

The Second Edition of INTERNATIONAL ADVANCES IN CARDIOVASCULAR PREVENTION AND LIPOPROTEIN IN PEDIATRICS (LIP2019) was held on May 2-5 in Torino with a number of speakers and participants from different Countries in Europe and extra-Europe.

The course was promoted and mainly funded by the Department of Health Science and Pediatrics -Turin University- under the auspices of the International Atherosclerosis Society. LIP 2019 was addressed to young clinicians, practitioners and researchers involved in the field of dyslipidemias, with particular attention to inherited lipoprotein disorders.

Approaching a patient showing atherogenic dyslipidemia means to consider its whole family, including pediatric subjects, besides establishing a final diagnosis and successful therapy on proband patients.

This represented the aim and the driver of this event which offered young doctors to share the experience of the Faculty represented by cardiologists, pediatricians, lipidologists, endocrinologists and internal medicine specialists showing depth expertise on Cardiovascular Prevention.

The meeting opened on May 2 with the program presentation and welcome words by prof. Ornella Guardamagna (Turin, IT). The Lecture from prof. Kurt Widhalm (Wien, AU) on the Preclinical Prevention of Cardiovascular Disorders opened LIP2019, underlying old and new topics concerning the cardiovascular risk which starts early in life.

The meeting format included 5 sessions : On the second day, May 3, the Session 1 was addressed to the impact of increased LDL-Cholesterol from childhood, presented by Prof. Michal Vrablik (Prague, CZ), then the genetic background by Dr. Donatella Di Taranto (Naples, IT)), physio-pathological mechanisms and presentation related to familial hypercholesterolemia dr. Ivan Pecin (Zagreb, HR), the differential diagnosis of hypercholesterolemia in children presented by prof. Albert Wiegman (Amsterdam, NL) and the methodologies to assess vascular pathologies by prof. Marat Ezhov (Moskov, RU). The Session 2 was directed to new drugs treatment and future options by prof. Alberto Corsini (Milan, IT) and to the treatment of homozygous familial hypercholesterolemia patients by apheresis and drugs by Dr. Ilse Karen Luirink (Amsterdam, NL).

Lifestyle and Environment were the topics of Session 3 held on the third day, May 4. Presentations started with the impact of maternal-fetal nutrition on cardiovascular outcome given by prof. Luisa de Sanctis (Turin, IT) who underlined great interrelationships between maternal-fetal metabolism, environmental and social conditions then the Childhood determinants of adult cardiovascular health was held by prof. Carine de Beaufort (Luxembourg, LUX). The relevance of fatty tissue, its metabolic change on the basis of metabolic, environmental and endocrinological conditions were shown by prof. Saverio Cinti (Ancona, IT) and the effect of lifestyle intervention on cardiovascular health in adolescence, with particular attention to the obesity prevention, was presented by prof. Claudio Maffeis (Verona, IT). The session was concluded by prof. Emilio Ros (Barcelona, Spain) who showed data from the Predimed study on the efficacy of the Mediterranean diet on the effects in secondary and primary prevention.

The session 4 was planned to be interactive with presentation and discussion of clinical cases chaired by prof. Peter Lansberg (Groningen, NL).

On the fourth and last day, May 5, Session 5 included further the Therapy and data were shown by Meeike Kusters (Amsterdam, NL) who presented very preliminary new results from

long term treatment of children with familial hypercholesterolemia. The Statin lesson presented by Peter Lansberg (Groningen, NL), as a result of million of successfully treated patients on primary and secondary prevention, emphasised the need of target goals to be reached. Lipoprotein (a) as an independent underrecognized risk factors, its cut-of levels and their significance were discussed by Marat Ezhov (Moskov, RU) and finally the approach to rare disorders including sitosterolemia and lysosomal acid lipase deficiency, their therapies and criticisms, were presented by prof. Ornella Guardamagna (Turin, IT) who organized the Course.

LIP 2019 was intended not only to ameliorate the knowledge of young doctors but also to promote relationships among participants and among faculty and between the two. In this perspective daily program was planned in order to give some free time to respect safe lifestyle and encourage interpersonal contacts. This solution, limited the scientific sessions to 5 daily hrs, promoted exchange of views among attendants avoiding the fatigue and improving interest and attention. It was a successful event, as most of participants declared.