



Organizer: Working Group on Diabetes and Metabolic Risk Factors of ESH



2024 International Meeting on Cardiometabolic Diseases, Obesity and Diabetes

Official Post-Congress Satellite Symposium of the 33rd European Meeting on Hypertension and Cardiovascular Protection of the European Society of Hypertension

**05-08 September 2024, Porto Heli
AKS Porto Heli Hotel**

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PROGRAMME-REGISTRATIONS



Thursday 05 September

13:00-14:00 REGISTRATIONS

14:00-17:00 **ROUND TABLE: NEW INVESTIGATOR PRESENT ON DIABETES**
Chair: *Siani A.* (Athens, Greece), *Skoutas D.* (Thessaloniki, Greece)

Epidemiology Of Diabetes Mellitus

Bougiouka P. (Athens Greece)

New Technologies in Diabetes Mellitus

Mougaraki E. (Athens, Greece)

Diabetes Mellitus Treatment Present and Future

Lagou S. (Athens, Greece)

Glucagon-like Peptide 1 Receptor Agonists For The Management of Type 2 Diabetes

Karagiannis T. (Thessaloniki ,Greece)

Effect of GLP-1 Receptor Agonists on Blood Pressure

Liakos A. (Thessaloniki ,Greece)

The New Dual Gastric Inhibitory Peptide/Glucagon-like Peptide 1 Agonist Tirzepatide in Type 2 Diabetes: Is The Future Bright?

Papachristou S. (Athens, Greece)

Remission of Type 2 Diabetes And Lifestyle Changes

Koufakis T. (Thessaloniki ,Greece)

17.00-18.00 **ROUND TABLE: NEW INVESTIGATOR PRESENT ON PERIPHERAL, CENTRAL BP, AND OBESITY**

Chair: *Antza C.* (Thessaloniki, Greece)

24h Ambulatory BP and Stiffness. A New Early Vascular Ageing Index From ABPM *Kakaletsis N.* (Thessaloniki, Greece)

Dysmetabolic Iron Overload in Metabolic Syndrome

Sachinidis A. (Thessaloniki, Greece)

Use of Tirzepatide Across the Cardiometabolic Continuum

Patoulidas D. (Thessaloniki, Greece)

Friday 06 September

10.00-11.00 **ROUND TABLE: HOW TO TREAT?**
Chair: *Trakatelli C.* (Thessaloniki, Greece)

A 58-year Patient With Obesity, Dyslipidemia and Fatty Liver Disease

Sfikas G. (Thessaloniki, Greece)

A Patient With CKD and Atrial Fibrillation

Kallistratos M. (Athens, Greece)

11.00-12.30 **ROUND TABLE: HOW TO TREAT?**
Chair: *Hatziagelaki E.* (Athens, Greece)

A 70-year-old Hypertensive After Acute Stroke

Makaritsis K. (Larissa, Greece)

HDL Cholesterol Levels: Critical Player or Irrelevant by Stander?

Kypreos K. (Patra, Greece)

A Patient 65 Years Old With Type 2 Diabetes and Obesity

Hatziagelaki E. (Athens, Greece)

A Patient With Type 2 Diabetes and Heart Failure

Trakatelli C. (Thessaloniki, Greece)

Commentators: *Vasileiou A.M.* (Thessaloniki, Greece), *Ziogas K.* (Serres, Greece)

12.30-14.00 **BREAK**

14:00-16:00 **ROUND TABLE: HYPERTENSIVE AND DIABETIC NEPHROPATHY**
Chair: *Liakopoulos V.* (Thessaloniki, Greece)

Slowing the Progression of Diabetic Kidney Disease

Marinaki S. (Athens, Greece)

Dementia, Stroke and Chronic Kidney Disease - Is There a Link?

Dounousi E. (Ioannina, Greece)

Finerenone in Kidney Disease and Type 2 Diabetes

Antza C. (Thessaloniki, Greece)

Management of Hypertension in Advanced Kidney Disease

Georgianos P. (Thessaloniki, Greece)

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16:00-17:00 HEMATOLOGIC DISORDERS AND CARDIOVASCULAR RISK

Chair: *Savopoulos C.* (Thessaloniki, Greece)

Cardiovascular risk in hemophilia *Gavriilaki E.* (Thessaloniki, Greece)

Thrombophilic mutations in patients with unprovoked thromboembolic disease *Kaiafa G.* (Thessaloniki, Greece)

17:00-18:00 THE EMEGRING ROLE OF FATTY LIVER DISEASE IN THE CARDIOVASCULAR DISEASE

Chair: *Sarigianni M.* (Thessaloniki, Greece)

The Role of PCSK9 in the Pathogenesis of Non-alcoholic Fatty Liver Disease and the Effect of PCSK9 Inhibitors
Theocharidou E. (Thessaloniki, Greece)

Semaglutide in Nonalcoholic Steatohepatitis
Sinakos E. (Thessaloniki, Greece)

18:00-19:00 OBESITY AND ARTERIAL SYSTEM HEALTH RISK

Chair: *Doumas M.* (Thessaloniki, Greece)

Effects of the Metabolic Syndrome on the Arterial System
Protogerou A. (Athens, Greece)

New Phenotypes of Arterial Hypertension
Januszewicz Andrzej (Warsaw, Poland)

Saturday 07 September

10:00-12:00 ROUND TABLE: CLINICAL PRACTICE UPDATE

Chair: *Antza C.* (Thessaloniki, Greece)

A Patient With an Embolic Stroke of Undetermined Source and a Patent Foramen Ovale
Ntaios G. (Larissa, Greece)

Phenotypes of Vascular Aging
Cunha Pedro (Porto, Portugal)

Restarting Anticoagulation After Intracerebral Hemorrhage
Korompoki E.

Cardiovascular Risk Factors in HIV Infected Individuals
Tsachouridou O. (Thessaloniki, Greece)

Current Knowledge on the Association Between Lpa and Cardiovascular Disease *Marketou M.* (Crete, Greece)

Commentators: *Kotronis G.* (Thessaloniki Greece)

12:00-14:00 **BREAK**

14:00-15:00 **NEW TREATS IN HYPERTENSION DISEASE**

Chair: *Trakatelli C.* (Thessaloniki, Greece)

Hypertension in Pregnancy. What 's New?

Triantafyllidi H. (Athens, Greece)

Ambulatory Blood Pressure Monitoring. Where we Stand in 2024

Parati G. (Milan , Italy)

Obesity And Microcirculation

Grassos H. (Athens, Greece)

15:00-17:00 **ROUND TABLE: TREATMENT OF DIABETES MELLITUS AND OTHER CARDIOVASCULAR COMORBIDITIES**

Chair: *Tentolouris N.* (Athens, Greece)

Hypertension And Renal Outcomes in T2D Clinical Trials

Sarigianni M. (Thessaloniki, Greece)

T2D And Dyslipidemia

Liberopoulos E. (Athens, Greece)

T2DM Guidelines in 2024

Papazafeiropoulou A. (Athens, Greece)

Skin And Musculoskeletal Disorders of Diabetic Neuropathy

Papanas N. (Thessaloniki, Greece)

Sunday 08 September

09:00-09:30 **Elevated Heart Rate in Metabolic Disease: Mechanisms and Impact on CV Risk**

Grassi Guido (Milan, Italy)

09:30-10:00 **New Generation Anti-obesity Drugs**

Dell'Oro Raffaella (Milan, Italy)

10:00-10:30 **Coffee Consumption And Office and Out-of-office Blood Pressure**

Quarti-Trevano Fosca (Milan, Italy)

**Certificate of attendance will be given to the
participants that will attend more than 60%
of the scientific program**

FACULTY

- *Prof. Antza Christina, MD, MSc, PhD, Assistant Professor of Internal Medicine-Hypertension, Aristotle University of Thessaloniki, Greece*
- *Dr. Bougiouka Paraskevi – Maria, Resident in endocrinology department of Alexandra Hospital, Msc Diabetes and Obesity, Athens, Greece*
- *Prof. Cunha Guimarães Pedro, MD, PhD, Editor in Chief of the Artery Research Journal Centre for the Research and Treatment of Arterial Hypertension, Guimarães, Portugal, Professor at Minho Medical School, Minho University, Portugal, Vice President of the Artery Society, Past - President of Working Group on Hypertension and the Brain of the European Society of Hypertension (ESH)*
- *Prof. Dell'Oro Raffaella, Associated Professor of Internal Medicine IRCCS San Gerardo, University of Milano-Bicocca Monza Italy*
- *Prof. Doulas Michael, Associate Professor, Internal Medicine, Aristotle University, Thessaloniki, Greece*
- *Prof. Dounousi Evagelia, MD, PhD, Associate Professor of Nephrology Department of Nephrology, Faculty of Medicine, School of Health Sciences, University of Ioannina Head of Nephrology Dept, University Hospital of Ioannina University Greece*
- *Prof. Gavriilaki Eleni, Assistant Professor of Hematology, Aristotle University of Thessaloniki, Greece*
- *Prof. Georgianos I. Panagiotis, MD, PhD, Assistant Professor Of Nephrology Thessaloniki, Greece*
- *Prof. Grassi Guido, Professor of Medicine, University Milano Bicocca, Immediate past President European Society Hypertension*
- *Dr. Grassos Haralampos, MD FERSC PhD FAHA*
- *Prof. Hatzigelaki Erifili, Professor of Internal Medicine & Metabolic Diseases, Medical School, National and Kapodistrian University of Athens Greece, Visiting Professor, German Diabetes Center (DDZ) at Heinrich Heine University of Düsseldorf, Germany*
- *Prof. Januszewicz Andrzej, Professor in medicine, Head of Department of Hypertension of National Institute of Cardiology Warsaw Poland, Vice President of European Society of Hypertension*
- *Prof. Kaiafa Georgia, Associate Professor of Hematology, 1st Propedeutic Dept. of Internal Medicine, Aristotle University of Thessaloniki, AHEPA University Hospital, Thessaloniki, Greece*
- *Dr. Kakaletsis Nikolaos, MD, MSc (ESO Stroke Medicine), PhD, Internist, Second Medical Department, Ippokratio General Hospital of Thessaloniki, Postdoctoral Researcher, Medical School, Aristotle University of Thessaloniki, Thessaloniki, Greece*
- *Dr. Kallistratos S. Manolis, Cardiologist, Head of Hypertension Clinic, Asklepieio Voula, Athens, Greece*
- *Dr. Karagiannis Thomas, MD, MSc, PhD, Clinical Reader in Internal Medicine, Aristotle University of Thessaloniki, Greece*

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- *Dr. Korompoki Eleni, MD, PhD, FESO, Consultant of Internal Medicine Department of Clinical Therapeutics National and Kapodistrian University of Athens, Alexandra Hospital, Athens Greece*
- *Dr. Kotronis Georgios Internal Medicine/Diabetes Specialist, Aghios Pavlos General Hospital, Thessaloniki, Greece*
- *Prof. Kotsis Vasileios, M.D., Ph.D., Prof Medicine-hypertension, Chair 3rd Department of Internal Medicine, Papageorgiou Hospital Aristotle University Thessaloniki Chair Local Organizing Committee, Thessaloniki, Greece*
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- *Prof. Kypreos E. Kyriakos, Professor of Pharmacology Director of Pharmacology Laboratory University of Patras School of Health Sciences Department of Medicine Pharmacology Laboratory Panepistimioupolis ,Patra, Greece*
- *Dr. Lagou Styliani, MD, MSc, Consultant in Internal Medicine, Lipid Clinic, General Hospital of Athens, Greece*
- *Prof. Liakopoulos Vassilios, MD, PhD, FISN, Professor of Nephrology, Head of 2nd Department of Nephrology AHEPA University Hospital Medical School Aristotle University of Thessaloniki*
- *Prof. Liakos Aris, MD MSc PhD, Assistant Professor in Internal Medicine, Thessaloniki, Greece*
- *Prof. Liberopoulos Evangelos, Professor of Medicine-Metabolic Diseases School of Medicine, National and Kapodistrian University of Athens 1st Propaedeutic Department of Medicine and Diabetes Center, Laiko General Hospital of Athens, Member of the Executive Committee of the European Atherosclerosis Society (2024-2027)*
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- *Dr. Mougarakis Evangelia, , Md, Consultant in Internal Medicine Elpis General Hospital ,Athens, Greece*
- *Prof. Ntaios Georgios, Associate Professor of Internal Medicine, University of Thessaly, Greece, President of the Hellenic Stroke Organization , Greece*
- *Dr. Papachristou Stella, MSc, PhD, Internal Medicine Consultant Diabetes Center King's College Hospital, London*
- *Prof. Papanas Nikolaos, Professor in Internal Medicine-Diabetes mellitus, Head Diabetes Centre-Diabetic Foot Clinic , Second Department of Internal Medicine Democritus University of Thrace Greece, Editor-in-Chief The International Journal of Lower Extremity Wounds President Diabetic Foot Study Group (DFSG) (Greece)*

- **Dr. Papazafeiropoulou K. Athanasia**, MSc, PhD, Internal Medicine Specialist , Specialist in Diabetes Mellitus, First Department of Internal Medicine & Diabetes Center, General Hospital of Piraeus "TZANEIO", Piraeus, Greece
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- **Prof. Tentolouris Nikolaos**, Professor of Internal Medicine Medical School, National and Kapodistrian University of Athens, 1st Department of Propaedeutic and Internal Medicine, Laiko General Hospital Ath-ens, Greece
- **Prof. Theocharidou Eleni**, Assistant Professor of Gastroenterology Aristotle University of Thessaloniki, Greece
- **Prof. Trakatelli Christina**, MD, PhD, Assistant professor Internal Medicine 3rd department of Internal Medicine Papageorgiou hospital , Greece
- **Dr. Triantafyllidi Helen**, MD, PhD, FESC, Head of Hypertension Clinic and Cardiopulmonary Exercise Laboratory 2nd Department of Cardiology, Medical School, University of Athens, ATTIKON Hospital

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- *Dr. Tsachouridou Olga, MD, MSc, PhD, Internal Medicine and Infectious Diseases Specialist St' Lukes Hospital, Thessaloniki, Greece, Research Associate of Infectious Diseases Unit AHEPA University Hospital, Thessaloniki, Greece*
- *Vasileiou Aikaterini-Maria, Internal Medicine Specialist - Diabetologist, MD, PhD(c), Nursing Department, International University of Greece, Thessaloniki, Greece*



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