



# Dr. Brajesh Mittal

## A Heart Healer's Journey from Ajmer to Dubai's Healing Hub

From humble beginnings to becoming a pioneer in cardiology, his influence is felt globally, making him an inspiration in the field of heart care. Dr. Brajesh Mittal's journey is a testament to the transformative power of dedication and expertise in healthcare.

Dr. Brajesh Mittal's journey from a small city of India- Ajmer, to Dubai is one fuelled by a passion for healing hearts. Raised in a modest family, he embarked on his medical journey in New Delhi, honing his skills at renowned hospitals. His heart, however,

found its home in Dubai, where he has been a symbol of hope for heart patients. Starting his day with the family, he cherishes routine and balance. Dr. Mittal emphasizes the importance of staying organized, being on time, and always offering apologies

when needed. This mantra extends to his leadership style, where he fosters openness and continuous learning.

His commitment to community health is evident through initiatives like SHAKE (Saving

Heart Attacks Key Efforts) and SCALE, (STEMI Care for All in Emirates), aimed at saving lives from heart attacks. Dr. Mittal's extensive experience spans over two decades, including roles with the Ministry of Health Mauritius and with the Department of Health, Dubai. His influence extends beyond the hospital walls. Dr. Mittal is a sought-after speaker, sharing his expertise in major medical conferences. He is also involved in advisory roles to the leading pharma enterprises.

In reflecting on his journey, Dr. Mittal acknowledges the opportunities provided by the UAE government and expresses gratitude for being able to contribute to the nation's growth. He envisions giving back to his hometown in Ajmer by establishing a free cardiac center, ensuring care for all, regardless of means. With a rich tapestry of achievements, Dr. Brajesh Mittal remains a humble healer, guided by the belief that true success lies in staying grounded and serving others.

Dr. Mittal's professional journey in cardiology spans over 25 years, commencing with the pursuit of his advanced training in Internal Medicine, cardiology and interventional cardiology successively. Throughout his professional journey, he has particularly specialized in coronary angiography and angioplasty, with a special focus on patients suffering from heart attacks. Dr. Mittal has held multiple esteemed positions in the field of cardiology. Currently, he serves as the Deputy Medical Director at Medcare Hospital, Dubai, and is recognized as a Consultant Interventional Cardiologist and Head of the Cardiology Department. In addition to his clinical endeavors, Dr. Mittal is the Founder Chairman of SHAKE and SCALE. These initiatives underscore his dedication to preventing and treating heart attacks.

Dr. Mittal boasts an impressive

array of affiliations, aligning himself with esteemed organizations such as the American College of Cardiology, European Society of Cardiology, and Cardiological Society of India. His fellowship status is recognized internationally, solidifying his standing within the global cardiology community. As a prominent figure in the field, Dr. Mittal frequently shares his expertise at major medical conferences, both regionally and internationally. He serves as a regular speaker not only for



the healthcare professionals but also for the public furthering the dissemination of knowledge in the field of cardiology.

Dr. Mittal's contributions extend beyond his clinical and research work. He is a Founder Member and Past President of the Cardiological Society of India-UAE Chapter, showcasing his leadership and commitment to the advancement of cardiology. Dr. Mittal's impact in the realm of cardiology is further evidenced by his extensive publications and research papers. These contributions reflect his unwavering dedication to pushing the boundaries of knowledge in the field. As a leader, Dr. Mittal emphasizes openness, continuous learning, and a light-hearted approach. His managerial engagements have significantly

contributed to the growth and enhancement of healthcare services in various institutions.

In sum, Dr. Brajesh Mittal's journey stands as a testament to the transformative power of dedication and expertise in healthcare. From humble beginnings to becoming a pioneer in cardiology, his influence is felt globally, making him an inspiration in the field of heart care.

- Fellow of American College of Cardiology, European Society of Cardiology, and more.
- Successfully managed a simultaneous double vessel coronary occlusion in a young patient with acute myocardial infarction and concurrent ischemic stroke.
- Founding SHAKE and SCALE initiatives to enhance heart attack response.
- Follow your routine, do things with full honesty and to the best of your capabilities, and help people.
- Establishing a free heart attack center in his native town, ensuring accessible heartcare for all- irrespective of the financial status

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We have witnessed an unprecedented rise in cardiovascular diseases (CVD) worldwide, including in the UAE. Latest reports indicate that nearly 40 percent of deaths in the UAE due to non-communicable diseases are attributed to heart attacks. The average age for heart attacks has dropped to 50 years or less, with obesity and sedentary lifestyles exacerbating the situation. I have spearheaded an annual Shake Heart Conference. 'Shake' is an acronym for Saving Heart Attacks - Key Efforts, and I sincerely hope that a consistent campaign like this will raise substantial community awareness about heart health.

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