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FONDAZIONE  
MENARINI

 **KAROLINSKA**  
UNIVERSITY HOSPITAL

**50**  
YEARS OF  
FONDAZIONE  
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INTERNATIONAL SYMPOSIUM ON  
**CARDIOMETABOLIC RISK  
AND VASCULAR DISEASE**  
FROM MECHANISMS TO TREATMENT

**16<sup>th</sup>-17<sup>th</sup> June 2026**  
**Stockholm, Sweden**

SUNE BERGSTRÖM HALL, Karolinska University Hospital  
Eugenivägen 3, Solna, 171 76 Stockholm, Sweden

Chairman: Francesco Cosentino  
Karolinska Institutet, Karolinska University Hospital

## WHO WE ARE

50  
YEARS OF  
FONDAZIONE  
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The “**Fondazione Menarini**” was established in the spring of **1976** to promote research and knowledge in the fields of biology, pharmacology and medicine as well as economy and human sciences.

One of the main tools the Foundation uses to achieve its goals is the organization of **international congresses** with a specific focus on medical disciplines.



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The logo the **Fondazione Menarini** adopted at the time of its establishment derives from a famous seventeenth-century treatise, the **Novissima Iconologia del Ripa** (Ripas’ New Iconology), rich in symbolic meanings from Parmenides to Plato’s Myth of the Soul.

The image, which depicts a man leading a horse while firmly gripping the bridle, was chosen as it effectively represents the Foundation’s goals and topics based on its **balanced interests in humanistic and biological sciences**.



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## RATIONALE

Cardiometabolic risk drives progression of atherosclerotic cardiovascular disease (ASCVD) and adversely affects prognosis. Type 2 diabetes mellitus (T2D), chronic kidney disease (CKD), and ASCVD have common risk factors including insulin resistance, hypertension, obesity, and dyslipidemia. These conditions are still overlooked. Hence, the recognition of ASCVD and kidney disease in patients with metabolic disorders and vice versa of metabolic disorders in patients with cardio-renal disease remains an unmet need. Furthermore, several studies have reported substantial overlaps in the pathophysiological mechanisms of these diseases and syndromes suggesting that a mechanism-based approach to intervention may be useful across multiple disorders. Interventions used for the management of patients with T2D, including sodium-glucose cotransporter 2 (SGLT-2) inhibitors, glucagon-like peptide-1 receptor agonists (GLP-1 RA), selective mineral-corticoid receptor antagonists (MRA), combined glucose-dependent insulinotropic peptide (GIP)/GLP-1 RA have demonstrated beneficial effects in the prevention and treatment of CVD and CKD beyond their reductions in body weight, HbA1c, and blood pressure.

Our symposium aims to explore the challenges and barriers in the recognition and treatment of patients with multiple cardiometabolic comorbidities. It is designed to promote a working and learning environment across specialty borders. Indeed, these patients require a comprehensive approach using a combination of pharmacological and non-pharmacological approaches for prevention, diagnosis, and treatment.

Chairman of the Meeting

Prof. Dr. Francesco Cosentino

**CHAIRMAN OF THE MEETING**

**Francesco Cosentino**

Professor of Cardiology

Karolinska Institutet and Karolinska University Hospital

**CO-ORGANIZED BY**



Heart, Vascular and Neuro Theme; Unit of Cardiology  
Karolinska Universitetssjukhuset  
Eugenivägen 3 Solna, 171 76 Stockholm, Sweden  
[www.karolinska.se](http://www.karolinska.se)



Fondazione Menarini

Centro Direzionale Milanofiori, I-20089 Rozzano (Milan, Italy) Strada 8 - Edificio N  
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**ORGANIZING AND SCIENTIFIC SECRETARIAT**

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# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

PROGRAMME

TUESDAY, JUNE 16<sup>TH</sup>

## TUESDAY, JUNE 16<sup>TH</sup> 2026 - MORNING

- 08:00 a.m. - 08:30 a.m. Registration of participants
- 08:30 a.m. - 08:45 a.m. Welcome addresses and Introduction  
Chairman of the Meeting: **F. Cosentino** (Stockholm, SE)
- 08:45 a.m. - 09:00 a.m. Fondazione Menarini  
**G. Caracciolo** (Florence, IT)
- SESSION I: Emerging Risk Factors and Novel Disease Mechanisms**  
Chairpersons: **A. Abreu** (Lisbon, PT), **B. Shahim** (Stockholm, SE)
- 09:00 a.m. - 09:20 a.m. Cardiometabolic risk: from genes to outcomes  
**A. Tybjærg-Hansen** (Copenhagen, DK)
- 09:20 a.m. - 09:40 a.m. Perivascular adipose tissue: therapeutic target or marker of vascular disease?  
**C. Antoniades** (Oxford, UK) - *virtual*
- 09:40 a.m. - 10:00 a.m. Emerging role of micro- and nanoplastics in CVD  
**F. Cosentino** (Stockholm, SE)
- 10:00 a.m. - 10:20 a.m. The gut microbiota  
**T. Fall** (Uppsala, SE)
- 10:20 a.m. - 10:40 a.m. Discussion
- 10:40 a.m. - 11:00 a.m. *Coffee Break*

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



PROGRAMME

TUESDAY, JUNE 16<sup>TH</sup>

## TUESDAY, JUNE 16<sup>TH</sup> 2026 - MORNING

### KEYNOTE LECTURE

Chairperson: **J. E. Deanfield** (London, UK)

11:00 a.m. - 11:30 a.m. Cardiovascular risk reduction in children  
**V. Fuster** (New York, US)

### SESSION II: Obesity: Causes, Mechanisms and Management

Chairpersons: **V. Delgado** (Madrid, ES), **L. Rydén** (Stockholm, SE)

11:30 a.m. - 11:50 a.m. Obesity and inflammation  
**T. Guzik** (Edinburgh, UK)

11:50 a.m. - 12:10 p.m. What links obesity to CVD  
**F. Lopez-Jimenez** (Rochester, US)

12:10 p.m. - 12:30 p.m. GLP-1 receptor agonists and dual agonists in CV prevention  
**S. Del Prato** (Pisa, IT)

12:30 p.m. - 12:50 p.m. Triple agonists and next generation metabolic drugs  
**J. E. Deanfield** (London, UK)

12:50 p.m. - 01:10 p.m. Discussion

01:10 p.m. - 02:10 p.m. *Lunch*

## TUESDAY, JUNE 16<sup>TH</sup> 2026 - AFTERNOON

### SESSION III: Clinical Assessment of Cardio-Renal-Metabolic Disease

Chairpersons: **L. Badimon** (Barcelona, ES),  
**L. Lund** (Stockholm, SE)

02:10 p.m. - 02:30 p.m. CV Risk assessment: the ESC SCORE/SCORE 2  
**C. Davos** (Athens, EL)

02:30 p.m. - 02:50 p.m. Clinical utility of biomarkers  
**P. M. Elliott** (London, UK)

02:50 p.m. - 03:10 p.m. Albuminuria, eGFR and outcomes  
**P-H. Groop** (Helsinki, FI)

03:10 p.m. - 03:30 p.m. Advanced imaging in multi-organ evaluation  
**V. Delgado** (Madrid, ES)

03:30 p.m. - 03:50 p.m. Discussion

03:50 p.m. - 04:10 p.m. *Coffee Break*



# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

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TUESDAY, JUNE 16<sup>TH</sup>

## TUESDAY, JUNE 16<sup>TH</sup> 2026 - AFTERNOON

### SESSION IV: Optimising Chronic Coronary Syndromes Management

Chairpersons: **P. M. Elliot** (London, UK),  
**G-H. Choo** (Kuala Lumpur, MY)

04:10 p.m. - 04:30 p.m. Contemporary, non-invasive imaging in CCS  
**F. Pinto** (Lisbon, PT)

04:30 p.m. - 04:50 p.m. From clinical trials to RWE to inform clinical practice  
**S. James** (Uppsala, SE)

04:50 p.m. - 05:10 p.m. Optimal management of INOCA, a common cause of CCS  
**J. C. Kaski** (London, UK)

05:10 p.m. - 05:30 p.m. Lp(a) lowering is the next frontier  
**U. Landmesser** (Berlin, DE) - *virtual*

05:30 p.m. - 05:50 p.m. Discussion

05:50 p.m. - 06:05 p.m. Survey event: appreciation survey with certificate

06:05 p.m. - 06:15 p.m. First day's conclusion and remarks

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



PROGRAMME

WEDNESDAY, JUNE 17<sup>TH</sup>

## WEDNESDAY, JUNE 17<sup>TH</sup> 2026 - MORNING

### **SESSION V: The Changing Horizon in Lipid Lowering Treatment**

Chairpersons: **W. Almahmeed** (Abu Dhabi, UAE),  
**F. Braunschweig** (Stockholm, SE)

- 08:30 a.m. - 08:50 a.m. 2025 Update of EAS/ESC dyslipidaemia guidelines  
**L. Badimon** (Barcelona, SP)
- 08:50 a.m. - 09:10 a.m. Dyslipidemia in patients with diabetes  
**L. Mellbin** (Stockholm, SE)
- 09:10 a.m. - 09:30 a.m. Appropriate use of statin, ezetimibe, bempedoic acid and icosapent ethyl can control most patients?  
**F. Mach** (Geneva, CH)
- 09:30 a.m. - 09:50 a.m. Expanding the lipid toolbox: Apo-C3 and ANGPTL inhibition  
**B. G. Nordestgaard** (Copenhagen, DK)
- 09:50 a.m. - 10:10 a.m. Discussion
- 10:10 a.m. - 10:30 a.m. *Coffee Break*

### **SESSION VI: Artificial Intelligence: an Empowerment Tool for Cardiometabolic Health**

Chairpersons: **A. Tybjærg-Hansen** (Copenhagen, DK),  
**E. Barbato** (Roma, IT)

- 10:30 a.m. - 10:50 a.m. All the good and the bad in medicine and not only  
**R. Ferrari** (Ferrara, IT)
- 10:50 a.m. - 11:10 a.m. Understanding data-driven research to advance care  
**M. Lingman** (Göteborg, SE)
- 11:10 a.m. - 11:30 a.m. Heart failure device and digital empowerment  
**F. Braunschweig** (Stockholm, SE)
- 11:50 a.m. - 12:10 p.m. Discussion



# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

PROGRAMME

WEDNESDAY, JUNE 17<sup>TH</sup>

## WEDNESDAY, JUNE 17<sup>TH</sup> 2026 - MORNING

### KEYNOTE LECTURE

Chairperson: **F. Cosentino** (Stockholm, SE)

12:10 p.m. - 12:40 p.m. Preventing CV risk in prediabetes

**L. Rydén** (Stockholm, SE)

12:40 p.m. - 01:40 p.m. *Lunch*

## WEDNESDAY, JUNE 17<sup>TH</sup> 2026 - AFTERNOON

### SESSION VII: Management of HFpEF

Chairpersons: **M. Lettino** (Milan, IT), **J. Pernow** (Stockholm, SE)

01:40 p.m. - 02:00 p.m. Implementation of GDMT

**L. Lund** (Stockholm, SE)

02:00 p.m. - 02:20 p.m. GLP-1 RAs in obesity-related HFpEF

**G. Savarese** (Stockholm, SE)

02:20 p.m. - 02:40 p.m. Hypertension and HFpEF

**M. Volpe** (Rome, IT)

02:40 p.m. - 03:00 p.m. Monitoring devices

**M. Ståhlberg** (Stockholm, SE)

03:00 p.m. - 03:20 p.m. Discussion

03:20 p.m. - 03:40 p.m. *Coffee break*

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



PROGRAMME

WEDNESDAY, JUNE 17<sup>TH</sup>

## WEDNESDAY, JUNE 17<sup>TH</sup> 2026 - AFTERNOON

### SESSION VIII: Evidence-Based Treatment of Cardiometabolic Disease

Chairpersons: **G. Graetz** (Zurich, CH), **D. Gaita** (Timisoara, RO)

03:40 p.m. - 04:00 p.m. Are we getting patients to target?

**A. Abreu** (Lisbon, PT) - *virtual*

04:00 p.m. - 04:20 p.m. A diabetologist point of view

**A. Ceriello** (Milan, IT) - *virtual*

04:20 p.m. - 04:40 p.m. Semaglutide in people with symptomatic PAD and type 2 diabetes

**S. Verma** (Toronto, CA)

04:40 p.m. - 05:00 p.m. Nutrition, physical activity and lifestyle: the forgotten therapy

**N. Kränkel** (Berlin, DE)

05:00 p.m. - 05:20 p.m. Discussion

05:20 p.m. - 05:40 p.m. Survey event: appreciation survey with certificate

05:40 p.m. - 06:00 p.m. Final remarks and take-home message

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

## FACULTY

<b>Ana Abreu</b>	Medical School, University of Lisbon; Hospital Santa Maria, ULSSM, Lisbon, PT
<b>Wael A. E. M. Almahmeed</b>	Heart and Vascular Institute Cleveland Clinic Abu Dhabi, Abu Dhabi, UAE
<b>Charalambos Antoniades</b> 	Radcliffe Department of Medicine, University of Oxford, Oxford, UK
<b>Lina Badimon</b>	Universitat de Vic-UCC, IRSI-CC, Vic; Cardiovascular Research Foundation for Health and Innovation (FICSI), Barcelona, ES
<b>Emanuele Barbato</b>	University Hospital Sant'Andrea, Rome, IT
<b>Frieder Braunschweig</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Antonio Ceriello</b> 	IRCCS MultiMedica, Milan, IT
<b>Kim-Hooi Choo</b>	Cardiac Vascular Sentral KL (CVSKL), Kuala Lumpur, MY
<b>Francesco Cosentino</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Constantinos Davos</b>	Cardiovascular Research Laboratory, Biomedical Research Foundation, Academy of Athens, EL
<b>John Eric Deanfield</b>	University College London, London, UK
<b>Stefano Del Prato</b>	University of Pisa, Pisa, IT
<b>Victoria Delgado</b>	Hospital University Germans Trias i Pujol, Barcelona, ES
<b>Perry M. Elliott</b>	UCL Institute for Cardiovascular Science, University College London, London, UK
<b>Tove Fall</b>	Department of Medical Sciences Molecular Epidemiology, Uppsala University, Uppsala, SE
<b>Roberto Ferrari</b>	University of Study Ferrara, Ferrara, IT
<b>Valentin Fuster</b>	Mount Sinai Fuster Heart Hospital, Mount Sinai Hospital, New York, US
<b>Dan Gaita</b>	“Victor Babes” University of Medicine and Pharmacy, Timisoara, RO
<b>Galleon Graetz</b>	Medizinisches Zentrum Römerhof GmbH, Zurich, CH
<b>Per-Henrik Groop</b>	University Of Helsinki and Helsinki University Hospital, Helsinki, FI

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



## FACULTY

<b>Tomasz Guzik</b>	Centre for Cardiovascular Science, University of Edinburgh, Edinburgh, UK
<b>Stefan James</b>	Department of Medical Sciences, Uppsala University, Uppsala, SE
<b>Juan Carlos Kaski</b>	Cardiovascular and Genomics Research Institute, CITY-St. George's, University of London; Royal Brompton Hospital, GSTT, London, UK
<b>Nicolle Kränkel</b>	Friede Springer-Cardiovascular Prevention Center at Charité; German Heart Centre of the Charité(DHZC), Berlin, DE
<b>Ulf Landmesser</b> 	Dpt. of Cardiology, Angiology and Intensive Care Medicine; German Heart Center of the Charité; Friede Springer Cardiovascular Prevention Center of the Charité, Berlin, DE
<b>Maddalena M. A. Lettino</b>	Cardiothoracic and Vascular Department "Fondazione IRCCS San Gerardo dei Tintori Monza", Monza, IT
<b>Markus Lingman</b>	Halmstad University, Halmstad, SE
<b>Francisco Lopez-Jimenez</b>	Department of Cardiovascular Medicine Mayo Clinic, Rochester, US
<b>Lars Lund</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>François Mach</b>	Geneva University Hospital, HUG, Geneva, CH
<b>Linda Mellbin</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Børge G. Nordestgaard</b>	Dpt of Clinical Medicine, University of Copenhagen, Copenhagen, DK
<b>John Pernow</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Fausto J. Pinto</b>	University of Lisbon – Hospital de Santa Maria, Lisbon, PT
<b>Lars Rydén</b>	Karolinska Institute and Södersjukhuset, Stockholm, SE
<b>Gianluigi Savarese</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Bahira Shahim</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Marcus Ståhlberg</b>	Karolinska Institute and Karolinska University Hospital, Stockholm, SE
<b>Anne Tybjærg-Hansen</b>	Copenhagen University Hospital, Rigshospitalet, Copenhagen, DK
<b>Subodh Verma</b>	University of Toronto -St. Michael's Hospital, Toronto, CA
<b>Massimo Volpe</b>	University of Rome Sapienza, Rome; IRCCS San Raffaele, Rome, IT

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# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

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](http://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:

<https://fondazione-menarini.com/en/courses-and-events/event-information.html/international-symposium-on-cardiometabolic-risk-and-vascular-disease-from-mechanisms-to-treatment>

2) Click on “SUBSCRIBE RESIDENTIAL EVENT / LIVE STREAMING” and LOG IN with your credentials. Then click on “SUBSCRIBE TO RESIDENTIAL EVENT”

3) Choose which days you wish to attend.

You will receive a confirmation email.

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<https://fondazione-menarini.com/en/reserved-area/sign-up.html>

3) Fill in all the mandatory fields and complete the registration, click on SIGN UP.

Wait for the confirmation, check your email and activate your account by clicking on the link in the email we sent you and then click on “GO TO SIGN IN”. Once you verify your account via email, return to the home page to log into the reserved area.

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

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# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



## REGISTRATION - LIVE STREAMING

### LIVE STREAMING

Via website [www.fondazione-menarini.com](http://www.fondazione-menarini.com)

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3) Accept the Privacy Information Notice and click on “ATTEND THE EVENT”

You can enjoy the **LIVE STREAMING** for free on 16<sup>th</sup> and 17<sup>th</sup> June 2026.

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# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment

## 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](http://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 EVENT"**.

**You can enjoy the LIVE STREAMING for free on 16<sup>th</sup> and 17<sup>th</sup> June 2026.**

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Click on the red button **SIGN UP**; 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 **SIGN IN**.

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 EVENT"**, check the Privacy Notice and then confirm.

**You can enjoy the LIVE STREAMING for free on 16<sup>th</sup> and 17<sup>th</sup> June 2026.**

## RESIDENTIAL EVENT

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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](http://www.fondazione-menarini.com/en/contact-us.html)

# International Symposium on Cardiometabolic Risk and Vascular Disease from Mechanisms to Treatment



## GENERAL INFORMATION

### VENUE

**SUNE BERGSTRÖM HALL, Karolinska University Hospital**  
Eugenivägen 3, Solna, 171 76 Stockholm, Sweden

### SECRETARIAT DURING THE MEETING

The center will be open at the following times:  
Tuesday, June 16<sup>th</sup> 2026: 08:00 a.m. - 06:15 p.m.  
Wednesday, June 17<sup>th</sup> 2026: 08:30 a.m. - 06:00 p.m.  
Please note that times are expressed in Local time

### FACULTY SLIDE CENTRE OPENING HOURS

The faculty slide centre will be open at the following times:  
Tuesday, June 16<sup>th</sup> 2026: 08:00 a.m. - 06:15 p.m.  
Wednesday, June 17<sup>th</sup> 2026: 08:30 a.m. - 06:00 p.m.  
Please note that times are expressed in Local time

### OFFICIAL LANGUAGE

The official language of the meeting is English. Simultaneous translation will not be provided.

### REGISTRATION

Attendance at the meeting is free.  
For more information and to register please visit the following website:  
[www.fondazione-menarini.com](http://www.fondazione-menarini.com)

### TECHNICAL FACILITIES

Facilities will be available for computer presentations and overhead projections.  
A Slide Center with PCs (Windows and Macintosh operating systems) will be available for Speakers to preview and finalize their presentations. Speakers are kindly requested to submit their presentations to the Slide Center technicians at least one hour before their talks.

### LUNCH AND COFFEE BREAK

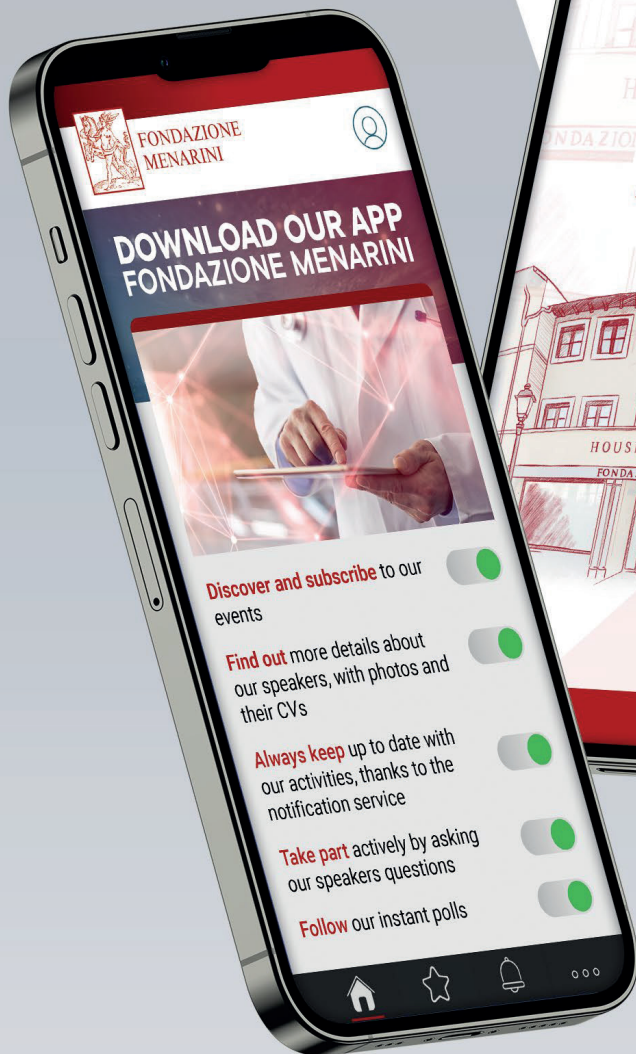
Lunch and coffee break will be served both days in the catering area.

### 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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