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Asian Pacific Society of Cardiology

Fondazione Merarini Bijoy Khandheria Emerging Leaders' Scholarship



WWW.FONDAZIONE-MENARINI.COM

5th-6th February 2026 - Hong Kong

INTRODUCTION

The Asian Pacific Society of Cardiology (APSC) aims to facilitate communication, collaboration and professional development in the advancement of science and medical practice of cardiovascular diseases within the Asia-Pacific region.

Since the dawn of the 21st century, the Asia-Pacific region has been progressively thrust to the forefront of cardiology developments. Home to half of the world's population, alongside a rapidly ageing demographic, it is vital that the APSC hones the skills necessary for the next generation of leaders to spearhead progress within the field of Cardiology.

The APSC Emerging Leaders programme focuses on the qualities of an effective leader and the importance of building a team, and the opportunity for personal and professional development. This is a great opportunity to interact with senior faculty members and network with your peers for future collaboration.

We welcome you to join us in this educational endeavour, made possible with the support of Fondazione Internazionale Menarini.

Jack Tan, Chair
Kenny Sin, Programme Director

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Fondazione Menarini

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SCIENTIFIC AND ORGANIZING SECRETERIAT

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THURSDAY, 5TH FEBRUARY 2026 - MORNING

08.30 a.m. - 08.45 a.m.

Introduction

K. Sin (Singapore) - Programme Director, Emerging Leaders Scholarship

Opening Address

J. Tan (Singapore) - Chair, Emerging Leaders Scholarship

Welcome Address

K.L. Tsui - President, Hong Kong College of Cardiology

Address

Giuseppe Caracciolo - Director of Scientific and Medical Affairs, Fondazione Menarini (Florence, IT)

SESSION I

08.45 a.m. - 09.45 a.m. APSC Emerging Leaders Introduction

09.45 a.m. - 10.05 a.m. The four horsemen for burnout management
F. Pinto (Portugal)

10.05 a.m. - 10.25 a.m. Work life balance
L. Abdel Wareth (Singapore)

10.25 a.m. - 10.40 a.m. *Coffee Break*

10.40 a.m. - 12.00 p.m. **Breakout Group Discussion**
Faciliatators: **J. Yap** (Singapore), **D. Lee** (Hong Kong),
W. Aditya (Indonesia), **J. Loh** (Singapore), **E. Shariff**
(Malaysia)

Group 1: Building Trust, Communication and Teamwork

Group 2: Positive Intelligence

Group 3: Emotional Intelligence

*Group 4: Advances in Global Health: Future directions in
Asia / Hypertension in the Community*

12.00 p.m. - 01.00 p.m. *Lunch Break*

THURSDAY, 5TH FEBRUARY 2026 - AFTERNOON

SESSION II

01.00 p.m. - 01.05 p.m.	Programme Brief
01.05 p.m. - 01.25 p.m.	Keeping to Time! R. Chazal (United States)
01.25 p.m. - 01.45 p.m.	Career longevity? Variety is the spice of life D. Chew (Australia)
01.45 p.m. - 02.05 p.m.	Diversions and potholes on the road of a life in clinical practice T. Graham (United Kingdom)
02.05 p.m. - 02.30 p.m.	<i>Coffee Break</i>
02.30 p.m. - 02.50 p.m.	Communicate: Key to better relationships D. Itchhaporia (United States)
02.50 p.m. - 05.00 p.m.	Breakout Group Discussion
06.30 p.m.	<i>Dinner</i>

FRIDAY, 6TH FEBRUARY 2026 - MORNING

SESSION III

08.25 a.m. - 08.30 a.m.	Programme Brief
08.30 a.m. - 08.50 a.m.	Angina in young women - mechanisms and management P. Collins (United Kingdom)
08.50 a.m. - 09.10 a.m.	Hyptension Update A. Manolis (Greece)
09.10 a.m. - 09.30 a.m.	Addressing Unconscious Bias and Promoting Inclusivity G. Rosano (United Kingdom)
09.30 a.m. - 09.50 a.m.	How to publish effectively as a young cardiologist J. Yap (Singapore)
10.00 a.m. - 10.20 a.m.	<i>Coffee Break</i>
10.20 a.m. - 10.50 a.m.	<i>Group 1 Presentation : Building Trust, Communication and Teamwork</i> Building Trust, Communication and Teamwork K.W. Park (South Korea)
10.50 a.m. - 11.20 a.m.	<i>Group 2 Presentation: Positive Intelligence</i> Positive Intelligence- Overcome your Saboteurs L. Abdel Wareth (Singapore)
11.20 a.m. - 11.50 a.m.	<i>Group 3 Presentation: Emotional Intelligence</i> Emotional Intelligence D. Itchhaporia (United States)
11.50 a.m. - 12.10 p.m.	Bringing an Olympic mindset to life C. Cheng (Hong Kong)
12.10 p.m. - 01.15 p.m.	<i>Lunch Break</i>

FRIDAY, 6TH FEBRUARY 2026 - AFTERNOON

SESSION IV

- 01.15 p.m. - 01.20 p.m. Programme Brief
- 01.20 p.m. - 01.50 p.m. *Group 4 Presentation: Advances in Global Health: Future directions in Asia / Hypertension in the Community*
Advances in Global Health: Future directions in Asia
P. Pronyk (Singapore)
- 01.50 p.m. - 02.15 p.m. Introduction to the APSC Young Community
How it started, how to initiate, how to keep it rolling
How to integrate APSC YC with local community, penetrating through local events
Making international collaboration through education (webinars)
How to look and feel good always
- E. Shariff** (Malaysia)
W. Aditya (Indonesia)
D. Lee (Hong Kong)
J. Loh (Singapore)
J. Yap (Singapore)
- 02.15 p.m. - 02.30 p.m. *Coffee Break*
- 02.30 p.m. - 05.00 p.m. Discussion - Q&A

FACULTY

Laila Abdel Wareth	Chief Executive Officer, Diagnostic & Chief Executive Officer National Reference Laboratory (NRL); Global patient Care Platform, M42 Health Abu Dhabi, UAE
Wishnu Aditya	Cathlab Director and Head of Cardiology Department, Jakarta Hearth center Indonesia
Wael Almahmeed	Consultant Cardiologist Heart and Vascular Institute Cleveland Clinic Abu Dhabi, UAE
Richard Chazal	Medical Director, Center for Quality/Transformation/Innovation Lee Health Heart Institute United States
Derek Chew	Director MonashHeart and the Victorian Heart Hospital, Monash Health Australia
Peter Collins	Professor of Clinical Cardiology, Imperial College London; Honorary Consultant Cardiologist, Royal Brompton & Harefield NHS Trust, London United Kingdom
Tim Graham	Consultant Cardiothoracic Surgeon Queen Elizabeth Hospital Birmingham; Assistant Medical Director – Clinical Governance University Hospitals Birmingham Trust United Kingdom
Dipti Itchhaporia	Eric & Sheila Samson Endowed Chair in Cardiovascular Health Director of Disease Management Hoag Memorial Hospital Presbyterian, Newport Beach, CA; Clinical Professor, University of California, Irvine United States

FACULTY

Derek Lee	Visiting Specialist Clinical Genetic Service Hong Kong Children Hospital; Clinical Assistant Professor (Honorary) Department of Medicine and Therapeutics, The Chinese University of Hong Kong
Julian Loh	Singapore Polytechnic Diploma in Cardiac Technology; Nanyang Polytechnic Advanced Diploma in Nursing - Lecturer / Co-Examiner
Athanasios J. Manolis	Director B' Cardiology Department, Metropolitan Hospital, Piraeus, Greece; Adj. Clinical Professor of Medicine, Emory University, Atlanta, GA, USA; Adj. Assistant Professor of Hypertension, Boston University, USA
Kyung Woo Par	Professor and President of Healthcare Systems Gangnam Center Seoul National University Hospital Internal Medicine South Korea
Fausto Pinto	Head, Cardiology Department and Heart and Vascular Department Santa Maria University Hospital, Portugal
Paul Pronyk	Adjunct Professor of Global Health Director, Duke-NUS Centre for Outbreak Preparedness Deputy Director, SingHealth Duke NUS Global Health Institute Singapore
Giuseppe Rosano	Professor of Cardiology and Consultant Cardiologist St. George's Hospital NHS Trust University of London United Kingdom
Ezman Sharif	Clinical Lecturer UiTM Faculty of Medicine, Malaysia; Head of Cardiology Unit & Cardiology Service Centre Hospital Al-Sultan Abdullah UiTM & UiTM Faculty of Medicine, Malaysia
Kenny Sin	Programme Director, Emerging Leaders Scholarship Senior Consultant and Head of Department National Heart Centre Singapore

FACULTY

Jack Tan

Chair, Emerging Leaders Scholarship
Deputy Chief Executive Officer
National Heart Centre Singapore
Member at Large, World Heart Federation
Singapore

Jonathan Yap

Senior Consultant
National Heart Centre Singapore

EMERGING LEADERS

Ichitaro Abe	Japan
Anna Cristina Adora	Philippines
Dina Qasem Al-Shamaileh	Jordan
Tului Altansuvd	Mongolia
Myo Thiri Aung	Myanmar
Chandan Deepak Bhavnani	Malaysia
Rith Chandara	Cambodia
Chanchal Chandramouli	Singapore
Zheng-Wei Chen	Taiwan
Chi-Tung Chen	Taiwan
Nicholas Chew	Singapore
Min Soo Cho	South Korea
Louis Choi	Hong Kong
Viet Dang	Australia
Toan Dang Quang	Vietnam
Nashiba Daud	Philippines
Anastacio Manuel Jun-Jun Degayo	Philippines
Pham Phuoc Long Doan	Vietnam
Muhammad Fadil	Indonesia
Esmond Fong	Hong Kong

EMERGING LEADERS

Patrick Fung	Hong Kong
Binayak Gautam	Nepal
Junho Hyun	South Korea
Yodying Kaolawanich	Thailand
Risa Kitasato	Japan
Makesh Kumar	Pakistan
Christina Mew	Hong Kong
Kwang How Mok	Singapore
Jutatip Na Witayanan	Thailand
Sunanto Ng	Indonesia
Hoang Khanh Nguyen	Vietnam
Diana Olita'a	Papua New Guinea
Ji Ken Ow	Malaysia
Pinakin V Parekh	Singapore
Pg Muhammad Azizan Pg Haji Petra	Brunei Darussalam
Arnaud Planchat	Singapore
Dima Quraini	United Arab Emirates
Shiomura Reiko	Japan
Jingjo Saisa-Ard	Thailand
Vinothan Sunderalingam	Sri Lanka

EMERGING LEADERS

Jonathan Sung	Hong Kong
Chloe Tan	Singapore
Marc Denver Tiongson	Philippines
Amar Vaswani	Singapore
Anh Tuan Vuong	Vietnam
Naomi Wattchow	Australia
Chii Koh Wong	Malaysia

REGISTRATION - HYBRID EVENT

VIA WEBSITE AND/OR APP - HYBRID EVENT

Subscription to the Reserved Area and to the Event of your interest is required.
REGISTRATION IS FREE.

RESIDENTIAL EVENT

Via website www.fondazione-menarini.com

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

- 1) Please visit the page of the congress of your interest:

www.fondazione-menarini.com

- 2) Click on “SUBSCRIBE TO RESIDENTIAL EVENT” and LOG IN with your credentials.
- 3) Choose which days you wish to attend.

You will receive a confirmation email including your registration QR CODE for entering the event.

IF YOU ARE NOT YET A SUBSCRIBER, REGISTER **FOR FREE** IN THE FONDAZIONE MENARINI RESERVED AREA

- 1) Go to www.fondazione-menarini.com and click on “Reserved Area” (home page, on the right)
- 2) To register in the reserved area, just fill in the form, available here:

www.fondazione-menarini.com/en/reserved-area.html

- 3) Fill in all the mandatory fields and complete the registration, click on REGISTER (only once).

Wait for the confirmation page to appear, do not click on anything or leave the page.

Once you receive confirmation, return to the home page, you will already be logged-in to the reserved area.

- 4) Visit the page of the congress of your interest:

www.fondazione-menarini.com

- 5) Confirm your registration by clicking on “SUBSCRIBE TO RESIDENTIAL EVENT” and LOG IN with your credentials.
- 6) Choose which days you wish to attend.

You will receive a confirmation email including your registration QR CODE for entering the event.

REGISTRATION - LIVE STREAMING

LIVE STREAMING

Via website www.fondazione-menarini.com

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

1) Please **visit the page of the congress** of your interest:

www.fondazione-menarini.com

2) Click on **"SUBSCRIBE TO LIVE STREAMING"** and **LOG IN** with your credentials, check the Privacy Notice and click on **"ATTEND"**.

You can enjoy the LIVE STREAMING for free on 5th and 6th February 2026.

IF YOU ARE NOT YET A SUBSCRIBER, REGISTER FOR FREE IN THE FONDAZIONE MENARINI RESERVED AREA

1) Go to www.fondazione-menarini.com and click on **"Reserved Area"** (home page, on the right).

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4) **Visit the page of the congress** of your interest:

www.fondazione-menarini.com

5) Confirm your registration by clicking on **"SUBSCRIBE TO LIVE STREAMING"**, check the Privacy Notice and click on **"ATTEND"**.

You can enjoy the LIVE STREAMING for free on 5th and 6th February 2026.

REGISTRATION - FONDAZIONE APP

VIA FONDAZIONE MENARINI APP

Download the APP of Fondazione Menarini,
click here or scan the QR CODE:

www.fondazione-menarini.com/en/app-fondazione-menarini.html

LIVE STREAMING

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

You can access the APP with the same username and password that you use in the website. Visit the page of the event and confirm your participation, click on **"SUBSCRIBE TO LIVE STREAMING"**.

You can enjoy the **LIVE STREAMING** for free on 5th and 6th February 2026.

IF YOU ARE NOT YET A SUBSCRIBER, REGISTER **FOR FREE** IN THE FONDAZIONE MENARINI RESERVED AREA

Click on the profile icon in the top right-hand corner, or in the details of an event. Click on **LOGIN**:

Click on the red button **REGISTER**; to register in the reserved area, just fill in all the mandatory fields of the form.

Now it is necessary to log in with your username (email) and password! Then click on **LOGIN**.

Now you are logged-in to the APP (you will see your name near the user icon).

You can visit the schedule of the event, and click on the red button **"SUBSCRIBE TO LIVE STREAMING"**, check the Privacy Notice and the confirm.

You can enjoy the **LIVE STREAMING** for free on 5th and 6th February 2026.

RESIDENTIAL EVENT

IF YOU ARE ALREADY A SUBSCRIBER TO THE FONDAZIONE MENARINI RESERVED AREA

You can access the APP with the same username and password that you use on the website. Visit the page of the event and confirm your participation, click on **"SUBSCRIBE TO RESIDENTIAL EVENT"**.

As you will be redirected to the **Fondazione Menarini website**, please follow the instructions above for **RESIDENTIAL EVENT**.

IF YOU ARE NOT YET A SUBSCRIBER, REGISTER **FOR FREE** IN THE FONDAZIONE MENARINI RESERVED AREA

Click on the profile icon in the top right-hand corner, or in the details of an event. Click on **LOGIN**:

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As you will be redirected to the **Fondazione Menarini website**, please follow the instructions above for **RESIDENTIAL EVENT**.

Please feel free to contact us if you need any further information or require any assistance, by clicking on the link below:

www.fondazione-menarini.com/en/contact-us.html

GENERAL INFORMATION

VENUE

SECRETARIAT DURING THE MEETING

The Secretariat will be open at the following times:

Saturday, 5th February from 7.30 am to 5 pm

Sunday, 6th February from 8.30 am to 5 pm

OFFICIAL LANGUAGE

The official language of the Meeting will be English

REGISTRATION

The meeting is free to attend.

For more information and to register please visit the following website:

www.fondazione-menarini.com

TECHNICAL FACILITIES

Facilities will be available for computer presentations and overhead projections.

A business 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 business center at least one hour before the session starts.

The center will be open at the following times:

Saturday, 5th February from 7.30 am to 5 pm

Sunday, 6th February from 8.30 am to 5 pm

LUNCHEES AND COFFEE BREAKS

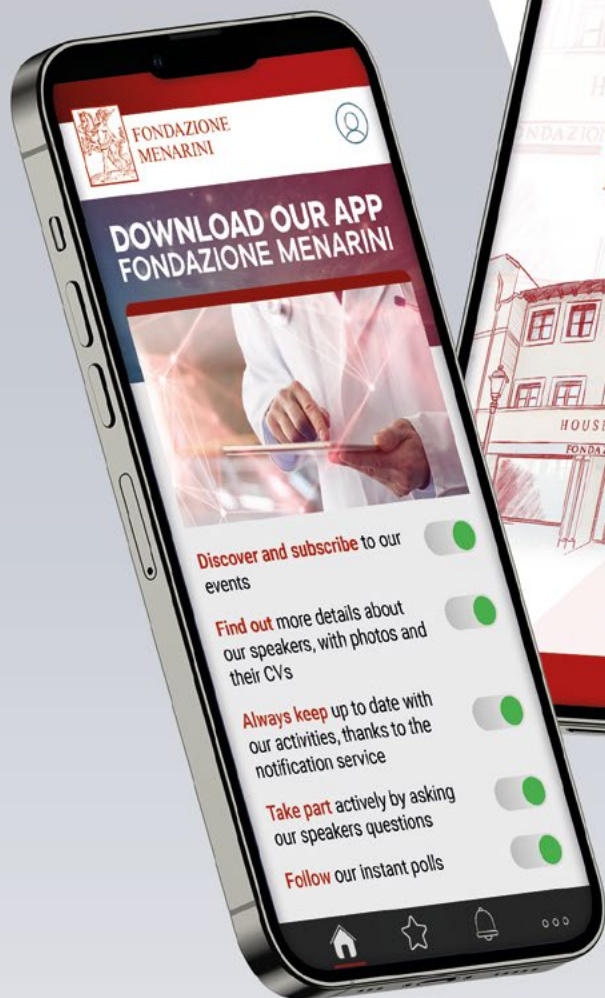
Lunches and coffee breaks will be served in the Meeting area.

ATTENDANCE CERTIFICATE AND SURVEY

At the end of each day, faculty members and participants will have the possibility to answer a short appreciation questionnaire accessible using the QR code projected on the screen. After completing the survey it will immediately be possible to download the Attendance Certificate which can be kept, printed and shared.



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All slides and presentations are available on our website 15 days after the event.

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