

Postgraduate Course in Cardiometabolic Medicine

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London

Postgraduate Course in Cardiometabolic Medicine 2025

March 19 – 21, 2025

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

Course Directors

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

Scientific Coordination

Eleanor Wicks
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

Dear Colleagues

It is a pleasure to announce the 2nd 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 three-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 an expert in the seminal area of cardiometabolic medicine. We would be most happy to welcome you at the Royal Society of Medicine in central London to enjoy three days of interactive education for the benefit of your practice and your patients.

Sincerely,



Thomas F. Lüscher



Andrew Krentz



Naveed Sattar



John Deanfield



Mahmoud Barbir



Michael Papdakis

Scientific Programme, Wednesday, March 19th, 2025

09:00	REGISTRATION AND COFFEE	
09:30	Welcome Session	
09:30	Welcome by the course directors & Course concept and structure	
09:45	Session 1: Obesity I - Causes and mechanisms <i>Chairs: Dunja Aksentijevic & Michael Papadakis</i>	
09:45	Is obesity a disease? If so, how do we diagnose it? The ESC's view	Konstantinos Koskinas, Berne
10:05	Obesity and inflammation	Fiona McGillicuddy, Dublin
10:25	What links adiposity to CVD?	Naveed Sattar, Glasgow
10:45	The gut microbiome: a new cardiovascular risk factor	Thomas F. Lüscher, London
11:05	Panel discussion	
11:30	COFFEE BREAK	
12:00	Keynote Lecture: Medical management of obesity: GLP-1/GIP agonists	John E. Deanfield, London
12:30	Session 2: Obesity II – Management <i>Chairs: Naveed Sattar & Fiona McGillicuddy</i>	
12:30	Behavioural management: Nutrition	Michael Lean, Glasgow
12:50	Bariatric surgery: pros is there still a role?	Bruno Sgromo, Oxford
13:10	Panel discussion	
13:30	Industry Sponsored Symposium (tbc)	
14:15	LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION	
15:00	Session 3: ASCVD Assessment I <i>Chairs: Mahmoud Barbir & Thomas F. Lüscher</i>	
15:00	Cardiovascular risk assessment: the ESC SCORE/SCORE2-OP	François Mach, Geneva
15:20	LDL-C and cardiovascular disease: Why is lower better?	Lale Tokgözoğlu, Ankara
15:40	Lifetime risk: CVD prevention – personal and national strategy	John E. Deanfield, London
16:00	Panel discussion	
16:20	COFFEE BREAK	
16:45	Case-based interactive seminars I (2 sessions in parallel, 30min each)	
	How to assess adiposity: Clinical, MRI and beyond	Geltrude Mingrone, London
	How to manage obesity	Piya Gen Septa

Scientific Programme, Thursday, March 20th, 2025

09:00 **Session 4: ASCVD Assessment II & Management**

Chairs: Lale Tokgözoğlu & Riyaz Patel

09:00	Multimodality imaging to assess ASCVD	Rebecca Schofield, Peterborough
09:20	Perivascular fat: Therapeutic target or surrogate of vascular disease?	Charalambos Antoniades, Oxford
09:40	Novel lipoproteins: Lipoprotein(a)	Ulf Landmesser, Berlin
10:00	Remnant cholesterol and triglycerides in cardiovascular disease	Børge Nordestgaard, Copenhagen
10:20	Panel discussion	

10:45 **COFFEE BREAK**

11:15 **Live demonstrations (2 sessions in parallel, 30min each)**

Practical lipid apheresis	Mahmud Barbir, London
Pulse wave velocity and central blood pressure measurement	Christian Heiss, Guildford

12:15 **Industry Sponsored Symposium: Lp(a) and its role in CV risk management: why, who, when & how to test?**

Novartis Pharma AG has provided funding for this symposium as part of a sponsorship. Novartis has had no input into the content, organisation, conduct or outputs relating to the full Event/Course.

13:00 **LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION**

13:45 **Session 5: Diabetes mellitus (DM)**

Chairs: Eleanor Wicks & William Alazawi

13:45	Pathogenesis of type 2 DM	Janaka Karalliedde, London
14:05	Diabetes Type 2 and CVD beyond glucocentricity	Stephan Jacob, Villingen
14:25	Management of CVD risk in type 2 diabetes – <i>the 2023 ESC Diabetes guidelines</i>	Francesco Cosentino, Stockholm
14:45	Panel discussion	

15:10 **Session 6: Nephrology - Chronic kidney disease (CKD) - Causes**

Chairs: Beatriz Fernandez-Fernandez & Raj Thakkar

15:10	CKD and cardiovascular risk	Parminder Judge, Oxford
15:30	Albuminuria, eGFR slopes and outcomes: impact of pharmacotherapy	David Wheeler, London
15:50	Panel discussion	

16:10 **COFFEE**

16:30 **Session 7: Nephrology - Chronic kidney disease (CKD) - Management**

Chairs: Thomas Lüscher & Parminder Judge

16:30	SGLT2i and GLP1-RA in CKD and DKD – the 4 pillar approach	Beatriz Fernandez-Fernandez, Madrid
16:50	MR antagonists and CKD: effects and management of hyperkalaemia	Faiez Zannad, Nancy
17:10	Panel discussion	

17:00 **Case-based interactive seminars II (2 sessions in parallel, 30min each)**

Managing type 2 diabetes and CVD risk	Stephan Jacob, Villingen
Managing patients with CKD	Beatriz Fernandez-Fernandez, Madrid

Scientific Programme, Friday, March 21st, 2025

09:00 **Session 8: Metabolic dysfunction-associated steatotic liver disease (MASLD)**

Chairs: Andrew Krentz & Geltrude Mingrone

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|-------|----------------------------------|----------------------------|
| 09:00 | Screening and diagnosis of MASLD | Philip Newsome, Birmingham |
| 09:20 | Management of MAFLD | William Alazawi, London |
| 09:40 | Panel discussion | |

10:00 **Session 9: Endocrinology and Cardiovascular disease**

Chairs: NN & Nikant Sabharwal

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|-------|--|--------------------------|
| 10:00 | Cardiovascular risk in classic endocrine disease | Adrian Heald, Manchester |
| 10:20 | Sex hormones and CVD: Men vs Women | Andrew Krentz, London |
| 10:40 | Panel discussion | |

11:00 **COFFEE BREAK**

11:30 **Session 10: Amyloid heart disease**

Chairs: Eleanor Wicks & Nikant Sabharwal

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|-------|---|------------------------------|
| 11:30 | The spectrum of amyloid heart disease | Ana Martinez Naharro, London |
| 11:50 | Diagnosis and management of cardiac amyloidosis | Marianna Fontana, London |
| 12:10 | Panel discussion | |

12:30 **Industry Sponsored Symposium (tbc)**

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

14:00 **Session 11: Heart failure**

Chairs: Eleanor Wicks & Shanti Velmurugan

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|-------|---|---------------------------|
| 14:00 | Prevention of heart failure | Pardeep Jhund, Glasgow |
| 14:20 | Comorbidities of heart failure: obesity, diabetes and renal failure | John E. Deanfield, London |
| 14:40 | Management of heart failure: the 2021 and 2023 ESC guidelines | Theresa McDonagh, London |
| 15:00 | Panel discussion | |

15:30 **COFFEE BREAK**

16:00 **Case-based interactive seminars III (2 sessions in parallel, 30min each)**

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| | Diagnosing MASLD with Fibroscan | William Alazawi, London |
| | Diagnosing HFpEF, HFrEF and diabetic heart disease with echocardiography | Rajdeep Khattar, London |

The programme might be subject to change.

Scientific Programme & General Information

Industry Sponsored Symposium

Thursday, March 20th, 2025

12:15 Lp(a) and its role in CV risk management: why, who, when & how to test?

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Speakers: tbd

Registration

Registrations can be made exclusively online on our website

Course Fee

Early registration fee until February 18 th , 2025	GBP 400
Regular registration fee	GBP 450
Trainees, residents, students (<40y) early fee* until February 19 th , 2025	GBP 200
Trainees, residents, students (<40y) regular fee*	GBP 250
Day ticket	GBP 150

* ID proof required

Registration will be confirmed upon receipt of payment

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 1st, 2025, 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 approved by the

- Federation of the Royal Colleges of Physicians of the United Kingdom for 18 category 1 (external) CPD credit(s)

The Postgraduate Course in Cardiometabolic Medicine has been submitted to the

- European Accreditation Council for Continuing Medical Education (EACCME)

Teaching Faculty

Faculty

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London, UK

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Queen Mary University of London
London, UK

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University of Oxford
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Organisation

Organisation

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