

**TREATMENT OF EVERYDAY PATIENTS WITH  
ESTABLISHED CARDIOVASCULAR DISEASE OR  
CARDIOMETABOLIC RISK FACTORS: INTERACTIVE  
DISCUSSION OF CLINICAL CASES**

**Thursday, 4 July 2019**

- 15.00 – 15.45: Registration desk open
- 15.45 – 16.00: Welcome address by the Coordinators of the Summer School  
**E. Liberopoulos – K. Tziomalos**  
Welcome address by the President of the Hellenic Atherosclerosis Society, **D. B. Panagiotakos**
- 16.00 – 16.45: A 55-year-old diabetic patient with BMI 33 Kg/m<sup>2</sup> treated with metformin and DPP4 inhibitor and HbA<sub>1c</sub> 8.6%. **S. Pappas**
- 16.45 – 17.30: A 40-year-old patient with recent myocardial infarction and LDL-C levels 150 mg/dL despite treatment with rosuvastatin 20 mg. **M. Elisaf**
- 17.30 – 18.15: A 73-year-old patient with chronic obstructive pulmonary disease and coronary heart disease. How should respiratory medications be managed? **K. Kostikas**
- 18.15 – 18.45: *Coffee Break*
- 18.45 – 19.30: A 55-year-old smoker with a recent diagnosis of peripheral arterial disease. The patient cannot quit smoking despite the doctors' advice. **P. Katsaounou**
- 19.30 – 20.15: Our experience from applying prescription protocols. **E. Thiraios**
- 20.15 – 21.00: A 69-year-old patient with acute ischemic stroke.  
**K. Tziomalos**

## Friday, 5 July 2019

- 09.00 – 09.45: The value of the electrocardiogram - Clinical cases. **C. Pitsavos**
- 09.45 – 10.30: A 75-year-old female with diabetes, hypertension and heart failure with ejection fraction 50%. **C. Chrysohoou**
- 10.30 – 11.15: Antithrombotic treatment in a patient with atrial fibrillation and acute myocardial infarction. **A. Tselepis**
- 11.15 – 11.45: *Coffee Break*
- 11.45 – 12.30: The new guidelines for hypertension through clinical cases. **K. Tsioufis**
- 12.30 – 13.15: A 35-year-old patient with type 1 diabetes mellitus and BMI 28 kg/m<sup>2</sup> has HbA<sub>1c</sub> 8.5% despite treatment with a basal-bolus regimen. How should he be managed (nochange in management, switch to insulin pump treatment, addition of a SGLT2 inhibitor)? **I. Ioannidis**
- 13.15 – 14.00: A 60 year-old diabetic patient has a multivascular relapsing atherosclerotic disease despite treatment with rosuvastatin, metformin, aspirin, perindopril and bisoprolol. What therapeutic options are there; **E. Liberopoulos**
- 14.00 – 15.00: *Coffee Break*
- 15.00 – 15.45: A 68-year-old diabetic patient with coronary heart disease, eGFR 65 mL/min/1.73m<sup>2</sup>, heart failure and HbA<sub>1c</sub> 8.3% despite treatment with metformin 1000 mg X 2. **S. Liatis**
- 15.45 – 16.30: When can I start anticoagulation or antiplatelet therapy in a patient with a severe bleeding episode (intracerebral or upper gastrointestinal tract hemorrhage)? **G. Ntaios**
- 16.30 – 17.15: The value of dietary supplements in patients with cardiometabolic risk factors. **T. Nomikos**

- 17.15 – 17.30: *Coffee Break*
- 17.30 – 18.15: A 47 year-old female patient with BMI 37 Kg/m<sup>2</sup> and pre-diabetes. How do we optimize treatment? **C. Boutari**
- 18.15 – 19.00: In which hypertensive patient should I search for secondary hypertension; **V. Kotsis**
- 19.00 – 19.45: How do I ensure patients' compliance with pharmaceutical treatment? **D. Gourlis**
- 19.45 – 20.30: An elderly patient with subclinical disorders of thyroid function. **A. Alexandridis**

### **Saturday, 6 July 2019**

- 09.00 – 9.45: A 65-year-old patient with coronary heart disease treated with rosuvastatin 20 mg has LDL cholesterol 83 mg/dL, HDL cholesterol 32 mg/dL, triglycerides 230 mg/dL and non-HDL-C 129 mg/dL. How do we optimize treatment? **I. Skoumas**
- 09.45 – 10.30: A 60-year-old woman with metabolic syndrome has 25 (OH) vitamin D levels 15 ng/mL. **G. Boutzios**
- 10.30 – 11.15: Medical management of dyslipidaemias in the treatment of atherosclerosis and fatty liver filtration: Limitations, challenges and opportunities. **K. Kypraios**
- 11.15 – 11.45: *Coffee Break*
- 11.45 – 12.30: A patient with heart failure and chronic kidney disease has potassium levels 6.2 mEq/L and sodium levels 128 mEq/L under treatment with an angiotensin converting enzyme inhibitor, a beta-blocker and eplerenone. **G. Liamis**
- 12.30 – 13.15: A 55-year-old smoker with type 2 diabetes, intermittent claudication, LDL-C 152 mg/dL and blood pressure 145/93 mmHg. **N. Katsiki**

- 13.15 – 14.00: A 72-year-old patient with ischemic stroke and intracerebral atherosclerosis. **C. Milionis**
- 14.00 – 15.00: *Coffee Break*
- 15.00 – 15.45: A patient with type 2 diabetes mellitus treated with basal insulin and metformin/gliptin has fasting glucose levels 130 mg/dL and HbA<sub>1c</sub> 8.0%. **G. Dimitriadis**
- 15.45 – 16.30: Clinical cases of patients with diabetic neuropathy. **N. Tentolouris**
- 16.30 – 17.15: A patient with type 2 diabetes mellitus and coronary heart disease treated with metformin has HbA<sub>1c</sub> 7.6%. Should we add a GLP1 agonist or a SGLT2 inhibitor; **A. Melidonis**
- 17.15 – 18.00: Where should we focus when reading a scientific article.  
**D. Panagiotakos**
- 18.00 – 19:00: Excellence in Lipidology course exam
- 19.00 – 20.00: Advanced Course in Cardiovascular Prevention course exam
- 20.00: **End of Summer School**