hosted with the JHRS Scientific Conference, this event invited 727 faculty members, including 242 international faculties from 38 countries across Asia, Europe, and America, and featured 117 planned symposiums. The presidents of the other continental arrhythmia societies (Heart Rhythm Society (HRS), European Heart Rhythm Association (EHRA), Latin America Heart Rhythm Society (LAHRS) also participated (Figure 3).

Following the Opening Ceremony on the 2nd day of the conference (November 13) (Figure 4,5), the Plenary Session featured special lectures by Professor Josep Brugada representing EHRA, Professor Young-Hoon Kim representing APHR, and Professor Roderic Tung representing HRS (Figure 6,7).

In addition to the 1,182 general presentations (472 oral presentations/80 sessions and 710 poster presentations), APHR organized sessions including 4 Late Breaking Trial (LBT) Sessions (16 presentations), 2 Hot Line (HL) Sessions (20 presentations), and a Young Investigator Award (YIA) Session (5 presentations).

We established the Best of the Best Session featuring CIED/ECG/EMG Tracing Competitions for young professionals' education, and Subcommittee Sessions for Surgery, Pediatrics, and Digital Health, adopting a total of 1,451 accepted presentations. The Emerging Leaders' Summit, now a tradition, was also held on the 1st day of the conference.

Building on the platform for simultaneous publication of outstanding abstracts in cardiovascular journals established at last year's APHR2024 in Sydney, APHR2025 also designated all abstracts accepted for the LBT Session, HL Session, and YIA Session for simultaneous publication in leading cardiovascular journals. Ten abstracts were published simultaneously in journals such as Heart Rhythm, Europace, and JACC Asia.

Additionally, as a special feature of APHR2025, we hosted the Clinicopathological Conference (CPC), typically held at Massachusetts General Hospital (MGH), at this scientific conference. We discussed the diagnosis and treatment of a case of Brugada Phenocopy. This content will be published in the New England Journal of Medicine (NEJM) at a later date. Furthermore, we invited the Editors-in-Chief of journals such as the Journal of Arrhythmia, Heart Rhythm, Europace, and JACEP to organize a Meet the Editor-in-Chief Session.

The faculty dinner was held on the evening of November 13 at Osanbashi Hall, near the venue, with 322 faculty members in attendance (Figure 8, 9, 10).

All aspects of the APHR2025 were of a very high academic standard. Consequently, this conference received extremely high praise from international colleagues, not only for the number of participants but also as an international conference.

05 | REPORT ON THE JOINT MEETING OF THE 18TH ASIA PACIFIC HEART RHYTHM SOCIETY CONFERENCE (APHRS2025) AND THE 71ST ANNUAL CONFERENCE OF THE JAPANESE HEART RHYTHM SOCIETY (JHRS2025)

The successful hosting of the APHRS2025 would not have been possible without the cooperation and dedicated efforts of the Program Committee members (Figure 10, 11), the Society Secretariat staff, and the sponsoring companies. I would like to take this opportunity to express my deepest gratitude to all of them.

The next 19th APHRS Scientific Session, APHRS 2026 will take place in Busan, Republic of Korea, from 21-24 October 2026 (Figure 12).



Figure 1 - In front of the conference poster of APHRS2025/JHRS2025



Figure 2 - With Professor Teiichi Yamane (right) and Professor Eiichi Watanabe (left), the Presidents of JHRS2025 Conference

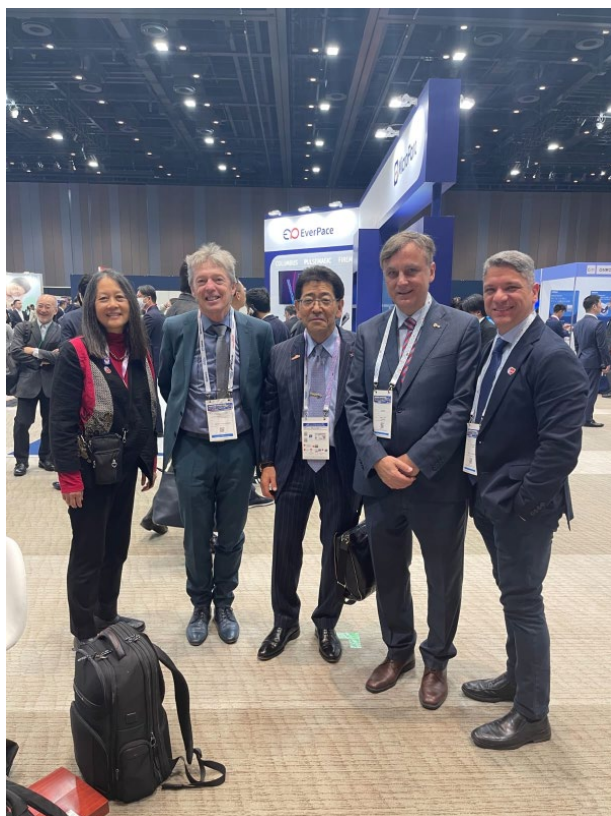


Figure 3 - With Professor Mina Chung (HRS President: left), Professor Helmut Purerfellner (EHRA President: second from left), and Professor Nestor Lopez-Caballillas (LAHRS President: second from right)



Figure 4 - Opening Ceremony on 13 November



Figure 5 - FAPHRS2025 Convocation Ceremony
Prof. Hui-Nam Pak, President of APHRS (Center left) and Prof. Shi-An Chen, Chair of Nomination Committee (Center right)

06 | REPORT ON THE JOINT MEETING OF THE 18TH ASIA PACIFIC HEART RHYTHM SOCIETY CONFERENCE (APHRS2025) AND THE 71ST ANNUAL CONFERENCE OF THE JAPANESE HEART RHYTHM SOCIETY (JHRS2025)



Figure 6 - Plenary lectures by Professor Josep Brugada, Spain at Plenary Session



Figure 7 - Speakers of Plenary lectures: Professor Roderic Tung representing HRS (Second from the left), Professor Young-Hoon Kim representing APHRS (Third from the left), and Professor Josep Brugada representing EHRA (Third from the right)



Figure 8 - Faculty Dinner on the evening of November 13



Figure 9 - KABUKI show at the Faculty Dinner



Figure 10 - After the Faculty Dinner, with the Program Committee members of the Department of Cardiovascular Medicine, Nippon Medical School, and former Professor of Cardiovascular Surgery, Takashi Nitta (second from the left)



Figure 11 - Japanese APHRS Program Committee members



Figure 12 - Passing Flag Ceremony at Gala dinner
From Prof. Wataru Shimizu (left), Congress president of APHRS2025 to Prof. Hui-Nam Pak (right) and Prof Seil Oh (center), Congress presidents of APHRS2026 Busan

GET READY FOR PULSE DAY 2026

Written by: Dicky A. Hanafy, MD, PhD and Catherine Jillian Hardy, MD

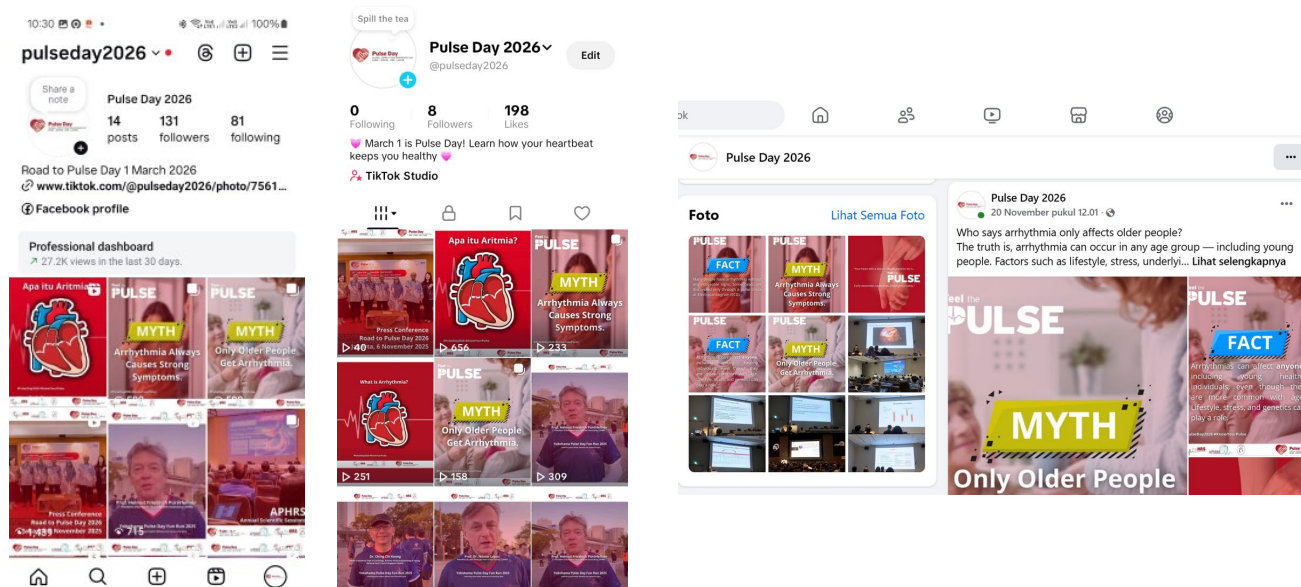
Pulse Day is an annual global public health campaign dedicated to raising awareness about cardiac arrhythmias, held each year on 1 March (1/3) as a symbolic reminder that one in three people worldwide may develop a serious heart rhythm disorder in their lifetime. This year, Pulse Day will be spearheaded by APHRS, in collaboration with its global partners, including the European Heart Rhythm Association (EHRA), the Heart Rhythm Society (HRS), and the Latin American Heart Rhythm Society (LAHRS).

The primary aim of Pulse Day is to empower individuals to take an active role in protecting their heart rhythm health. The campaign highlights that early detection of arrhythmias can begin with a simple pulse check, which may lead to timely diagnosis and treatment. By reinforcing pulse awareness as a routine habit, Pulse Day seeks to reduce complications such as stroke, heart failure, and sudden cardiac death, particularly in settings where access to advanced diagnostics may be limited.

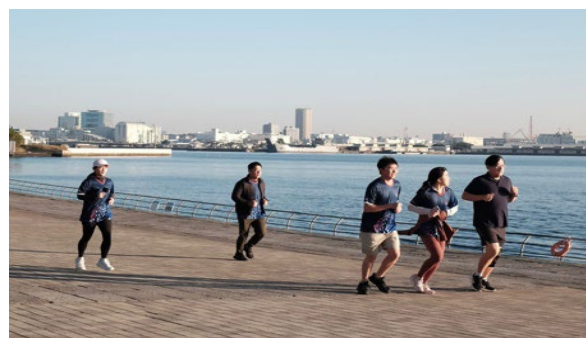
Promotion Through Digital and Social Media

Educational resources regarding step-by-step guides on how to check your pulse, tips for identifying pulse irregularities, and advice on when to seek medical attention are shared globally and all year long through coordinated campaigns on the official Pulse Day 2026 social media accounts on Instagram (@pulseday2026), Facebook (Pulse Day 2026), and Tiktok (@pulseday2026).

Campaign toolkits have also been distributed to healthcare professionals and partner organizations to support local adaptation and multilingual outreach.



Community Engagement and the Yokohama Fun Run



The Road to Pulse Day 2026 officially began with the Pulse Day Fun Run 2025, held during the 2025 APHRS Annual Scientific Sessions in Yokohama, Japan. The Fun Run took place on 14 November 2025 and brought together 120 participants, including members of APHRS and the Japanese Heart Rhythm Society, and delegates from EHRA, HRS, and LAHRS. Dicky Armein Hanafy, MD, PhD, Head of Pulse Day Task Force, Chairperson of Public Affairs Committee Asia Pacific Heart Rhythm Society (APHRS), explained, “We wanted to engage members of the APHRS in heart health, wellness, and community spirit - all in support of Pulse Day.” Prof. Helmut Friedrich Pürerfellner, President of the European Heart Rhythm Association (EHRA), also added, “It is a very important thing to be able to create events together and to stay fit.”

Media Outreach and Public Messaging



Traditional media forms still play important roles in amplifying Pulse Day messages, with press conferences and media releases resulting in appearances in several newsletters hailing from the Asia-Pacific region. A local press conference was conducted in Jakarta, Indonesia on 6 November 2025, with Dicky Hanafy, MD, PhD, Erika Maharani MD (President of the Indonesian Heart Rhythm Society) and Agung Fabian Chandranegara, MD (Secretary General of the Indonesian Heart Rhythm Society) as keynote speakers, highlighting the growing global burden of arrhythmias, particularly atrial fibrillation, and the aim of Pulse Day to an audience of journalists and media reporters.

Looking Ahead

Pulse Day has evolved into a sustained global movement supported by digital outreach, community events, and coordinated media engagement. Prof. Dr. Nestor López, president of the Latin American Heart Rhythm Society (LAHRS) added, "Pulse Day brings us the opportunity for us as societies to communicate to the community the importance of taking the pulse and to recognise diseases such as atrial fibrillation and other arrhythmias that are potentially important causes of other problems such as stroke and cardiac insufficiency. Pulse Day is not just for events such as a Fun Run, but a way to raise awareness, and to know that being aware of your pulse is a little window to what is happening to your heart." Through social media campaigns, press releases, and events such as the Yokohama Fun Run, APHRS continues to promote pulse awareness as a universal, life-saving habit.

"In line with the spirit of the Pulse Day campaign, APHRS continues to remind the public that manually checking our own pulse is a simple yet highly effective way to detect heart rhythm abnormalities earlier."

For more information regarding Pulse Day or if you would like to get involved in Pulse Day 2026 in your area, please visit <https://www.aphrs.org/training-education/for-patients/663-global-pulse-day>

EP LAB SPOTLIGHT: A DREAM THAT DREAMS BIGGER - ELECTROPHYSIOLOGY DIVISION IN THE MISSION HOSPITAL

Written by: Sudipta Mondal, MD, DNB (Medicine), DM Cardiology (SCTIMST), PDF (Cardiac Electrophysiology) SCTIMST, Interventional Electrophysiologist
The Mission Hospital, Durgapur

For years, the vast stretch of West Bengal's periphery lived in a cardiac shadow. While The Mission Hospital, Durgapur stood tall as a titan of multispecialty care since its 2008 founding by Dr. Satyajit Bose, a silent void remained. In the realm of Electrophysiology (EP), the heartbeat of the East was irregular, underserved, and suboptimal (Figure 1).

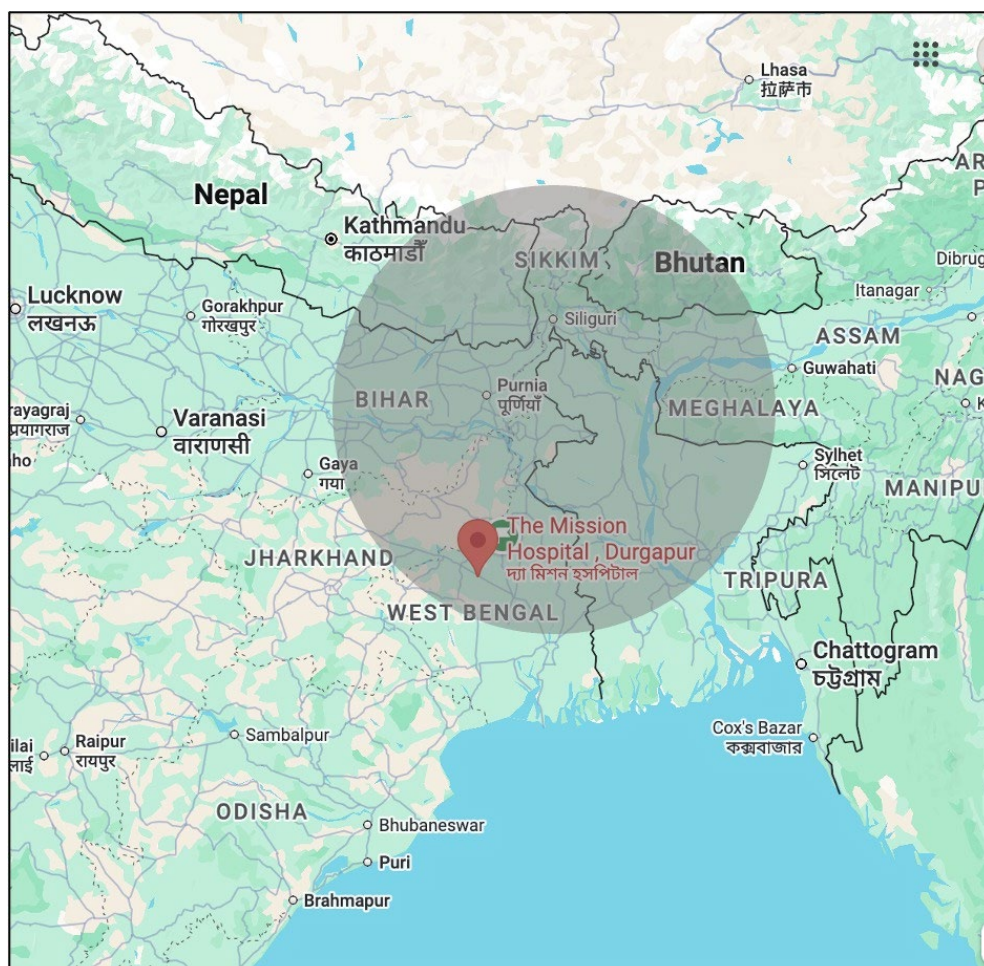


Figure 1. We are proud to bridge a massive clinical gap in Eastern India, as our department represents the only in-house Electrophysiology service available within an 800km diameter, ensuring life-saving rhythm management is accessible beyond the major metros.

The Spark of Change

In February 2025, the narrative shifted. Armed with the rigorous training of the prestigious Sree Chitra Tirunal Institute for Medical Sciences and Technology and fuelled by the mentorship of the legendary Dr. Narayanan Namboodiri, I stepped into these halls with a singular mission: to bring world-class heart rhythm management to the doorstep of the underprivileged.

The beginning was a battle against the clock and the status quo.

Overcoming the Impossible

We didn't have a dedicated lab; we carved one out of the shadows of the intervention suite. We didn't have a team; we built one from the ground up. This would have never been possible without the help of Dr Nadeem Afroz Muslim, the senior interventional cardiologist here.

- **The Time War:** While an angioplasty is a sprint, an EP procedure is a marathon of 60–90 minutes. We fought for every second, often working into the dead of night to ensure no patient was left unheard.
- **The Skill Gap:** From hiring external technicians to the present day—where our own nurses and technicians now command the lab with independent expertise—we have transformed our workforce into a specialized elite force.
- **The Innovation Leap:** Before February, Left Bundle Branch Area Pacing (LBBAP) and LOT-CRT were mere concepts here. Today, not only are they routine, but our entire consultancy team has mastered these complex life-saving techniques.

A Legacy in Motion

In just eight months, we haven't just practiced medicine; we've rewritten the statistics (Figure 2):

- 100 Successful RFAs completed since February.
- 50 Device Implantations per month, including cutting-edge conduction system pacing.
- 20+ Peer-Reviewed PubMed-indexed Publications in the last year alone, ensuring our clinical work is backed by global academic excellence.



Figure 2.

A. Inaugural Electrophysiology (EP) procedure performed following the establishment of an in-house EP service.

B. Successful implantation of the hospital's first LOT-CRT D (Left Bundle Optimized Cardiac Resynchronization Therapy Defibrillator).

C. Clinical team concluding a complex case at 3:00 AM; a testament to the department's commitment despite current catheterization laboratory scheduling constraints.

D. Representative clinical imagery from routine Electrophysiology studies and Radiofrequency Ablation (RFA) procedures conducted within our facility.

The Vision: A Future Without Frontiers

Being the lone Electrophysiologist in this region, outside the comfort of the metros, comes with a heavy mantle. We have conquered the 2D world, but my eyes are set on the next horizon.

"The dream is big; the passion is bigger."

My immediate crusade? To bridge the final gap by establishing a 3D Ablation Service. My ultimate goal is the creation of a dedicated world-class Electrophysiology Division—a beacon of hope for Nepal, Bhutan, Bangladesh, and importantly the remote corners of India.

We are no longer just treating arrhythmias; we are restoring the rhythm of a region. The journey from suboptimal to superlative has just begun.

Hospital Information

Address: Immon Kalyan Sarani, Sector IIC
Bidhannagar, Durgapur, West Bengal, India

GETTING TO KNOW: DR AN NU-KHANH TON

*APHRS Women in EP Committee Chair
Tam Duc Heart Hospital*



Can you talk about an accomplishment that you are particularly proud of?

One accomplishment I am particularly proud of is my research on ILAM in patients following atrial fibrillation ablation. What began as a simple clinical question during a procedure evolved into a research project — first presented as a poster at HRS 2021 and later published in *Circulation*. It was a long journey of exploring different mapping windows and strategies, and I felt truly rewarded by the outcome, as well as by the persistence and dedication to electrophysiology, supported by the encouragement of my mentors and colleagues.

Why did you choose to enter medicine and above all, prefer to specialize in Electrophysiology?

As a child accompanying my mother on hospital night shifts, I was deeply moved by the glowing lights and the dedication of healthcare teams, which inspired me to become a physician. Later, I found cardiac electrophysiology especially fascinating — the analysis of ECGs and arrhythmias is both logical and full of surprises — which convinced me to specialize in this field.

What do you regard as the most significant development in Electrophysiology in the recent past?

I believe one of the most significant advances in electrophysiology is pulse field ablation, which improves procedural success, minimizes collateral damage, and significantly shortens procedure time. Another remarkable development is conduction system pacing, which has reshaped clinical practice by providing substantial benefits for patients requiring long-term ventricular pacing and by improving cardiac resynchronization. These innovations not only enhance outcomes but also represent a major step forward in patient-centered arrhythmia care.

If you could have an alternative career, what would it be and why?

If I were not a physician, I would have chosen bioengineering. I am fascinated by science and by the way living systems grow and adapt. Much like my love for observing plants in nature, this curiosity would have drawn me to exploring biological processes and innovations in bioengineering.

Who has inspired you the most in your life and why?

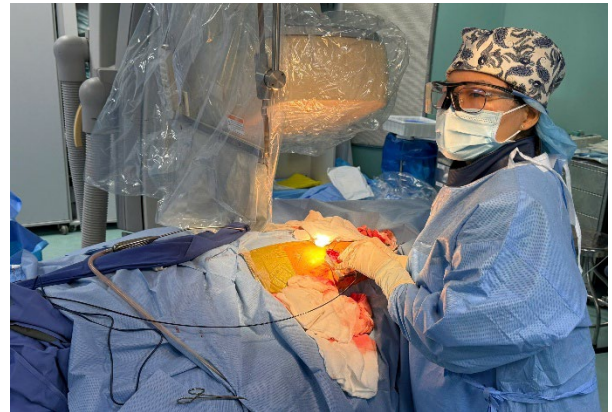
Rather than a single person, I have been inspired by many people throughout my journey — patients who show resilience in the face of illness, colleagues who dedicate themselves tirelessly to advancing care, and mentors who encourage growth and curiosity. Together, they have shaped my values and continue to inspire me in both medicine and life.

What are your hobbies and interests outside of medicine?

In my free time, I enjoy simple activities that bring me peace and balance. I like walking outdoors, tending to plants, and arranging flowers. I also find joy in reading, keeping my home tidy, and practicing meditation. These hobbies allow me to slow down, recharge, and maintain a sense of mindfulness outside the demands of medical practice.

What advice would you give to your younger self?

I would tell my younger self — and often remind my junior colleagues — not to rush into becoming the first operator too soon. Instead, focus on learning step by step, building both knowledge and technical skills, and good results will come naturally. I've also learned that developing keen observational skills is just as important in electrophysiology as mastering procedures, because true expertise grows from patience and awareness.



What is the funniest thing that has happened to you recently?

Patients often think I'm too young to be experienced, and some hesitate at first. However, after discussion and an explanation of the disease and procedure — especially when they learn my actual age — they usually laugh, apologize, and feel reassured. It always makes me smile — a light-hearted reminder that first impressions can be amusingly misleading.

What is your best life advice, motto or favorite quote?

I don't really have a specific motto, but in every case I handle, I remind myself to do my best, stay cautious, and treat each patient as if they were my own family. This simple thought guides me through both challenges and daily practice, keeping me focused on what truly matters in medicine — compassion and care.

What are your thoughts about some of the emerging technologies, and the way they will shape the future care of arrhythmia patients?

I believe that in the near future, fluoroless procedures will become the standard in EP, accounting for more than 90% of cases. Another exciting direction is the integration of artificial intelligence with robotic technology. As robotic systems become more refined and capable of highly precise movements, combining AI-based analysis to identify critical ablation targets with automated robotic delivery — under the guidance and control of the electrophysiologist — could significantly transform practice, making procedures more efficient, precise, and consistent.

APHRS

SUMMIT 2026

Asia Pacific Heart Rhythm Society

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Connect with leading professionals from across the Asia-Pacific region.

👤 Anticipated Attendance: 100+ Attendees

🌐 Leadership Presence: Over 20 APHRS Board Members will be participating!

☀ Programme

0900 Opening

0930 Session 1: Controversies in Atrial Fibrillation ablation

1040 Session 2: Controversies in pacing

1140 MORNING TEA

1200 Session 3: EP in special populations

1300 Session 4: State of the art pacing

1400 LUNCH

1500 Session 5: Surgical aspects of EP

1548 Session 6: Ventricular Tachycardia & Sudden Cardiac Death

1700 Closing Remarks

1730 Summit Dinner at Weta Workshop Unleashed

**SATURDAY,
28TH FEBRUARY
2026**

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CONVENTION CENTRE (NZICC),
AUCKLAND





www.aphrs2026.com

Feel the Rhythm, Feel the Future

**19th Asia Pacific Heart Rhythm
Society Scientific Session
in conjunction with KHRs 2026**

21 – 24 October 2026

Bexco, Busan, Korea

APHRS 2026 BUSAN

Abstract Submission

OPEN

**12 February
2026**

Hosted by



Organized by



**Korean Heart
Rhythm Society**

APHRS 2026 BUSAN



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