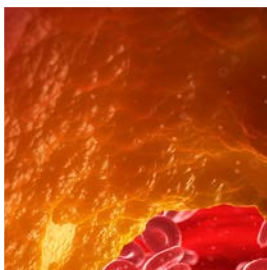
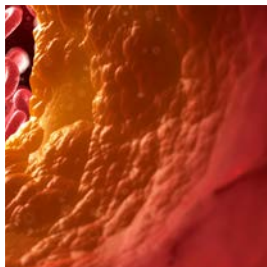
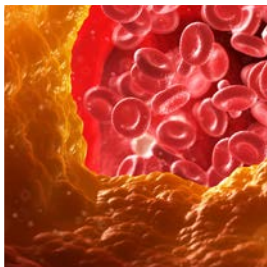


The 2019 EMEA Cardiometabolic workshop



Saturday,
16 November 2019

Baku, Azerbaijan





OVERVIEW

Cardiometabolic disease represents the major cause of morbidity and mortality worldwide. In the very next future developing countries will account for 75% of patients with this condition as a consequence of the rapid change in lifestyle leading to a rapid increase in the prevalence of obesity and related cardiometabolic conditions. Metabolic pathways regulated by the endocrine system play key roles in the maintenance of cardiometabolic health in terms of blood glucose, lipid profile and blood pressure. Hyperglycaemia is one of the major modifiable CV risk factors, with > 700 million people affected by pre-diabetes or overt diabetes worldwide. Vascular physiology and glucose metabolism are strictly related at the very beginning in the natural history of cardiometabolic disorders. This highlights the relevance of diagnosing and treating prediabetes to reverse the path towards diabetes and CV disorders. CV system is also very sensitive to changes in circulating thyroid hormone levels. Subclinical hypothyroidism is seen in up to 15% of the adult population and is associated with adverse clinical outcomes, particularly CV disease. Therefore, there is a need for disseminating the actual knowledge about the effects of thyroid hormones on the vasculature and the cardiovascular implications of treating subclinical hypothyroidism as shown by the most recent clinical trials. Hypertension is a leading cause of death directly related to both insulin resistance and thyroid dysfunction. 2018 ESH/ESC Hypertension Guidelines defined more ambitious targets for antihypertensive treatment and supported the need of implementing a pathophysiology-based treatment approach. On this regard, increase in sympathetic activity is one of the most important pathways leading to both essential hypertension and insulin resistance. Diabetes and hypertension are strictly related and prognosis is much worsened by the coexistence of these two pathologies. Although a large body of evidence demonstrates the efficacy of the combination of lifestyle changes and effective drug treatment, clinical approach to CV disease is far from being effective since <50% of patients reach the therapeutic targets for each risk factor. Obviously, this leads to the need of further sustaining medical education in this field and promoting as much as possible adherence to International Guidelines.

LEARNING OBJECTIVES

By attending this live educational program, participants will be able to:

- Update the knowledge about pre-diabetes and its impact on cardiovascular health
- Appropriately target insulin resistance to prevent diabetes and early cardiovascular disease
- Learn the mechanisms linking thyroid dysfunction to cardiometabolic conditions such as hypertension
- Discuss novelties presented in the recent 2018 ESH/ESC Guidelines in Hypertension
- Highlight sympathetic nervous system over activity as a pathogenetic mechanism in hypertensive-related cardiovascular risk and discuss whether heart rate can be considered a target in antihypertensive treatment
- Discuss the role of fixed dose combinations in the treatment of hypertension and address the therapeutic relevance of the new fixed dose combination beta-blocker/calcium antagonist
- Apply personalized algorithms for the evaluation and treatment of subclinical thyroid disorders
- Recognize the relevance of treating thyroid disorders for improving cardiometabolic risk factors, including hypertension

TARGET AUDIENCE

This program is intended for endocrinologists, diabetologists, cardiologists, general practitioners and specialists involved in the diagnosis and management of patients with cardiometabolic disorders in the EMEA Region.

LANGUAGE

The official language of this live educational conference is English.

CME PROVIDER

Scientific Seminars International Foundation is an independent CME provider dedicated to providing medical education for physicians, scientists and nurses, offering them a complete educational journey, comprising both live and online activities, helping them achieve the best outcomes for their patients. The foundation designs, develops and delivers its educational activities worldwide.

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CONTINUING MEDICAL EDUCATION

The 2019 EMEA Regional workshop on cardiometabolic disorders, Baku, Azerbaijan, 16/11/2019-16/11/2019 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with **5 European CME credits (ECMEC®s)**. Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

Through an agreement between the Union Européenne des Médecins Spécialistes and the American Medical Association, physicians may convert EACCME® credits to an equivalent number of AMA PRA Category 1 Credits™. Information on the process to convert EACCME® credit to AMA credit can be found at www.ama-assn.org/education/earn-credit-participation-international-activities.

Live educational activities, occurring outside of Canada, recognised by the UEMS-EACCME® for ECMEC®s are deemed to be Accredited Group Learning Activities (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada.

Each participant can only receive the number of credits he/she is entitled to according to his/her actual participation at the event once he/she has completed the feedback form.

E-LEARNING ACTIVITIES

Scientific Seminars is proposing a multi-format, outcomes-based educational approach integrating both live and online activities to accompany healthcare professionals along a progressive pathway towards changes in their clinical practice.

This learning journey is a structured five months program integrating a live activity with tailor-made interactive digital resources, before and after the live activity, comprising tutorials, interactive clinical cases, video lectures and interviews, and more.

For more information on the interactive digital resources related to this program, please visit:

<https://www.scientificseminars.com/en/cardiometabolism/cardiometabolic-disorders-event/>

CHAIR

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Dubai Diabetes Center, DHA
Clinical Professor
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Dubai, United Arab Emirates (UAE)

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Erland Erdmann

Department of Cardiology
University of Köln
Köln, Germany



SATURDAY, 16 NOVEMBER 2019

08.15		Welcome and Introduction Ahmed A. K. Hassoun (UAE)
		SESSION I - DIABETES
08.30	L1	Diabesity pandemic A. Ceriello (Italy)
08.50	L2	Is type 2 diabetes really reversible? M. Lean (UK)
09.10	L3	ADA/EASD consensus report for diabetes management: an update P. Pozzilli (Italy)
09.30	P1	Panel discussion
09.50		<i>Coffee break</i>
		SESSION II - THYROID
10.10	L4	Hypothyroidism and pregnancy B. Biondi (Italy)
10.30	L5	Thyroid hormones and cardiovascular disease S. Razvi (UK)
10.50	P2	Panel discussion
		SESSION III - HYPERTENSION
11.10	L6	Use of betablockers in patients with hypertension and diabetes G. Grassi (Italy)
11.30	L7	Should increased heart rate be treated in hypertension? H.A.J. Struijker-Boudier (The Netherlands)
11.50	L8	From hypertension to heart failure: prevention strategies E. Erdmann (Germany)
12.10	P3	Panel discussion
12.30		<i>Lunch</i>



SESSION IV - WORKING GROUPS

13.30	This session includes two different parallel workshops, each lasting 45 minutes. Participants will be divided into groups and will attend both workshops in rotation. By the end of the session each participant will have attended both workshops.
WG1	Thyroid storm: treatment and cardiac complications Presenter: B. Biondi (Italy) Discussant: S. Razvi (UK)
WG2	Complex patient with hypertension: when we need a fixed-dose combination with beta-blocker/calcium antagonist H. A.J. Struijker-Boudier (The Netherlands)
15.00	Take home messages from the working groups and wrap up
15.20	Closing remarks Ahmed A. K. Hassoun (UAE)
15.30	End of the workshop

LEGEND

L: Lecture; **WG:** Working groups; **P:** Panel discussion



FACULTY DISCLOSURES

Scientific Seminars International Foundation adheres to guidelines of the European Accreditation Council for Continuing Medical Education (EACCME®) and all other professional organizations, as applicable, which state that programs awarding continuing education credits must be balanced, independent, objective and scientifically rigorous. Investigative and other uses for pharmaceutical agents, medical devices and other products (other than those uses indicated in approved product labelling/package insert for the product) may be presented in the program (which may reflect clinical experience, the professional literature or other clinical sources known to the presenter).

We ask all presenters to provide participants with information about relationships with pharmaceutical or medical equipment companies that may have relevance to their lectures. This policy is not intended to exclude faculty who have relationships with such companies; it is only intended to inform participants of any potential conflicts so that participants may form their own judgements, based on full disclosure of the facts. Further, all opinions and recommendations presented during the program and all program-related materials neither imply an endorsement nor a recommendation on the part of Scientific Seminars International Foundation. All presentations represent solely the independent views of the presenters/authors.

The following faculty provided information regarding significant commercial relationships and/or discussions of investigational or non-EMEA/FDA approved (off-label) uses of drugs:

A. Ceriello	Declared no potential conflict of interests
M. Lean	Declared receipts of grants and contracts from Novo Nordisk and Diabetes UK, receipt of honoraria or consultation fees from Novo Nordisk, Roche and Sanofi and to be member of Novo Nordisk Advisory Board
P. Pozzilli	Declared receipts of grants, contracts, honoraria or consultation fees from Sanofi, Lilly and Astra Zeneca and to participate in Lilly and Astra Zeneca sponsored speakers' bureaus
B. Biondi	Declared no potential conflict of interests
S. Razvi	Declared receipts of speaker fees from Merck plc, Berlin Chemie and Abbott India Pvt Ltd
G. Grassi	Declared receipt of honoraria or consultation fees from Merck-Medtronic
H.A.J. Struijker-Boudier	Declared no potential conflict of interests
E. Erdmann	Declared receipts of grants and contracts from Merck Darmstadt, receipt of honoraria or consultation fees from Novartis, to be member of Merck and Novartis Advisory Boards and to participate in Merck and Novartis sponsored speakers' bureaus

BIOGRAPHIES & LEARNING OBJECTIVES



CHAIR

Ahmed A.K. Hassoun

Ahmed A.K. Hassoun is Consultant Endocrinologist and Chairman of Research & Medical Education at the Dubai Diabetes Center, DHA and Clinical Professor at the Dubai Medical University. Dr. Hassoun is a fellow of the American College of Physicians and the American College of Endocrinology. In addition, he is an active member of: American Diabetes Association (ADA), the Endocrine Society (ES), and the American Association of Clinical Endocrinologists (AACE). His previous appointments included: Chief of Endocrinology, Clinical Assistant Professor at Wayne State University in Michigan and the faculty of Medicine, UAE University. He has been actively participating in developing and updating the UAE Diabetes guidelines, educating & training doctors & other healthcare providers, as well as conducting research in the field of diabetes & endocrinology. Dr. Hassoun is a co-founder of the monthly UAE Endocrinology meetings (Endocrine club), which was established in the year 2002. Since 2006 he has been the active organizer/moderator of these meetings encouraging up-to-date education and dialogue amongst endocrinologists in UAE. In addition, he was the founder and 1st President of the AACE Gulf Chapter, which was established in 2012, and remains an active member of the Chapter. Dr. Hassoun has authored and coauthored many articles and abstracts in the field of diabetes and in the other areas of Endocrinology.

L1

Diabetes pandemic

Antonio Ceriello (Italy)

LEARNING OBJECTIVES

- Define diabetes
- Illustrate the current and future epidemiology of diabetes
- Evaluate the major determinants of diabetes pandemic in Western and Eastern countries



Antonio Ceriello

Antonio Ceriello is Head of the Diabetes Research Department of the Istituto di Ricovero e Cura a Carattere Scientifico (IRCCS) MultiMedica, Milan, Italy. He has published widely in the field of diabetes, with over 450 original peer-reviewed papers published. He has chaired the International Diabetes Federation (IDF) committee producing guidelines for the management of postmeal glucose and is currently President of the European Association for the Study of Diabetes (EASD) study group on Diabetes and Cardiovascular Diseases. He is a member of the board for the development of the 2019 European Society of Cardiology (ESC) guidelines on diabetes, pre-diabetes, and cardiovascular diseases developed in collaboration with the EASD, and has served as a referee for the European Commission for the 2017 grant program for diabetes (HORIZON 2020 Program). In addition, Professor Ceriello served as Associate Editor of Diabetes Care from 2003 to 2011, Associate Editor of Diabetic Medicine from 2005 to 2016, and since July 2016, has been Editor-In-Chief of Diabetes Research and Clinical Practice, the official journal of the IDF. Professor Ceriello is the winner of the 2004 EASD Camillo Golgi Prize and the 2017 Hellmut Mehnert Award from the IDF.

NOTES

L2

Is type 2 diabetes really reversible?

Michael Lean (UK)

LEARNING OBJECTIVES

- Recognize conditions which predispose to type 2 diabetes, such as prediabetes
- Evaluate treatment effectiveness and cost-effectiveness of diabetes remission
- Adapt learnings to improve strategies for effective type 2 diabetes treatment and prevention



Michael Lean

Mike Lean holds the Chair of Human Nutrition, based at Glasgow Royal Infirmary, where he is also a consultant physician with NHS responsibilities for an acute medical ward and emergency receiving duties. He has held Visiting and Adjunct Professorships at the Robert Gordon University, Aberdeen, the University of Otago, New Zealand (currently) and at University of Sydney, Australia (also currently). He has been a non-executive director of the Health Education Board of Scotland for 8 years, and chaired the Food Standards Agency Advisory Committee on Research. He was awarded the Rank Nutrition Lectureship by Diabetes UK in 2013, the Tenovus Medal in 2017 and elected a Fellow of the Royal Society of Edinburgh in 2018.

NOTES

L3

ADA/EASD consensus report for diabetes management: an update

Paolo Pozzilli (Italy)

LEARNING OBJECTIVES

- Illustrate the therapeutic algorithm proposed by the most recent ADA/EASD consensus report
- Evaluate benefits of starting drug therapy early at the diagnosis of diabetes
- Emphasize the relevance of a patient-centered approach for diabetes treatment



Paolo Pozzilli

Paolo Pozzilli is the Director of the Department of Endocrinology and Diabetes, University Campus Bio-Medico in Rome, where he is also Director of the Post-graduate School of Endocrinology and Metabolism and coordinator of the PhD program in Integrated Biomedical Sciences and Bioethics. He also works at the Centre of Diabetes, Blizard Institute, Queen Mary Hospital, London, UK on Latent Autoimmune Diabetes in Adults (LADA) – Professor Pozzilli is deputy leader of the EU-funded program, ACTION LADA. Professor Pozzilli's research, both in Italy and in the UK, as well as in collaboration with several investigators worldwide, has particular focus on type 1 diabetes (T1D) - its pathogenesis and prevention. Internationally, he set up (with others) the EURODIAB study, the most comprehensive mapping of the incidence of T1D in Europe. In addition, he has been the regional principle investigator for TRIGR, the longest trial for the primary prevention of T1D, and leader or principal investigator for further International studies. These worldwide collaborations have allowed him to implement joint research programs for the identification of T1D pathogenic mechanisms leading to beta cell destruction. Professor Pozzilli served as President of the Italian Society of Diabetes for the Lazio and Rome region, he founded and chaired the IMDIAB group (immunotherapy of T1D), and is currently the coordinator of the Italian Society of Endocrinology for the Lazio and Rome region. Professor Pozzilli has received several awards and has published over 480 papers on diabetes and related fields and is currently the Editor-In-Chief of Diabetes Metabolism Research and Reviews.

NOTES

L4

Hypothyroidism and pregnancy

Bernadette Biondi (Italy)

LEARNING OBJECTIVES

- Illustrate the impact of hypothyroidism on fertility
- Illustrate the consequences of hypothyroidism in pregnancy
- Learn the best clinical practice for the management of hypothyroidism in pregnancy



Bernadette Biondi

Bernadette Biondi is Full Professor of Internal Medicine at the University of Naples Federico II, Italy, where she researches cardiovascular endocrinology and clinical thyroidology, with a special focus on subclinical thyroid dysfunction. She is a member of the Awards Committee Roster of the American Thyroid Association and chaired the European Thyroid Association's task force for the development of clinical practice guidelines for the diagnosis and treatment of subclinical hyperthyroidism in 2015. Professor Biondi is the co-author of the chapter 'Endocrine Disorders and Cardiovascular Disease' in the eleventh edition of Braunwald's Heart Disease and author and co-author of numerous papers published in journals including the Journal of Clinical Endocrinology and Metabolism, the European Journal of Endocrinology, Thyroid, Annals of Internal Medicine, Circulation, Nature Clinical Practice in Endocrinology and Metabolism, the New England Journal of Medicine, Endocrine Review, JAMA and The Lancet.

NOTES

L5

Thyroid hormones and cardiovascular disease

Salman Razvi (UK)

LEARNING OBJECTIVES

- Illustrate the role of thyroid hormones on cardiovascular homeostasis
- Understand the impact of cardiovascular disease on the personalization of thyroid hormone therapy
- Manage subclinical hypothyroidism in patients at high cardiovascular risk



Salman Razvi

Salman Razvi is a Senior Lecturer in Endocrinology at Newcastle University and a Consultant Endocrinologist at Queen Elizabeth Hospital, Gateshead, UK, as well as the Director of Research and Development at the Queen Elizabeth Hospital NHS Trust, Gateshead and the Metabolic and Endocrine Lead for the North East England Local Clinical Research Network. His doctoral thesis was based on assessing cardiovascular risk in subclinical hypothyroidism. Subsequent to this, he has continued to pursue research evaluating the action of thyroid hormones particularly on the cardiovascular system in various populations. He has published more than 70 peer-reviewed publications and book chapters mainly relating to thyroid dysfunction. His main research programmes include investigating treatment of subclinical hypothyroidism with thyroid hormones in acute myocardial infarction and age-appropriate treatment of hypothyroidism in the elderly. He is a member of the editorial board of Thyroid (journal of the American Thyroid Association) and Minerva Endocrinologica (Journal of the Italian Endocrine Society), and Associate Editor of Frontiers in Endocrinology.

NOTES

L6

Use of betablockers in patients with hypertension and diabetes

Guido Grassi (Italy)

LEARNING OBJECTIVES

- Describe the relationship between diabetes and coronary artery disease
- Illustrate the metabolic effects of beta blockers
- Identify the best option among the different molecules of the class of beta-blockers



Guido Grassi

Guido Grassi is Full Professor of Internal Medicine at the Clinica Medica of the University of Milano-Bicocca, Director of the Clinica Medica Institute at Saint Gerardo Hospital-Monza/Milano, Italy, Director of the Post-graduate School of Internal Medicine and of the PhD course in Public Health at the University of Milan-Bicocca. He has been Vice-chairman (2002–2004) and then Chairman (2004–2006) of the working group looking at hypertension and the heart for the European Society of Cardiology (ESC). He has been Treasurer and then Secretary of the Italian Society of Hypertension (2004–2007). In 2006–2007 he was a member of the Task Force of the European Society of Hypertension (ESH)/ESC for the 2007 Guidelines on Hypertension. In 2007 he was appointed Wright Lecturer at the annual meeting of the High Blood Pressure Council of Australia. Professor Grassi has served as a member of the Scientific Council of the International Society of Hypertension from 2008–2012 and 2012–2016, and as a member of the Scientific Council of the ESH from 2013–2016. In 2009, he received the Bjorn Folkow Award and Lecture from the ESH. His research areas include the pathophysiology, clinical pharmacology and treatment of hypertension, obesity and metabolic syndrome, cardiac arrhythmias and heart failure. He has published more than 600 original papers and reviews in major scientific international journals (H index: 86). He has served as Vice President of the Italian Society of Hypertension from 2017–2019 and is incoming President for 2019–2021. In 2018, he was appointed Expert Reviewer of the 2018 ESC/ESH Guidelines document on hypertension by the ESC/ESH, as well as receiving the Paul Korner Award from the International Society of Hypertension.

NOTES

L7

Should increased heart rate be treated in hypertension?

Harry A.J. Struijker-Boudier (The Netherlands)

LEARNING OBJECTIVES

- Describe HR targets in hypertensive patients
- Discuss which type of investigation should be performed
- Illustrate possible therapeutic strategies



Harry A.J. Struijker-Boudier

Harry Struijker-Boudier is emeritus Professor of Pharmacology at Maastricht University, The Netherlands. He was appointed Professor of Experimental Pharmacology at Maastricht University in 1980, Chairman of the Department of Pharmacology and Toxicology in 1984 and served as scientific director of the Cardiovascular Research Institute at Maastricht (CARIM) for seven years.

During his career, Professor Struijker-Boudier has published more than 500 books and scientific papers in peer-reviewed international journals in the areas of cardiovascular pharmacology, hypertension, heart failure and drug design and delivery. The total number of citations of his articles exceeds 25,000.

He has served as a board member of numerous international organizations, including as Vice President of the Scientific Council of the European Society of Hypertension and a board member of the European Federation of Pharmacological Societies. He is doctor honoris causa of the Université de Liège, Belgium, recipient of the Descartes-Huygens prize of the French Government, member of the Dutch Royal Society of Sciences and Officer of the Order of Oranje-Nassau of the Dutch Royal House.

NOTES

L8

From hypertension to heart failure: prevention strategies

Erland Erdmann (Germany)

LEARNING OBJECTIVES

- Describe different mechanisms through which hypertension can lead to heart failure
- Discuss differences between heart failure with reduced or preserved ejection fraction
- Illustrate optimal treatment according to the evidence of controlled clinical trials



Erland Erdmann

Erland Erdmann was Head of the Department of Internal Medicine of the University of Cologne, serving as Director of the Clinic for Cardiology, Vascular Medicine, Pneumology and Intensive Care Medicine, and the Heart Center of the University from 1993 until 2012. In 2003 he was elected president of the yearly congress of the German Cardiac Society (DGK). He is editor and co-editor of several scientific journals and of the leading German textbook of cardiology (now in its 8th edition) - *Klinische Kardiologie*, published by Springer-Nature Verlag. His main scientific interests are the pathophysiology and treatment options of heart failure as well as the role of hypertension and diabetes in cardiovascular disease. He has served on the steering committees of several major drug and device trials aiming to improve cardiovascular diseases.

NOTES

Presenter: Bernadette Biondi (Italy)

LEARNING OBJECTIVES

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A circular portrait of a man with dark hair and a mustache, smiling. He is wearing a dark jacket. The background is a blurred green, suggesting foliage.

WG2

Complex patient with hypertension: when we need a fixed-dose combination with beta-blocker/calcium antagonist

Harry A.J. Struijker-Boudier (The Netherlands)

LEARNING OBJECTIVES

- Describe the clinical case of a complicated patient
- Discuss the clinical approach and differential diagnosis for this patient
- Illustrate the possible options for pharmacological treatment



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CONFERENCE VENUE

HILTON BAKU

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AZ1000, Baku, Azerbaijan

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