



SPEDALI CIVILI DI BRESCIA
AZIENDA OSPEDALIERA



Sistema Sanitario Regione Lombardia

International Symposium on: MANAGEMENT OF CARDIOMETABOLIC RISK AND HEALTHY AGING

Brescia (Italy), January 15th – 17th, 2015

Organized by

DEPARTMENT OF CLINICAL AND EXPERIMENTAL SCIENCES
UNIVERSITY OF BRESCIA

Promoted by



FONDAZIONE
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MENARINI

FINAL PROGRAM

Auditorium di Santa Giulia (Via Piamarta, 4)
Aula Magna, Università degli Studi di Brescia (Viale Europa, 11)

Le malattie cardiovascolari rappresentano la principale causa di eventi clinici, fatali e non fatali in tutte le aree del mondo, in particolare nei paesi ad elevato tenore di vita, ma anche nella maggior parte di quelli a più basso sviluppo economico. Le cause sono molteplici e ad esse contribuiscono in misura elevata 1) i fattori di rischio tradizionali, ben identificati, che spesso agiscono su una base di predisposizione genetica, 2) il progressivo invecchiamento della popolazione, 3) la cronicizzazione delle malattie, dopo il trattamento efficace di un evento cardiovascolare acuto.

L'ipertensione arteriosa è il più frequente fattore di rischio cardiovascolare che molto spesso si associa ad altri fattori di rischio metabolici, come la dislipidemia, le alterazioni del metabolismo glucidico e il diabete, spesso associati a obesità, iperuricemia e sedentarietà.

Tutti questi fattori possono essere corretti dalla terapia oggi disponibile, che consente una significativa riduzione di eventi cardiovascolari e un miglioramento della prognosi.

I fattori di rischio, soprattutto l'ipertensione, possono favorire le alterazioni strutturali e funzionali delle arterie di piccolo e grande calibro che configurano il quadro di un precoce invecchiamento vascolare, che a sua volta può essere prevenuto e corretto con una adeguata terapia.

Per ottenere il risultato migliore è necessario che vengano attuati una accurata stratificazione del rischio vascolare globale e un trattamento tempestivo, perché una terapia tardiva o parziale consente di ottenere solo un modesto beneficio.

Il crescere rapido dell'informazione, il sommarsi delle tecnologie innovative e l'affermarsi di nuovi recenti concetti diagnostico-terapeutici rendono necessario un efficace aggiornamento del medico in questo campo.

Lo scopo del Simposio "Management of Cardiometabolic Risk and Healthy Aging" al quale parteciperanno molti dei massimi esperti mondiali del settore, è quello di fornire al medico di famiglia e allo specialista una informazione il più possibile aggiornata e completa circa il rischio legato alla presenza di ipertensione e dei fattori di rischio metabolici, ai meccanismi di danno agli organi bersaglio e di invecchiamento vascolare precoce, a specifiche sindromi metaboliche e cliniche e sulla possibilità di prevenire questi danni e i possibili futuri eventi cardiovascolari con un intervento terapeutico razionale.

Durante il simposio verranno trattati argomenti inerenti il ruolo di fattori genetici, emodinamici, metabolici capaci di aumentare il rischio cardiovascolare e l'invecchiamento vascolare precoce e le basi razionali per una strategia terapeutica, basata su modificazioni dello stile di vita, vecchi e nuovi farmaci, nuove terapie non farmacologiche, secondo le più aggiornate conoscenze scientifiche e la valutazione critica delle moderne linee guida europee e americane.

Presidente del Simposio
Enrico Agabiti Rosei

Cardiovascular diseases still represent the most important and frequent cause of fatal and non fatal clinical events worldwide, particularly in economically well developed countries as well as in countries at low economical income. The high prevalence of cardiovascular diseases is the consequence of the influence of 1) traditional risk factors, that frequently interact with some genetic predisposition, 2) efficacy of treatment of acute events, that make chronic diseases more frequent, 3) increasing aging of the population.

Hypertension is the most frequent cardiovascular risk factor that may be corrected by appropriate treatment, and is often associated with other metabolic risk factors, such as dyslipidemia and diabetes, together with obesity, hyperuricemia and sedentary habit.

All these factors can be reduced and corrected by available treatments, that permit a significant reduction of cardiovascular events.

Cardiovascular risk factors may induce structural and functional alterations of small and large arteries, thus leading to early vascular aging, that could be prevented and reversed by appropriate treatment.

The best results in terms of efficacy of therapy can be obtained only with a 1) correct stratification of cardiovascular risk and an 2) early diagnosis and treatment.

There has been a rapid growing of knowledge, with new paradigms of diagnosis and treatment associated to technological progress, of which doctors should be fully updated.

Thus, the aim of the International Symposium “Management of Cardiometabolic Risk and Healthy Aging” is that of updating the general practitioners and the specialists (cardiologists, internists, nephrologists, endocrinologists, etc) with the most recent advances on cardiometabolic risk factors, pathological mechanisms of organ damage, early vascular aging, best treatment for preventing organ damage and cardiovascular events.

In the Symposium the main topic will deal with genetic, hemodynamic and metabolic mechanisms of vascular disease and early vascular aging as well as with the most advanced therapeutic strategies for cardiovascular prevention, according to the recent american and european guidelines.

President of the Meeting
Enrico Agabiti Rosei

Under the Auspices of

Università degli Studi di Brescia
Azienda Ospedaliera Spedali Civili di Brescia
European Society of Hypertension
Società Italiana dell'Ipertensione Arteriosa
Fondazione Camillo Golgi per la Ricerca Biomedica-Brescia
Consulta per la Riduzione del Rischio Cardiovascolare

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Thursday, January 15th, 2015
Auditorium di Santa Giulia

Welcome Ceremony

15.00 *Welcome addresses*

E. Agabiti Rosei - President of the Meeting
Introduction

Authorities

OPENING LECTURES:

16.00 **A.F. Dominiczak** (Glasgow, UK)
“Genetics of cardiovascular risk”

17.00 **G. Mancia** (Monza, I)
“Blood pressure variability”

18.00 General Discussion

19.00 *Welcome cocktail*

Session I

8.30 Introduction

Chairpersons: **A.F. Dominiczak** (Glasgow, UK)
J. Redon (Valencia, E)

09.00 **C. Ferri** (L'Aquila, I)
Nutrition and cardiovascular risk

09.25 **A.J. Manolis** (Athens, GR)
Physical activity is useful for everybody?

09.50 **M. Volpe** (Rome, I)
Similarities and expectations in the prevention of
cardiovascular and neoplastic diseases

10.15 **E. Lurbe** (Valencia, E)
Early cardiovascular alterations in the young

10.40 *Coffee break*

Chairpersons: **E. Agabiti Rosei** (Brescia, I)
R. Cifková (Prague, CR)

11.00 **M. Azizi** (Paris, F)
Pharmacological research in cardiovascular medicine

11.25 **B. Trimarco** (Naples, I)
Molecular mechanisms of organ damage

11.50 **S. Laurent** (Paris, F)
Central BP

12.15 **K. Narkiewicz** (Gdańsk, PL)
Mechanisms of hypertension in diabetes

12.40 **P. Sleight** (Oxford, UK)
A personal view of history of hypertension

13.15 *Lunch*

Session II

Chairpersons: **A.J. Manolis** (Athens, GR)
G. Romanelli (Brescia, I)

14.00 **P.M. Nilsson** (Malmö, S)
Assessment and management of early vascular aging

14.25 **S. Taddei** (Pisa, I)
Cardiorenal changes with aging

14.50 **M. Castellano** (Brescia, I)
Metabolic and humoral changes with aging

15.15 **G.F. Gensini** (Florence, I)
Aging and atherothrombotic risk

15.40 *Coffee break*

Chairpersons: **A. Coca** (Barcelona, E)
G. De Ferrari (Genoa, I)

16.00 **G.F. Parati** (Milan, I)
Cardiovascular risk in OSA

16.25 **A.M. Heagerty** (Manchester, UK)
Obesity and vascular abnormalities

16.50 **C. Borghi** (Bologna, I)
Uric acid, xanthine oxidase and CV risk

17.15 **G. Grassi** (Milan, I)
SNS in hypertension- The role of metabolic alterations

17.40 – 19.00 **ROUND TABLE**
“New aspects of organ damage”

Chairs: **E. Agabiti Rosei** (Brescia, I)
A.M. Heagerty (Manchester, UK)
- Microalbuminuria **R. Schmieder** (Nurnberg, D)
- Stable vs unstable plaque **M.L. Muiesan** (Brescia, I)
- Assessment of Microcirculation **D. Rizzoni** (Brescia, I)
- 3D Echocardiography **M. Salvetti** (Brescia, I)

Session III

- Chairpersons: **R. Pontremoli** (Genoa, I)
M. Burnier (Lausanne, CH)
- 08.30 **A. Coca** (Barcelona, E)
Cardiometabolic risk factors, cognitive disturbance and dementia
- 08.55 **J. Redon** (Valencia, E)
Resistant hypertension
- 09.20 **A.L. Catapano** (Milan, I)
New pharmacological approaches for the treatment of dyslipidemia
- 9.45 **E. Agabiti Rosei** (Brescia, I)
The evolution of organ damage in hypertension
- 10.10 *Coffee break*
- 10.40 **S.E. Kjeldsen** (Oslo, N)
Old and new pharmacological treatments in hypertension
- 11.05 **LECTURE:**
A. Zanchetti (Milan, I)
Meta-analyses of randomized trials in hypertension
- 11.35 *General discussion*
- 12.35 **ROUND TABLE**
“Comparison of European and US guidelines”
- in Hypertension
- in Hyperdyslipidemia
Chairs: **R. Cífková** (Prague, CR)
A. Zanchetti (Milan, I)
Participants: **M. Burnier** (Lausanne, CH)
T. Kahan (Stockholm, S)
A.L. Catapano (Milan, I)
- 13.40 Closing remarks
- 14.10 – 15.10 *Questionario di valutazione ECM*

GENERAL INFORMATION

Meeting venues

The venues for the Meeting will be:

- January 15th, *Auditorium di Santa Giulia*

(Via Piamarta, 4 - Brescia, Italy)

- January 16th - 17th, *Aula Magna, Università degli Studi di Brescia*

(Viale Europa, 11 – Brescia, Italy)

Secretariat during the Meeting

The Secretariat will be open at the following times:

Thursday, January 15th, from 02.30 p.m. to 07.00 p.m.

Friday, January 16th, from 07.30 a.m. to 07.00 p.m.

Saturday January 17th, from 08.00 a.m. to 01.30 p.m.

Official language

The official language of the Meeting will be English.

Registration

The Meeting is free to attend. Please confirm the participation to the Organizing Secretariat (Marben srl - Via Melzi d'Eril, 20 - 20154 Milan (Italy), Phone: +39 02 3491732 - fax +39 02 3491629 - E-mail: lgiorgio@marben.it)

within Monday, January 12th, 2014.

Italian CME Accreditation

The meeting has obtained 13,5 CME Italian Credits for Italian Physicians and Pharmacists.

The CME credits will be recognized only after full attendance of all sessions and a minimum score of 75% of correct answers in the learning questionnaires. Completion of the Registration Form, the Learning & Assessment questionnaires are compulsory.

Technical facilities

Facilities will be available for computer presentations and overhead projections.

A slide center with PC (Powerpoint for Windows) will be available for check and preview of presentations. It is essential that speakers take their presentation to the slide center at least one hour before the session starts.

The slide center will be open at the following times:

Thursday, January 15th, from 02.30 p.m. to 07.00 p.m.

Friday, January 16th, from 07.30 a.m. to 07.00 p.m.

Saturday January 17th, from 08.00 a.m. to 01.30 p.m.

Lunches and coffee breaks

Lunches and coffee breaks will be served in the Meeting area.

Abstracts book

Participants will receive the Abstract book at the Meeting.

Certificate of attendance

The certificate of attendance will be available, on request, at the end of the Meeting at the Secretariat.

LIST OF CHAIRMEN, SPEAKERS AND PRESIDENT OF THE MEETING

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