Hellenic Atherosclerosis Society
Meandrou 23, 115 28, Athens, Greece, Phone/Fax: +30 210 7210055
e-mail: info@atherosclerosis-gr.org  web site: www.atherosclerosis.gr

5th Hellenic Atherosclerosis Congress
Detection and Treatment of Cardiovascular Disease Risk Factors
29 November - 1 December 2012
Venue Divani Caravel Hotel, Athens, Halls MACEDONIA, PELLA, MYCENAE

IN COLLABORATION WITH THE:
Hellenic Diabetes Association
Hellenic Nephrology Association
Hellenic Thoracic Society
Hellenic Society of Nursing Research and Education
Institute of Study and Education on Thrombotic and Anti-Thrombotic Treatment
Hellenic Dietetics Association
Hellenic Association of Hospital Dieteticians

Organizing Committee
Athyros Vasilios
Ganotakis Emmanouel
Panagiotakos Demosthenes

Advisory Board of H.A.S.
President: Ganotakis Emmanouel
President Elect: Tselepis Alexandros
General Secretary: Panagiotakos Demosthenes
Executive Secretary: Tziomalos Constantinos
Treasurer : Bilianou Eleni
Members : Athyros Vasilios
Elisaf Moses
Kotsis Vasilios
Liberopoulos Evaggelos
Nicolaou Vasilios
Pitsavos Christos
Scientific Committee

Achimastos A.  
Alaveras A.  
Alexandridis T.  
Athyros V.  
Aviram M.  
Bilianou E.  
Boudoulas H.  
Chrysochoou C.  
Dimitriadis C.  
Efstratiadis G.  
Elisaf M.  
Fousas S.  
Ganotakis E.  
Gerotziafas G.  
Giannakoulia M.  
Goudevenos I.  
Heracleianou S.  
Kakafika A.  
Karagiannis A.  
Kavouras S.  
Kanakakis I.  
Konstandinidis S.  
Kolovou G.  
Kotsis V.  
Koumaras C  
Liberopoulos E.  
Linou A.  
Milionis H.  
Nicolaou V.  
Nomikos T.  
Paletas K.  
Panagiotakos D.  
Panagiotou T.  
Papadakis I.  
Papagianni A.  
Papavagelis C.  
Perrea D.  
Pipilis A.  
Pitsavos C.  
Polychronopoulos E.  
Poulia C.  
Protogerou A.  
Raptis A.  
Risvas G.  
Stefanadis C.  
Tousoulis D.  
Tselepis A.  
Tsimichodimos V.  
Tsioufis C.  
Tziomalos K.  
Vagenakis A.  
Vemmos C.  
Vlachakos D.  
Zacharis E.
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<tr>
<th>TIME</th>
<th>MACEDONIA Hall</th>
<th>PELLA Hall</th>
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<tr>
<td><strong>09.00 – 11.00</strong></td>
<td><strong>Clinical Workshop:</strong>&lt;br&gt;Therapeutic Interventions (how to treat)**&lt;br&gt;Chairpersons: Achimastos A., Kolovou G.</td>
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<tr>
<td></td>
<td>• Sixty-five (65) year old patient with renal artery stenosis: should he receive therapeutic treatment only or should he have angioplasty surgery?&lt;br&gt;Tziomalos K.</td>
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<td>• Forty-one (41) year old patient with persistent hypertension.&lt;br&gt;Tsioufis C.</td>
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<td>• Sixty-two (62) year old patient with Diabetes Mellitus, LDL-C=97 mg/dl, triglycerides = 170 mg/dl and HDL=27 mg/dl.&lt;br&gt;Lioudaki E.</td>
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<td>• Forty-eight (48) year old patient with non-responsive hypertension and dyslipidemia.&lt;br&gt;Kotsis V.</td>
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<td>• Fifty-one (51) year old patient with statin intolerance.&lt;br&gt;Bilianou E.</td>
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<td>• Sixty-eight (68) year old patient with high cardiovascular disease risk under treatment with amiodarone and high LDL-C (170 mg/dl).&lt;br&gt;Chysochoou C.</td>
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<td>• Forty-three (43) year old patient with history of acute pancreatitis episodes in conjunction with severe hypertriglyceridemia (fasting triglycerides 2,000 mg/dl).&lt;br&gt;Tsimichodimos V.</td>
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<td>• Seventy-one (71) year old patient with diabetes mellitus and peripheral arterial</td>
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<td>11.00 – 12.30</td>
<td><strong>CLINICAL WORKSHOP:</strong> DEBATE</td>
<td>Vagenakis A., Tselepis A.</td>
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<td><strong>Aviram M. (Israel)</strong></td>
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<td><strong>“No”, Alexandridis T.</strong></td>
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<tr>
<td>12.30-13.30</td>
<td><strong>CLINICAL WORKSHOP:</strong> Hot and controversial issues: Anti - hypertension Drug Treatment.</td>
<td>Achimastos A., Kotsis V.</td>
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<td><strong>Tsioufis C.</strong></td>
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<td><strong>Kotsis V.</strong></td>
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<td><strong>Elisaf M.</strong></td>
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<td>Time</td>
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<td>14.30 - 15.00</td>
<td><strong>LIGHT LUNCH</strong></td>
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<td>15.00 - 17.00</td>
<td><strong>Oral Presentation of 12 studies</strong></td>
<td>Nicolaou V., Mpilianou E.</td>
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<td>17.00 – 18.00</td>
<td><strong>CLINICAL WORKSHOP:</strong></td>
<td>Efstratiadis G., Mpilianou E.</td>
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<td>Hot and controversial issues:</td>
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<td>Hypolipidaemic drug treatment</td>
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<td>Chairpersons:</td>
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<td>Vlachakos D.</td>
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<td>Tziomalos K.</td>
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<td>Limperopoulos E.</td>
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<td>18.00 - 19.15</td>
<td><strong>COMMON EVENT IN COLLABORATION WITH THE HELLENIC SOCIETY OF NURSING RESEARCH AND EDUCATION</strong></td>
<td>Cotanidou A., Argyriou G.</td>
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<td>Chairpersons:</td>
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<td>Kapadochos T.</td>
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<td>Gerogianni G.</td>
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<td>Kampisiouli E.</td>
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<td><strong>COMMON EVENT IN COLLABORATION WITH THE INSTITUTE OF STUDY AND EDUCATION ON THROMBOTIC AND ANTI-THROMBOTIC TREATMENT</strong></td>
<td>Tselepis A., Ganotakis E.</td>
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<tr>
<td></td>
<td>“The latest anti-coagulants in everyday clinical practice”</td>
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<td>Chairpersons:</td>
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<td>Tselepis A.</td>
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<td>Goudevenos I.</td>
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<td>Konstadinides S.</td>
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<td>Konstadinides S.</td>
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<td>In vitro research of the efficacy of the new anti-coagulants.</td>
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<td><strong>COMMON EVENT IN COLLABORATION WITH HELLENIC DIETETICS ASSOCIATION</strong></td>
<td>Panagiotakos D., Poulia C.</td>
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<td>Chairpersons:</td>
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<td>Kontogianni M.</td>
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<td>Mpathrellou E.</td>
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<td>Giannakoulia M.</td>
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<td>The treatment of obesity and the common risk factors for cardiovascular diseases, in special populations. The phenomenon of reverse epidemiology.</td>
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<td>Chairperson(s)</td>
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<td>19.15-19.45</td>
<td>DEBATE “Use of LDL-C or a combination of inflammatory markers and recent lipid factors in order to determine the target and type of hypolipidemic drug treatment?”</td>
<td>Tselepis A., Alexandridis T.</td>
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<td>Chairpersons: Tselepis A., Alexandridis T.</td>
<td>“LDL”, Skoumas I.</td>
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<td>“Inflammatory markers”, Milionis C.</td>
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<tr>
<td>19.45-20.15</td>
<td>Key note lecture</td>
<td>Tselepis A.</td>
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<td>20.15 – 20.45</td>
<td>Key note Lecture</td>
<td>Panagiotakos D.</td>
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<td>Chairperson: Panagiotakos D.</td>
<td>Nutritional policies and public health.</td>
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<td>Chairpersons: Tselepis A., Athyros V.</td>
<td>New antiplatelet treatments for patients with Acute Coronary Syndrome.</td>
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<td>Antiplatelets in Acute Coronary Syndromes: what do the recent studies tell us.</td>
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| 21.15      | OPENING CEREMONY                                                                      | Greetings  
Awards                      |
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<tr>
<td>09.00 - 11.00</td>
<td>MACEDONIA Hall</td>
<td><strong>ΚLINIKO ΦΡΟΝΤΙΣΤΗΡΙΟ: ΘΕΡΑΠΕΥΤΙΚΕΣ ΠΑΡΕΜΒΑΣΕΙΣ (how to treat)</strong></td>
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<td>Chairpersons: Tousoulis D., Kotsis V.</td>
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<td>• Fifty-nine (59) year old patient with dyslipidemia (LDL-C=165 mg/dl) and SGOT 42 IU, SGPT 51 IU, γGT=92, and fatty liver image.</td>
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<td>Tziomalos K.</td>
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<td>• Thirty-five (35) year old patient with familial hypercholesterolemia (total-C 360 mg/dl, LDL-C 280 mg/dl), that presented acute myocardial infarction.</td>
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<td>Tsimichodimos V.</td>
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<td>• Seventy-five (75) year old patient under treatment with ACE inhibitors +Thiazide and Amlodipine (5mg/dl) with AP 160/100 mmHg (creatinine 1.7 mg/dl, GFR = 42 ml/min/173 m²).</td>
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<td>Zografos T.</td>
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<td>• Fifty-two (52) year old patient under treatment with statins with CPK=276 mg/dl.</td>
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<td>Skoumas I.</td>
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<td>• Sixty (60) year old high risk patient with mixed dyslipidemia (total-C =283 mg/dl, LDL-C =200, Tr=259 mg/dl, HDL-C = 32 mg/dl) and chronic renal stage 3 disease (with eGFR=40 ml/min/1.73 m²).</td>
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<td>Liberopoulos E.</td>
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<td>• Thirty-two (32) year old pregnant female patient, with gestational diabetes mellitus.</td>
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<td>Heracleianou S.</td>
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<td>11.00-11.30</td>
<td>PELLA Hall</td>
<td><strong>Key note lecture</strong></td>
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<td>Chairpersons: Karagiannis A.</td>
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<td>• Is there a clinical benefit from the measurement and the pharmacological manipulation of arterial stiffness in hypertensive patients?</td>
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<td>Protogerou A. (Maastricht, the Netherlands)</td>
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</table>
| 11.30-12.00 | Satellite Lecture (MINERVA)  
**Chairperson:** Paletas C.  
- The clinical importance of plant stanols in the prevention of cardiovascular disease.  
*Athyros V.* |
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<td>12.00-12.30</td>
<td>COFFEE BREAK</td>
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</table>
| 12.30-13.00 | Key note lecture  
**Chairperson:** Boudoulas H. *(Columbus, Ohio)*  
- Atherogenic dyslipidemia and the Metabolic Syndrome.  
*Rizzo M (Palermo, Italy)* |
| 13.00-13.30 | Satellite Lecture (RECORDATI)  
**Chairperson:** Pitsavos C.  
- Pitavastatin: A new completely synthetic statin. A particularly strong inhibitor of HMG - CoA reductase.  
*Elisaf M.* |
| 13.30-14.00 | Satellite Lecture (WIN MEDICA)  
**Chairperson:** Ganotakis E.  
- The role of Nebivolol in the treatment of hypertension.  
*Achimastos A.* |
| 14.00-15.00 | LIGHT LUNCH |
| 15.00 - 17.00 | Oral Presentation of 12 studies  
**Chairpersons:** Kotsis V., Bilianou E. |
| 17.00-18.30 | COMMON EVENT IN COLLABORATION WITH THE HELLENIC NEPHROLOGY ASSOCIATION  
**Chairpersons:** Efstratiadis G., Kotsis V.  
- Atherosclerosis and chronic renal disease.  
*Dimitriadis C.*  
- Latest molecular atherosclerosis markers in patients with chronic renal disease.  
**Lectures on Nutrition**  
**Chairpersons:** Dimopoulos C., Antonopoulou S.  
- Nutrition and metabolism  
*Maraki M.*  
- Wine and cardiovascular diseases.  
*Fragkopoulou E.* |
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<td><strong>Elisaf M.</strong></td>
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<td><strong>Liberopoulos E.</strong></td>
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<tr>
<td>19.30 – 20.00</td>
<td>Satellite Lecture WIN MEDICA</td>
<td>Pitsavos C.</td>
<td>Hypolipidemic pharmaceutical treatment in special patient populations.</td>
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<td><strong>Athyros V.</strong></td>
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<td><strong>Kolovou G.</strong></td>
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<td>Patients with mixed hyperlipidemia that need combined treatment.</td>
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<td><strong>Elisaf M.</strong></td>
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<td>21.00</td>
<td>End of Day</td>
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<td>Time</td>
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| 09.00-10.30| **Clinical Workshop:** HOT ISSUES and HOT TREATMENTS  
Obesity – Diabetes – Dyslipidemia – Hypertension  
Προεδρείο: Κατσιλάμπρος Ν., Μυγδάλης Η.  
- Dietetic intervention and pharmaceutical treatment of obesity. Ioannidis I.  
- Contemporary instructions for the personalization of hypolipidemic pharmaceutical treatment. Tsimichodimos V.  
- Contemporary instructions for the personalization of anti-diabetic treatment. Alaveras A.  
- Valid combinations of anti-hypertension pharmaceuticals. Papadakis I.  
- Latest data for the therapeutic treatment of the atherosclerotic disease of the carotid arteries. Katsiki N.  
- Manifestations of metabolic syndrome that are not included in the diagnostic criteria. Tziomalos C. | **Workshop**  
“Secrets on How to Compose a Successful Essay”  
Lecturers: Panagiotakos D., Liberopoulos E., Tziomalos C. |
| 10.30 - 11.00| **Key note lecture**  
Chairperson: Panagiotakos D.  

11.00 – 12.00  
**Clinical Workshop:**  
HOT AND CONTROVERSIAL ISSUES: Diabetes Mellitus and cardiometabolic risk factors.  
Chairpersons: Fousas S., Pappas S.  
- Diabetic autonomic neuropathy. Is there a treatment?  

**COMMON EVENT IN COLLABORATION WITH THE HELLENIC ASSOCIATION OF HOSPITAL DIETETICS**  
Chairpersons: Polychronopoulos E., Papavaggelis C.  
- Interaction of dietetic interventions
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<th>Chairperson</th>
<th>Topics</th>
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| 12.00-13.00  | **Satellite Symposium (LILLY)**  
With televoting system | Elisaf M.     | - Treatment of patient with Diabetes and high Cardiovascular risk.  
- Management of patient with diabetic dyslipidemia and accompanying diseases. |
|             |                                                                         |             | **Anastasiadou A.**  
- Bariatric surgery and atheromatic markers: are there any existing data? |
|             |                                                                         |             | **Kagiafa D.**  
- Nutritional status and technical nutritional support in patients with chronic heart failure. |
|             |                                                                         |             | **Gavri C.**  
- Treatment of patient with Diabetes and high Cardiovascular risk.  
- Management of patient with diabetic dyslipidemia and accompanying diseases. |
| 13.00 - 13.30 | **Key note lecture in the memory of Elias Cheimonas**  
|             |                                                                         |             | **Pitsavos C.**  
- Treatment of patient with Diabetes and high Cardiovascular risk.  
- Management of patient with diabetic dyslipidemia and accompanying diseases. |
| 13.30-15.00 | **Satellite Symposium (ASTRA – ZENECA)**  
- Latest guidelines on the treatment of hypertension. |
|             |                                                                         |             | **Doumas M.**  
- Guidelines for the diagnosis and treatment of dyslipidemias.  
- Latest guidelines on the treatment of hypertension. |
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<td>15.00-15.30</td>
<td>Application of guidelines in everyday clinical practice.</td>
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<td>Elisaf M.</td>
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<td>15.30-17.00</td>
<td><strong>CASE STUDIES DISCUSSION WITH TELEVOTING</strong></td>
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<td>Meet the specialists.</td>
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<td>Chairpersons: Paletas C., Bousbousas S.</td>
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<td>Presentation of cases: Milionis C., Skoumas I.</td>
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<td>Commentators: Kolovou G., Chrysochoou C., Doumas M., Grassos C., Koumaras C.</td>
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| 17.00-18.30  | **COMMON EVENT IN COLLABORATION WITH HELLINIC DIETETICS ASSOCIATION**                           |
|              | **DIABETES MELLITUS AND CARDIOVASCULAR DISEASE**                                                 |
|              | Chairpersons: Elisaf M., Melidonis A.                                                            |
|              | • The importance of intensive glycemic control and its relation with cardiovascular morbidity and mortality. |
|              | Panagiotou T.                                                                                   |
|              | • Diabetic nephropathy as a risk factor for cardiovascular disease. Recent guidelines.            |
|              | Raptis A.                                                                                       |
|              | • Treatment of diabetic dyslipidaemia.                                                           |
|              | Papadakis I.                                                                                     |
The effect of hypolipidemic drug treatment on microvascular complications of diabetes.

Zacharis E.

18.30 – 19.00  
**Satellite Lecture (Genzyme-Sanofi)**

**Chairpersons:** Athyros V.

- Latest data for the treatment of familiar hyperlipidemia with mipomersen.

  Kolovou G.

19.00 – 19.30  
**Satellite Lecture (MSD-Vianex)**

**Chairpersons:** Ganotakis E.

- Revealing the therapeutic potential of niacin.

  Athyros V.

19.30-20.00  
**COFFEE BREAK**

20.00 – 20.30  
**Key Note Lecture**

**Chairperson:** Panagiotakos D.

- Evaluating therapeutic targets in cardiovascular disease using genetic approaches: old drugs for new diseases?

  Humphries S., UCL (London, UK)

20.30 – 22.00  
**Satellite Symposium (Pfizer)**

- Rational approach of the patient with dyslipidemia in today’s environment.

**Chairpersons:** Pitsavos C., Ganotakis E.

- Guideline instructions for the treatment of dyslipidemia: the studies that formed them.

  Elisaf M.

- Rational approach of the dyslipidemic patient in clinical practice.

  Athyros V.

22.00  
**DINNER**

**END OF CONGRESS**
Chair Persons and Speakers

**Aviram M.,** Professor, Lipid Research Laboratory, Technion Faculty of Medicine, the Rappaport Family Institute for Research in the Medical Sciences, Rambam Medical Center, **Haifa, Israel.**

**Boudoulas H.,** Emeritus Professor of Cardiology, Columbus University, **Ohio, USA.**

**Gerotziafas G.T.,** Professor, Service d'Hématologie Biologique, Hôpital Tenon, **Paris, France.**

**Humphries S.,** Professor, Department of Genetics Environment and Evolution, University College London,, (Editor-in-Chief of the Medical Journal "Atherosclerosis"), **London, UK.**

**Protogerou A.,** Assistant Professor of Internal Medicine University of **Maastricht, the Netherlands**

**Rizzo M.,** Professor, Department of Internal Medicine and Medical Specialties, University of Palermo, **Palermo, Italy.**

**Talmud P.,** Centre for Cardiovascular Genetics, British Heart Foundation Laboratories, Department of Medicine, University College London, **London, UK.**

**Achimastos A.,** MD, Professor of Internal Medicine, Faculty of Medicine, University of Athens.

**Alaveras A.,** MD, Internist, Director of A’ Department of Internal Medicine “Korgialeneio – Mpenakio” E.E.S. G.H. of Athens

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