

# 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

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Royal Brompton and  
Harefield hospitals



Guy's and St Thomas'  
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### Event endorsed by



## Welcome Address

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Dear Colleagues

It is a pleasure to announce the 2<sup>nd</sup> 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 Papadakis

## Scientific Programme, Wednesday, March 19<sup>th</sup>, 2025

<b>09:00</b>	<b>REGISTRATION AND COFFEE</b>	
<b>09:30</b>	<b>Welcome Session</b>	
09:30	Welcome by the course directors & Course concept and structure	
<b>09:45</b>	<b>Session 1: Obesity I - Causes and mechanisms</b> <i>Chairs: Dunja Aksentijevic &amp; 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	
<b>11:30</b>	<b>COFFEE BREAK</b>	
<b>12:00</b>	<b>Keynote Lecture:</b> Medical management of obesity: GLP-1/GIP agonists	John E. Deanfield, London
<b>12:30</b>	<b>Session 2: Obesity II – Management</b> <i>Chairs: Naveed Sattar &amp; 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	
<b>13:30</b>	<b>Industry Sponsored Symposium (tbc)</b>	
<b>14:15</b>	<b>LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION</b>	
<b>15:00</b>	<b>Session 3: ASCVD Assessment I</b> <i>Chairs: Mahmoud Barbir &amp; 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	
<b>16:20</b>	<b>COFFEE BREAK</b>	
<b>16:45</b>	<b>Case-based interactive seminars I (2 sessions in parallel. 30min each)</b>	
	How to assess adiposity: Clinical, MRI and beyond	Geltrude Mingrone, London
	How to manage obesity	Piya Gen Septa

## Scientific Programme, Thursday, March 20<sup>th</sup>, 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 21<sup>st</sup>, 2025

<b>09:00</b>	<b>Session 8: Metabolic dysfunction-associated steatotic liver disease (MASLD)</b> <i>Chairs: Andrew Krentz &amp; Geltrude Mingrone</i>	
09:00	Screening and diagnosis of MASLD	Philip Newsome, Birmingham
09:20	Management of MAFLD	William Alazawi, London
09:40	Panel discussion	
<b>10:00</b>	<b>Session 9: Endocrinology and Cardiovascular disease</b> <i>Chairs: NN &amp; Nikant Sabharwal</i>	
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	
<b>11:00</b>	<b>COFFEE BREAK</b>	
<b>11:30</b>	<b>Session 10: Amyloid heart disease</b> <i>Chairs: Eleanor Wicks &amp; Nikant Sabharwal</i>	
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	
<b>12:30</b>	<b>Industry Sponsored Symposium (tbc)</b>	
<b>13:15</b>	<b>LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION</b>	
<b>14:00</b>	<b>Session 11: Heart failure</b> <i>Chairs: Eleanor Wicks &amp; Shanti Velmurugan</i>	
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	
<b>15:30</b>	<b>COFFEE BREAK</b>	
<b>16:00</b>	<b>Case-based interactive seminars III (2 sessions in parallel, 30min each)</b>	
	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

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### 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 <sup>th</sup> , 2025	GBP 400
Regular registration fee	GBP 450
Trainees, residents, students (<40y) early fee* until February 19 <sup>th</sup> , 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 1<sup>st</sup>, 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

Dunja Aksentijevic  
Queen Mary University of London  
London, UK

William Alazawi  
Queen Mary University of London  
London, UK

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University of Oxford  
Oxford, UK

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London, UK

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IIS-Fundacion Jimenez Diaz UAM  
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Practice for prevention and therapy  
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Parminder Judge  
University of Oxford  
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Peterborough, UK

Samuel Seidu  
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Bruno Sgromo  
Nuffield Health, The Manor Hospital  
Oxford, UK

Raj Thakkar  
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Faiez Zannad  
University of Lorraine  
Nancy, FR

## Organisation

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### Organisation

Zurich Heart House / London Heart House, Foundation for Cardiovascular Research

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