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FONDAZIONE MENARINI

METROPOLITAN HOSPITAL

HEAL Academy by HHG

50 YEARS OF FONDAZIONE MENARINI

INTERNATIONAL SYMPOSIUM

An Update on Hypertension, Cardiometabolic Syndrome and Consequences



WWW.FONDAZIONE-MENARINI.COM

April 23th-26th, 2026

SNFCC - Stavros Niarchos Foundation Cultural Center

Leof. Andrea Siggrou 364, Kallithea 176 74, Greece

WHO WE ARE

50 YEARS OF FONDAZIONE MENARINI

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.



FONDAZIONE MENARINI

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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INTRO SPEECH

Cardiovascular disease continues to be the leading cause of death worldwide. Cardiometabolic syndrome is a cluster of conditions (high blood pressure, type 2 diabetes, obesity , dyslipidemias etc.) that occur together in a single individual, markedly increasing the overall risk of major cardiovascular diseases, other health complications and death.

We are delighted to invite you to participate in the International Symposium entitled " An update on Cardiometabolic Syndrome and it's Consequences" which will be held in Athens, Greece, on April 23-26th, 2026.

The meeting will be organized by Fondazione MENARINI, METROPOLITAN Hospital in Greece, and the Mediterranean Association of High Blood Pressure and Cardiometabolic Syndrome.

The scientific program will bring together experts from Mediterranean Area, but also from other European Countries, Africa, Gulf Area, Asia Pacific and Central and Latin America.

The purpose of this meeting is to discuss the state of cardiometabolic risk factors in the countries of the Mediterranean area and the rest of the world.

It will also to discuss the possibility to conduct a research project that can collect by a well-designed standardized survey, the prevalence and extent of therapeutic control of metabolic syndrome and its factors in Mediterranean Countries, providing information never made available in the past.

The program will be led by a world-class faculty, and includes lectures, meet the experts, debates and case studies on the treatment of metabolic and cardiovascular complications of metabolic syndrome.

We invite you to join us in this innovative educational experience aiming at enhancing your daily clinical practice.

We would like to thank Fondazione MENARINI for making this possible.

We look forward to welcoming all of you to Athens, Greece

Athanasios Manolis (GR)
Giuseppe Mancia (IT)
Enrico Agabiti Rosei (IT)

UNDER THE AUSPICES OF

PRESIDENTS OF THE MEETING

Athanasios Manolis
Metropolitan Hospital
Athens (GR)

Giuseppe Mancia
University of Milano-Bicocca
Milan (IT)

Enrico Agabiti Rosei
University of Brescia
Brescia (IT)

CO-ORGANIZED BY

FONDAZIONE MENARINI

Fondazione Menarini
Centro Direzionale Milanofiori
I-20089 Rozzano (Milan, Italy)
Strada 8 – Edificio N
Phone +39 02 55308110 - Fax +39 02 55305739
milan@fondazione-menarini.it
www.fondazione-menarini.com

SCIENTIFIC AND ORGANIZING SECRETARIAT

MARBEN S.R.L.
Via Melzi d'Eril, 20
20154 Milano
Tel. +39023491732
Fax +39023491629
www.marben.it

THURSDAY, 23th APRIL 2026 - AFTERNOON

07.00 p.m. - 08.30 p.m. Pre-Conference Briefing
(for Faculty members only)

FRIDAY, 24th APRIL 2026 - MORNING

09.00 a.m. - 09.15 a.m. Opening - Welcome
Co-presidents:
A. Manolis (Athens, GR)
G. Mancia (Milan, IT)
E. Agabiti Rosei (Brescia, IT)
Giuseppe Caracciolo Fondazione Menarini (Florence, IT)

SESSION I - CARDIOMETABOLIC RISK FACTORS

Chairpersons: **V. Katsi** (Athens, GR), **E. Agabiti Rosei** (Brescia, IT), **H. Triantafyllidi** (Athens, GR)

09.15 a.m. - 09.35 a.m. Awareness treatment and control of hypertension and cardiometabolic risk factors in Mediterranean area
M. Dorobantu (Bucharest, RO)

09.35 a.m. - 09.55 a.m. Uric acid: Pathophysiological implications and therapeutic perspectives
C. Borghi (Bologna, IT)

09.55 a.m. - 10.15 a.m. Obesity: Present and future of weight loss therapies
E. Hatziagelaki (Athens, GR)

10.15 a.m. - 10.35 a.m. Cardiovascular outcomes in diabetics: SGLT2i, GLP-1 or both?
B. Widyantoro (Jakarta, ID)

10.35 a.m. - 10.55 a.m. Early prevention of obesity: The eprObes project of EU
S. Erdine (Istanbul, TR)

10.55 a.m. - 11.15 a.m. Questions and answers
E. Petsiou (Athens, GR)

11.15 a.m. - 11.45 a.m. *Coffee Break*

SESSION II - HYPERTENSION I

Chairpersons: **A. M. Vintila** (Bucharest RO), **A. Coca Payeras** (Barcelona, ES), **D. Vlahakos** (Athens, GR)

11.45 a.m. - 12.05 p.m. Clinic vs Home vs ABPM: how to personalize blood pressure monitoring in 2016
C. Grassos (Kato Kifisia, GR)

12.05 p.m. - 12.25 p.m. Hypertension mediated organ damage: what to screen, for whom and how often?
E. Agabiti Rosei (Brescia, IT)

12.25 p.m. - 12.45 p.m. Patient-tailored combination treatment in essential hypertension
G. Grassi (Milan, IT)

12.45 p.m. - 01.05 a.m. B blockers: to use or not to use as first line treatment?
A. Manolis (Athens, GR)

01.05 p.m. - 01.15 a.m. Questions and Answers
H. Triantafyllidi (Athens, GR)

01.15 p.m. - 02.30 p.m. *Lunch*

FRIDAY, 24th APRIL 2026 - AFTERNOON

SESSION III - HYPERTENSION II

Chairperson: **M. Kallistratos** (Athens, GR)

02.30 p.m. - 02.50 p.m. Resistant hypertension: advanced and emerging pharmacotherapy vs invasive approaches
V. Katsi (Athens, GR)

02.50 p.m. - 03.10 p.m. Hypertension and stroke: timing of interventions and strategies
A. Coca Payeras (Barcelona, ES)

PLENARY SESSION I

Chairperson: **M. Doumas** (Thessaloniki, GR)

03.10 p.m. - 03.40 p.m. A critical synthesis of major global hypertension guidelines (ESH, ESC, ISH and ACC/AHA)
G. Mancia (Milan, IT)

03.40 p.m. - 04.10 p.m. Co-ordinator: **A. Manolis** (Athens, GR),
G. Mancia (Milan, IT), **E. Agabiti Rosei** (Brescia, IT)
Do we need unified international hypertension guidelines ?
Representatives from Asia Pacific, Gulf Area, Africa, Middle East, Europe, Latin America and the Audience

04.10 a.m. - 04.30 a.m. *Coffee Break*

SESSION IV -DYSLIPIDAEMIA - HYPERTENSION

Chairpersons: **V. Tsirimpis** (Thessaloniki, GR), **D. Tousoulis** (Athens, GR), **E. Petsiou** (Athens, GR)

04.30 p.m. - 04.50 p.m.	Routine test or not to test Lp(a), apoB, Non-HDL-C? **G. Kolovou** (Athens, GR)
04.50 p.m. - 05.10 p.m.	When statins are not enough: Non statin lipid lowering therapies **C. Borghi** (Bologna, IT)
05.10 p.m. - 05.30 p.m.	CEPT inhibitors: An evolving therapeutic landscape **E. Liberopoulos** (Athens, GR)
05.30 p.m. - 05.50 p.m.	Exercise and physical activity in hypertension and co-morbidities **A. Pittaras** (Washington D.C., USA)
05.50 p.m. - 06.10 p.m.	Questions and answers **V. Katsi** (Athens, GR), **M. Abdelhamid** (Cairo, EG)
06.10 p.m. - 06.25 p.m.	Survey event: Satisfaction survey with certificate
06.25 p.m. - 06.55 p.m.	Conclusion of day I
06.55 p.m.	End of day I

SATURDAY, 25th APRIL 2026 - MORNING

SESSION V - CONSEQUENCES I: CHRONIC CORONARY SYNDROMES

Chairpersons: **C. Olympios** (Elefsina, GR), **L. Poulimenos** (Voula, GR), **A. M. Vintila** (Bucharest, RO)

09.00 a.m. - 09.20 a.m.	Role of advanced imaging for CCS's: CT, CMR, Nuclear and advanced echocardiography **E. Stefanidis** (Athens, GR)
09.20 a.m. - 09.40 a.m.	Optimal medical therapy vs Invasive strategies: the 2026 perspective **G. Ambrosio** (Milan, IT)
09.40 a.m. - 10.00 a.m.	ANOCA, INOCA, MINOCA: what does it all mean? **N. Patsourakos** (Athens, GR)
10.00 a.m. - 10.20 a.m.	Coronary artery disease remains the leading cause of death in women: what are we doing to address this? **M. Abdelhamid** (Cairo, EG)
10.20 a.m. - 10.40 a.m.	Revascularization: who benefits and when? **L. Poulimenos** (Voula, GR)
10.40 a.m. - 11.10 a.m.	Modern drug treatment of CCS's: a state of the art approach **A. Manolis** (Athens, GR)
11.10 a.m. - 11.30 a.m.	Questions and answers **V. Tsirimpis** (Athens, GR)
11.30 a.m. - 11.50 a.m.	*Coffee break*

SESSION VI - CONSEQUENCES II

Chairpersons: **G. Fillipatos** (Athens, GR), **B. Widyantoro** (Jakarta, ID)

11.50 a.m. - 12.10 p.m. Cardiorenal syndrome: evolving definitions and management
D. Vlahakos (Athens, GR)

12.10 p.m. - 12.30 p.m. Heart failure in 2026: optimizing comprehensive therapy
G. Rosano (London, UK)

PLENARY SESSION II

Chairperson: **G. Ambrosio** (Milan, IT)

12.30 p.m. - 01.00 p.m. AI in cardiovascular care: transforming imaging, guided therapy, and shaping health-system plan
P. Vardas (Athens, GR)

01.00 p.m. - 02.30 p.m. *Lunch*

SATURDAY, 25th APRIL 2026 - AFTERNOON

SESSION VII - DEBATES

Chairperson: **A. Trikas** (Athens, GR),
G. Rosano (London, UK)

02.30 p.m. - 03.00 p.m. TAVI vs TAVR: which and for whom?
K. Toutouzas (Athens, GR)

03.00 p.m. - 03.30 p.m. Atrial fibrillation: an update
C. Kossyvakis (Athens, GR)

SESSION VIII - INTERACTIVE CASE STUDIES

Chairperson: **A. Manolis** (Athens, GR), **G. Grassi** (Milan, IT),
A. Pittaras (Washington D.C, USA)

03.30 p.m. - 03.45 p.m. CCS's with diabetes
M. Kallistratos (Athens, GR)

03.45 p.m. - 04.00 p.m. Haemorrhagic stroke
A. Coca Payeras (Barcelona, ES)

04.00 p.m. - 04.15 p.m. Cardiogenic shock
E. Kallieris (Athens, GR)

04.15 p.m. - 04.30 p.m. PET in cardiology: interesting case studies
K. Anagnostopoulos (Athens, GR)

04.30 p.m. - 04.45 p.m. *Coffee break*

SESSION IX - CASE STUDIES AND HOT TOPICS IN CARDIOMETABOLIC AREA

Chairpersons: **J. Palios** (Athens, GR), **S. Erdine** (Istanbul, TR), **M. Dorobantu** (Bucharest, RO)

04.45 p.m. - 05.00 p.m.	Advances in CT angiography: Applications and implications for CHD **K. Varaki** (Athens, GR)
05.00 p.m. - 05.15 p.m.	Preparing a statement for risk factors, awareness, treatment and control of cardiometabolic risk factors in Mediterranean area and not only **All participants**
05.15 p.m. - 05.30 p.m.	Survey event: Satisfaction survey with certificate
05.30 p.m. - 05.50 p.m.	Conclusions and take home messages
05.50 p.m.	End of the meeting

SUNDAY, 26th APRIL 2026 - MORINING

09.00 a.m. - 11.00 a.m.	Faculty Meeting

FACULTY

M. Abdelhamid	Cairo University Cairo (EG)
E. Agabiti Rosei	University of Brescia Brescia (IT)
G. Ambrosio	Italian Institute for Cardiovascular Research Milan (IT)
K. Anagnostopoulos	Experimental Surgery, Clinical and Translational Research Center of the Biomedical Research Foundation of the Academy of Athens Metropolitan Hospital Piraeus (GR)
C. Borghi	University of Bologna Bologna (IT)
A. Coca Payeras	School of Health and Life Sciences University Abat Oliba CEU Barcelona (ES) University of Barcelona (ES)
M. Dorobantu	University of Medicine and Pharmacy “Carol Davila” Bucharest (RO)
M. Doumas	Aristotle University Thessaloniki (GR)
S. Erdine	Istanbul University Cerrahpaşa School of Medicine Cardiology Department Istanbul (TR)
G. Filippatos	National and Kapodistrian University of Athens Athens (GR)
G. Grassi	University of Milano-Bicocca Milan (IT)

C. Grassos	G.O.N.K Agioi Anargyroi Kifisia Kato Kifisia (GR)
E. Hatziagelaki	National and Kapodistrian University of Athens Athens (GR)
E. Kallieris	Metropolitan Hospital Piraeus (GR)
M. Kallistratos	Metropolitan Hospital Piraeus (GR)
V. Katsi	Hippokrateion General Hospital of Athens Athens (GR)
G. Kolovou	Metropolitan Hospital Piraeus (GR)
C. Kossyvakis	Metropolitan Hospital Piraeus (GR)
E. Liberopoulos	School of Medicine, National and Kapodistrıan University of Athens Athens (GR)
G. Mancia	University of Milano-Bicocca Milan (IT)
A. Manolis	Metropolitan Hospital Piraeus (GR)
C. Olympios	Thriasio General Hospital Elefsina (GR)
J. Palios	Metropolitan Hospital Piraeus (GR)
N. Patsourakos	Tzaneio General Hospital of Piraeus Athens (GR)
E. Petsiou	Metropolitan Hospital Piraeus (GR)

FACULTY

A. Pittaras	Mediton GR, George Washington University Washington D.C. (USA)
L. Poulimenos	"Asklepieion" General Hospital Voula (GR)
G. Rosano	St George's University of London St George's Hospitals NHS Trust London (UK)
E. Stefanidis	Metropolitan Hospital Piraeus (GR)
D. Tousoulis	Athens University Medical School Athens (GR)
K. Toutouzas	National & Kapodistrian University of Athens Athens (GR)
H. Triantafyllidi	Medical School, University of Athens, ATTIKON Hospital Athens (GR)
A. Trikas	General Hospital "EVAGGELISMOS" Athens (GR)
V. Tsirimpis	Metropolitan Hospital Piraeus (GR)
K. Varaki	Metropolitan Hospital Piraeus (GR)
P. Vardas	Heart Sector, Hygeia Hospitals Group, HHG Managerial Council of the ESC European Heart Agency in Brussels Brussels (BE)
A. M. Vintila	Carol Davila University of Medicine and Pharmacy Bucharest Coltea Clinical Hospital Bucharest (RO)

FACULTY

D. Vlahakos	Athens University Medical School Athens (GR)
B. Widyantoro	Universitas Indonesia - National Cardiovascular Center Harapan Kita Jakarta (ID)

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**

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Once you receive confirmation, return to the home page, you will already be logged-in to the reserved area.
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6) Choose which days you wish to attend.

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REGISTRATION - LIVE STREAMING

LIVE STREAMING

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

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VIA FONDAZIONE MENARINI APP

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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.
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GENERAL INFORMATION

VENUE
SNFCC - Stavros Niarchos Foundation Cultural Center
Leof. Andrea Siggrou 364, Kallithea 176 74, Grecia

SECRETARIAT DURING THE MEETING
The Secretariat will be open at the following times:
Friday, 24th April from 09.00 am to 06.55 pm
Saturday, 25th April from 09.00 am to 05.50 pm

OFFICIAL LANGUAGE
The official language of the Meeting will be English. Simultaneous translation in spanish will be provided.

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:
Friday, 24th April from 09.00 am to 06.55 pm
Saturday, 25th April from 09.00 am to 05.50 pm

LUNCHES 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.

NOTES

NOTES

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