

# Postgraduate Course in Cardiometabolic Medicine

24  
London

## Postgraduate Course in Cardiometabolic Medicine 2024

April 30 – May 3, 2024

The Royal Society of Medicine,  
1 Wimpole St, Marylebone, London

### Course Directors

Andrew Krentz  
Thomas F. Lüscher  
Naveed Sattar  
John Deanfield  
Mahmoud Barbir  
Michael Papadakis

### Scientific Coordination

Ruth Amstein  
Christine Lohmann

ZÜRICH  
HEART HOUSE



LONDON  
HEART HOUSE

Royal Brompton and  
Harefield hospitals



Guy's and St Thomas'  
NHS Foundation Trust



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## Welcome Address

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Dear Colleagues

It is a pleasure to announce a truly innovative Postgraduate Course in Cardiometabolic Medicine, a timely and highly acclaimed educational programme conceived by Zurich Heart House – London Heart House, King's College, and Royal Brompton & Harefield Hospitals, which will address an unmet educational need.

Cardiometabolic disorders represent a cluster of interrelated risk factors, primarily dyslipidemia, hypertension, elevated fasting blood glucose, obesity and non-alcoholic steatohepatitis. A combination of several of these risk factors massively increases the incidence and mortality of coronary heart disease and stroke. The strong association between metabolic disorders and cardiovascular health delivers a compelling reason to improve awareness of this cluster by identifying the risk factors and inducing targeted interventions.

The Postgraduate Course in Cardiometabolic Medicine consists of a four-day programme. State of the art lectures alternate with a great variety of interactive sessions, including workshops, rapid fire sessions and hands-on imaging sessions.

The course offers a unique opportunity to become one of the first experts in the seminal area of cardiometabolic medicine. We are looking forward to receiving your application and meeting you in London.

Sincerely,



Thomas F. Lüscher



Andrew Krentz



Naveed Sattar



John Deanfield



Mahmoud Barbir



Michael Papdakis

## Scientific Programme

Tuesday, April 30<sup>th</sup>, 2024

### 08:00 REGISTRATION AND COFFEE

#### 08:30 Welcome Session

08:30 Welcome by the course directors

08:45 Course concept and structure

#### 09:00 Session 1: Obesity I - Causes and mechanisms

*Chairs: John E. Deanfield & Michael Papadakis*

09:00 Is obesity a disease? If so, how do we diagnose it?

Francesco Rubino, London

09:20 The gut microbiome: a new cardiovascular risk factor

Thomas F. Lüscher, London

09:40 Obesity and inflammation

Marc Donath, Basel

10:00 What links adiposity to CVD?

Naveed Sattar, Glasgow

10:20 Panel discussion

### 11:00 COFFEE BREAK

#### 11:30 Session 2: Obesity II – Management

*Chairs: Naveed Sattar & Thomas F. Lüscher*

11:30 Bariatric surgery: pros is there still a role?

Barbara McGowan, London

11:50 Behavioural management: Nutrition

Michael Lean, Glasgow

12:10 Behavioural management: Exercise & Sports –  
*the ESC guidelines 2020 and beyond*

Michael Papadakis, London

12:30 Medical management of obesity: GLP-1 /GIP agonists

John E. Deanfield, London

12:50 Panel discussion

### 13:30 LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION

#### 14:30 Session 3: ASCVD Assessment I

*Chairs: Mahmoud Barbir & Thomas F. Lüscher*

14:30 Inflammation and plaque formation

Christian Weber, Munich

14:50 LDL-C and cardiovascular disease: Why is lower better?

Lale Tokgözoğlu, Ankara

15:10 Cardiovascular risk assessment: the ESC SCORE/SCORE2-OP

Frank Visseren, Utrecht

15:30 Lifetime risk: CVD prevention – personal and national strategy

John E. Deanfield, London

15:50 Panel discussion

### 16:30 COFFEE BREAK

#### 17:00 Case-based interactive seminars

How to assess adiposity: Clinical, MRI and beyond

Geltrude Mingrone, London

How to manage obesity

Barbara McGowan, London

## Scientific Programme

### Wednesday, May 1<sup>st</sup>, 2024

#### 09:00 Session 4: ASCVD Assessment II

*Chairs: John Chapman & Christian Heiss*

- |       |   |                                |
|-------|---|--------------------------------|
| 09:00 | Multimodality imaging to assess ASCVD           | Christoph Gräni, Berne         |
| 09:20 | CT-based coronary imaging for risk prediction   | Charalambos Antoniades, Oxford |
| 09:40 | Novel lipoproteins: Lipoprotein(a)              | François Mach, Geneva          |
| 10:00 | Are triglycerides a cardiovascular risk factor? | Børge Nordestgaard, Copenhagen |
| 10:20 | Panel discussion                                |                                |

#### 11:00 COFFEE BREAK

#### 11:30 Session 5: ASCVD - Management

*Chairs: Jürg H. Beer & François Mach*

- |       |  |                         |
|-------|--|-------------------------|
| 11:30 | Secondary hypertension: an underrecognized condition       | Tomasz Guzik, Edinburgh |
| 11:50 | Unsaturated fatty acids and CV risk reduction              | John Chapman, Paris     |
| 12:10 | Personalized LDL-C management: From pills to nucleic acids | Kausik Ray, London      |
| 12:30 | Arterial Hypertension: from drugs to devices               | Vikas Kapil, London     |

#### 12:50 Panel discussion

#### 13:30 LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION

#### 14:30 Hands-on seminars

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|--|--|
| Practical lipid apheresis  | Mahmud Barbir, London<br>Jo Senior, Harefield<br>Alison Pottle, Harefield<br>Stefan Bornstein, Dresden |
| Assessing vascular structure and function – practical demonstrations | Christian Heiss, Guildford   |

#### 16:30 COFFEE BREAK

#### 17:00 Session 6 ASCVD: Platelets and coagulation

*Chairs: Thomas F. Lüscher & Shouvik Haldar*

- |       |   |                      |
|-------|---|----------------------|
| 17:00 | Intravascular thrombus formation: platelets and intrinsic/extrinsic system    | Jürg H. Beer, Baden  |
| 17:20 | Platelet inhibition: DAPT or SAPT? <i>the 2023 ESC guidelines on ACS</i>      | Robert Byrne, Dublin |
| 17:40 | Novel oral anticoagulants in VTE and AF: <i>the ESC Guidelines and beyond</i> | A. John Camm, London |
| 18:00 | Panel discussion  |                      |

#### 18:15 NETWORKING RECEPTION

## Scientific Programme

### Thursday, May 2<sup>nd</sup>, 2024

#### 09:00 **Session 7: Diabetes mellitus (DM)**

*Chairs: Andrew Krentz & Stephan Jacob*

- |       |  |                                |
|-------|--|--------------------------------|
| 09:00 | Pathogenesis of type 2 DM  | Marc Donath, Basel             |
| 09:20 | Diabetes Type 2 and CVD beyond glucocentricity   | Stephan Jacob, Villingen       |
| 09:40 | Management of CVD risk in type 2 diabetes –<br><i>the 2023 ESC Diabetes guidelines</i> | Dirk Müller-Wieland,<br>Aachen |
| 10:00 | Panel discussion   |                                |

#### 10:30 **COFFEE BREAK**

#### 11:00 **Session 8: Nephrology - Chronic kidney disease (CKD) - Causes & Mechanisms**

*Chairs: João Pedro Ferreira & Andrew Krentz*

- |       |   |                            |
|-------|---|----------------------------|
| 11:00 | Causes and clinical presentation of CKD                             | Britta George, Zurich      |
| 11:20 | CKD and cardiovascular risk   | Thimoteus Speer, Frankfurt |
| 11:40 | Albuminuria, eGFR slopes and outcomes: impact of<br>pharmacotherapy | David Wheeler, London      |
| 12:00 | Panel discussion  |                            |

#### 12:30 **Industry Sponsored Symposium: Challenging the Status Quo in Cardiorenal Management**

This is a promotional symposium sponsored and organised by AstraZeneca, intended for GB HCPs only

#### 13:15 **LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION**

#### 14:00 **Session 9: Nephrology - Chronic kidney disease (CKD) - Management**

*Chairs: Thimoteus Speer & Britta George*

- |       |   |                            |
|-------|---|----------------------------|
| 14:00 | SGLT2i and GLP1-RA in CKD and DKD – the 4 pillar approach | Christoph Wanner, Würzburg |
| 14:20 | Non-steroidal MR antagonists                              | Bertram Pitt, An Arbor     |
| 14:40 | Management of hyperkalemia in CKD and HFrEF               | João Pedro Ferreira, Porto |
| 15:00 | Panel discussion  |                            |

#### 15:30 **COFFEE BREAK**

#### 16:00 **Case-based interactive seminars**

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|---------------------------------------|----------------------------|
| Managing type 2 diabetes and CVD risk | Stephan Jacob, Villingen   |
| Managing patients with CKD            | Thimoteus Speer, Frankfurt |

## Scientific Programme

Friday, May 3<sup>rd</sup>, 2024

**09:00 Session 10: Metabolic dysfunction-associated steatotic liver disease (MASLD) and Endocrinology**

*Chairs: Andrew Krentz & Kamlesh Khunti*

09:00	Screening and diagnosis of MASLD	Philip Newsome, Birmingham
09:20	Extrahepatic cardiometabolic disease associations with MASLD	Kevin Moore, London
09:40	Management of MASLD	William Alazawi, London
10:00	Cardiovascular risk in endocrine disease	Adrian Heald, Manchester
10:20	Sex hormones	Andrew Krentz, London
10:40	Panel discussion	

**11:00 COFFEE BREAK**

**11:30 Session 11: Amyloid heart disease**

*Chairs: Rakesh Sharma & Eleanor Wicks*

11:30	The spectrum of amyloid heart disease	Ashutosh Wechalekar, London
11:50	Diagnosis and management of cardiac amyloidosis	Roy S. Gardner, Glasgow
12:10	Panel discussion	

**12:30 LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION**

**13:30 Session 12: Heart failure**

*Chairs: Roy Gardner & Rajdeep Khattar*

13:30	Prevention of heart failure	Pardeep Jhund, Glasgow
13:50	The different forms of heart failure	Aigul Baltabaeva, London
14:10	Comorbidities of heart failure	Mark C. Petrie, Glasgow
14:30	Management of iron deficiency in heart failure	Paul Kalra, Portsmouth
14:50	Management of heart failure: <i>the 2021 and 2023 ESC guidelines</i>	Theresa McDonagh, London
15:10	Panel discussion	

**15:30 COFFEE BREAK**

**16:00 Hands-on seminars**

Diagnosing MASLD with FibroScan	Kevin Moore, London
Diagnosing heart failure with echocardiography	Rajdeep Khattar, London

The programme may be subject to change.

## Scientific Programme & General Information

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### Industry Sponsored Symposium

Thursday, May 2<sup>nd</sup>, 2024

**12:30 Challenging the Status Quo in Cardiorenal Management**

**This is a promotional symposium sponsored and organised by AstraZeneca, intended for GB HCPs only**

Speakers: Professor Derek Connolly, BSc[Hons] MB ChB[Edin] PhD[Cantab] DSc[Hon] FRCP FRCPE FESC,  
Consultant Cardiologist, Birmingham City & Sandwell Hospitals

Dr Kate Bramham, Reader of Nephrology & Maternal Medicine and Honorary Consultant Nephrologist,  
King's College London

### Registration

Registrations can be made exclusively online on our website:

[www.zhh.ch/en/cardiometabolic-medicine](http://www.zhh.ch/en/cardiometabolic-medicine)

### Course Fee

Early registration fee until March 1 <sup>st</sup> , 2024	GBP 850
Regular course fee	GBP 950
Trainees, residents (<40y)	GBP 700
Day ticket	GBP 250

### Modification & Cancellation

All modifications or cancellations must be notified in writing (by mail, fax or e-mail) to Zurich Heart House. For each modification requested by the participant, GBP 15 will be charged for administrative costs. In case of cancellation up to March 31<sup>st</sup>, 2024, deposits will be refunded less 35% for administrative costs. After this date, no refund will be possible.

### Venue

The Royal Society of Medicine  
1 Wimpole St, Marylebone, London W1G 0AE, United Kingdom

### Accreditation

The Postgraduate Course in Cardiometabolic Medicine has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME) for a maximum of 26 European CME Credits (ECMECs).

The Postgraduate Course in Cardiometabolic Medicine has been approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 26 category 1 (external) CPD credit(s)



## Teaching Faculty

### Faculty

William Alazawi Queen Mary University of London London, UK	Britta George University hospital Zurich Zurich CH	Michael Lean University of Glasgow Glasgow, UK	Francesco Rubino King's College London London UK
Charalambos Antoniadis University of Oxford Oxford, UK	Roy S. Gardner Golden Jubilee National Hospital Clydebank/Glasgow, UK	Thomas F. Lüscher Royal Brompton & Harefield Hospitals London, UK	Naveed Sattar University of Glasgow Glasgow, UK
Aigul Baltabaeva Royal Brompton & Harefield Hospitals London, UK	Christoph Gräni Inselspital Bern, CH	François Mach University hospital Geneva, Geneva, CH	Joanne Senior Royal Brompton & Harefield Hospitals Harefield, UK
Mahmoud Barbir Royal Brompton & Harefield Hospitals London, UK	Tomasz Guzik University of Edinburgh Edinburgh, UK	Theresa McDonagh King's College Hospital London, UK	Michele Senni ASST Papa Giovanni XXIII Hospital Bergamo, IT
Hans-Jürg Beer Cantonal hospital Baden Baden, CH	Shouvik Haldar Royal Brompton & Harefield Hospitals London, UK	Kevin Moore University College London London, UK	Rakesh Sharma Royal Brompton & Harefield Hospitals London, UK
Stefan Bornstein University hospital Dresden Dresden, DE	Adrian Heald University of Manchester Manchester, UK	Barbara McGowan Guy's and St Thomas' NHS Foundation Trust London, UK	Thimoteus Speer Goethe-University Frankfurt am Main, DE
Kate Bramham King's College London London, UK	Christian Heiss University of Surrey Guildford, UK	Geltrude Mingrone King's College London London, UK	Lale Tokgözoğlu Hacettepe University Ankara, TR
Robert Byrne Mater Private Network Dublin Hospital Dublin, IE	Stephan Jacob Practice for prevention and therapy Villingen-Schwenningen, DE	Dirk Müller-Wieland University hospital Aachen Aachen, DE	Frank L.J. Vissers Utrecht Medical Center Utrecht, NL
A. John Camm St. George's University Hospital London, UK	Pardeep Jhund University of Glasgow Glasgow, UK	Philip Newsome University of Birmingham Birmingham, UK	Christoph Wanner University hospital Würzburg Würzburg, DE
John Chapman Hôpital de la Pitié Paris, FR	Paul Kalra Portsmouth Hospitals NHS Trust Portsmouth, UK	Børge Nordestgaard Copenhagen University Hospital Copenhagen, DK	Christian Weber Ludwig-Maximilians-University Munich Munich, DE
Derek Connolly Birmingham City & Sandwell Hospitals Birmingham, UK	Vikas Kapil Queen Mary University of London London, UK	Michael Papadakis St. George's University Hospitals London, UK	Ashutosh Wechalekar Royal Free Hospital London, UK
John E. Deanfield University College London London, UK	Rajdeep Khattar Royal Brompton & Harefield Hospitals London, UK	Bertram Pitt University of Michigan Ann Arbor, US	David C. Wheeler University College London London, UK
Marc Donath University hospital Basel Basel, CH	Kamlesh Khunti University of Leicester Leicester, UK	Alison Pottle Royal Brompton & Harefield Hospitals Harefield, UK	Eleanor Wicks University of Oxford Oxford, UK
João Pedro Ferreira University of Porto Porto, PT	Andrew Krentz King's College London London, UK	Kausik Ray Imperial College London London, UK	



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## Organisation

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### Organisation

Zurich Heart House, Foundation for Cardiovascular Research

Dr. Ruth Amstein (ruth.amstein@zhh.ch)

Christine Lohmann ([christine.lohmann@zhh.ch](mailto:christine.lohmann@zhh.ch))

Hottingerstrasse 14, CH-8032 Zurich, Switzerland

P +41 44 250 4083

[www.zhh.ch](http://www.zhh.ch)

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