

International Symposium

Cardiometabolic Risk and Vascular Disease - from Mechanisms to Treatment

June 16th and 17th, 2026 | Stockholm (SE)
CONGRESS VENUE: SUNE BERGSTRÖM HALL, Karolinska University Hospital
Eugeniavägen 3, Solna, 171 76 Stockholm, Sweden

CHAIRMAN

Prof. Dr. Francesco Cosentino
Professor of Cardiology
Karolinska Institutet and Karolinska University Hospital

CO-ORGANIZED BY



DIVISION OF CARDIOLOGY
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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.

Tuesday, June 16th

MORNING SESSIONS

08:00a.m. – 08:30 a.m. Registration of participants

08:30 a.m. – 08:45 a.m. Welcome addresses and Introduction

President of the Meeting

Francesco Cosentino (Stockholm, SE)

Institutional greetings

Karolinska University Hospital

tbd

08:45 a.m.- 09:00 a.m. **Fondazione Menarini**

Giuseppe Caracciolo (Florence, IT)

SESSION I: EMERGING RISK FACTORS AND NOVEL DISEASE MECHANISMS

Chairpersons: Ana Abreu (Lisbon, PT), John Pernow (Stockholm, SE)

09:00 a.m. – 09:20 a.m. Cardiometabolic risk: from genes to outcomes

Anne Tybjærg-Hansen (Copenhagen, DK)

09:20 a.m. – 09:40 a.m. Perivascular adipose tissue: therapeutic target or marker

of vascular disease? *Charalambos Antoniades (Oxford, UK)*

09:40 a.m. – 10:00 a.m. Emerging role of micro- and nano plastics in CVD

Francesco Cosentino (Stockholm, SE)

10:00 a.m. – 10:20 a.m. The gut microbiome - *Thomas F. Lüscher (London, UK – Zurich, CH)*

10:20 a.m. – 10:40 a.m. Discussion

10:40 a.m. – 11:00 a.m. *Coffee Break*

KEYNOTE LECTURE

Chairperson: Thomas F. Lüscher (London, UK – Zurich, CH)

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

SESSION II: OBESITY: CAUSES, MECHANISMS AND MANAGEMENT

Chairpersons: Victoria Delgado (Madrid, ES), Lars Ryden (Stockholm, SE)

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

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

12:10 p.m. – 12:30 p.m. GLP-1 receptor agonists and dual agonists in CV prevention

Stefano Del Prato (Pisa, IT)

12:30 p.m. – 12:50 p.m. Triple agonists and next generation metabolic drugs
John Deanfield (London, UK)

12:50 p.m. – 01:10 p.m. Discussion

01:10 p.m. – 02:10 p.m. *Lunch*

Tuesday, June 16th

AFTERNOON SESSIONS

SESSION III: CLINICAL ASSESSMENT OF CARDIO-RENAL-METABOLIC DISEASE

Chairpersons: *Lina Badimon (Barcelona, ES), Subodh Verma (Toronto, CA)*

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

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

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

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

03:30 p.m. – 03:50 p.m. Discussion

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

SESSION IV: OPTIMISING CHRONIC CORONARY SYNDROMES MANAGEMENT

Chairpersons: *Perry M. Elliot (London, UK), Datuk Tamil Selvan (Kuala Lumpur, MY)*

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

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

04:50 p.m. – 05:10 p.m. Optimal management of INOCA, a common cause of CCS
Juan Carlos Kaski (London, UK)

05:10 p.m. – 05:30 p.m. Lp(a) lowering is the next frontier - *Ulf Landmesser (Berlin, GE)*

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

Wednesday, June 17th

MORNING SESSIONS

SESSION V: THE CHANGING HORIZON IN LIPID LOWERING TREATMENT

Chairpersons: **Wael Almahmeed** (*Abu Dhabi, UAE*), **Bahira Shahim** (*Stockholm, SE*)

- 08:30 a.m. – 08:50 a.m. 2025 Update of EAS/ESC dyslipidaemia guidelines
Lina Badimon (*Barcelona, ES*)
- 08:50 a.m. – 09:10 a.m. Dyslipidemia in patients with diabetes - **Linda 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? - **François Mach** (*Geneva, CH*)
- 09:30 a.m. – 09:50 a.m. Expanding the lipid toolbox: Apo-C3 and ANGPTL inhibition
Bærge 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: **Lars Lund** (*Stockholm, SE*), **Anne Tybjærg-Hansen** (*Copenhagen, DK*)

- 10:30 a.m. – 10:50 a.m. AI the good and the bad in medicine and not only
Roberto Ferrari (*Ferrara, IT*)
- 10:50 a.m. – 11:10 a.m. Understanding data-driven research to advance care
Markus Lingman (*Göteborg, SE*)
- 11:10 a.m. – 11:30 a.m. Heart failure device and digital empowerment
Frieder Braunschweig (*Stockholm, SE*)
- 11:50 a.m. – 12.10 p.m. Discussion

KEYNOTE LECTURE

Chairperson: **Francesco Cosentino** (*Stockholm, SE*)

- 12:10 p.m. – 12:40 p.m. Preventing CV risk in prediabetes – **Lars Ryden** (*Stockholm, SE*)
- 12:40 p.m. – 01:40 p.m. *Lunch*

Wednesday, June 17th

AFTERNOON SESSIONS

SESSION VII: MANAGEMENT OF HFpEF

Chairpersons: **Frieder Braunschweig** (*Stockholm, SE*), *tbd*

- 01:40 p.m. – 02:00 p.m. Implementation of GDMT – **Lars Lund** (*Stockholm, SE*)
- 02:00 p.m. – 02:20 p.m. GLP-1 RAs in obesity-related HFpEF – **Gianluigi Savarese** (*Stockholm, SE*)
- 02:20 p.m. – 02:40 p.m. Hypertension and HFpEF – **Massimo Volpe** (*Rome, IT*)
- 02:40 p.m. – 03:00 p.m. Monitoring devices – **Marcus Ståhlberg** (*Stockholm, SE*)
- 03:00 p.m. – 03:20 p.m. Discussion
- 03:20 p.m. – 03:40 p.m. *Coffee Break*

SESSION VIII: EVIDENCE-BASED TREATMENT OF CARDIOMETABOLIC DISEASE

Chairpersons: **Galleon Graetz** (*Zurich, CH*), *tbd*

- 03:40 p.m. – 04:00 p.m. Are we getting patients to target? – **Ana Abreu** (*Lisbon, PT*)
- 04:00 p.m. – 04:20 p.m. A diabetologist point of view – **Antonio Ceriello** (*Milan, IT*)
- 04:20 p.m. – 04:40 p.m. Semaglutide in people with symptomatic PAD and type 2 diabetes
Subodh Verma (*Toronto, CA*)
- 04:40 p.m. – 05:00 p.m. Nutrition, physical activity and lifestyle: the forgotten therapy
Nicolle Kränkel (*Berlin, GE*)
- 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*

FACULTY LIST

Ana Abreu	Lisbon, PT
Wael Almahmeed	Abu Dhabi, UAE
Lina Badimon	Barcelona, ES
Frieder Braunschweig	Stockholm, SE
Antonio Ceriello	Milan, IT
Antoniades Charalambos	Oxford, UK
Francesco Cosentino	Stockholm, SE
Kostantinos Davos	Athens, EL
John Deanfield	London, UK
Stefano Del Prato	Pisa, IT
Victoria Delgado	Madrid, ES
Perry Mark Elliott	London, UK
Roberto Ferrari	Ferrara, IT
Valentin Fuster	New York, US
Galleon Tell Samuel Graetz	Zurich, CH
Per-Henrik Groop	Helsinki, FI
Tomasz Guzik	Edinburgh, UK
James Stefan	Uppsala, SE
Juan Carlos Kaski	London, UK
Nicolle Kränkel	Berlin, GE
Ulf Landmesser	Berlin, GE
Markus Lingman	Göteborg, SE
Francisco Lopez-Jimenez	Rochester, US
Lars Lund	Stockholm, SE
Thomas Lüscher	London UK, Zurich CH
François Mach	Geneva, CH
Linda Mellbin	Stockholm, SE
Borge Nørdestgaard	Copenhagen, DK
John Pernow	Stockholm, SE
Fausto Pinto	Lisbon, PT
Lars Ryden	Stockholm, SE
Gianluigi Savarese	Stockholm, SE
Datuk Tamil Selvan	Kuala Lumpur, MY
Bahira Shahim	Stockholm, SE
Marcus Ståhlberg	Stockholm, SE
Anne Tybjærg-Hansen	Copenhagen, DK
Subodh Verma	Toronto, CA
Massimo Volpe	Rome, IT