

Scientific Program

Friday, November 29th 2019

Macedonia Hall

09.00-10.00	How to treat Chairmen: G. Sfikas, N. Katsiki
09.00- 09.20	High cardiovascular risk patient with an arterial pressure of 170/95 mmHg. Single, double or triple antihypertensive treatment? Ch. Koumaras
09.20- 09.40	Coronary heart disease patient with LDL 110 mg / dL and triglycerides 250 mg / dL. A. Bourdakis
09.40- 10.00	Obese patient with type 2 diabetes under metformin 850 mg twice daily and HbA1c 8.3%. Which is the next therapeutic step? A. Koutsovasilis

Parallel Sessions

Macedonia Hall		Pella-Mycenae Hall	
10.00-11.30	Lectures of the Working Group for FH Chairman: E. Liberopoulos	10.00-11.30	Lectures of Young Scientists (1) Chairmen: A. Tselepis, S. Stampouli
10.00- 10.22	Latest data from HELLAS FH REGISTRY E. Liberopoulos	10.00- 10.18	Nitric oxide and fatty acid metabolism: From basic research to modern therapeutic approaches P. Doulias
10.22- 10.45	How do I treat severe heterozygous familial hypercholesterolemia? TBA	10.18- 10.36	Embolic stroke of undetermined origin K. Perlepe
10.45- 11.07	How do I treat homozygous familial hypercholesterolemia? G. Kolovou	10.36- 10.54	Nutrition habits, and behaviors related to cardiovascular risk: the role of gender M. Kouvari
11.07- 11.30	Differential diagnosis of familial hypercholesterolemia from other pathological conditions (familial combined dyslipidaemia, familial sitosterolemia, lysosomal acid lipase deficiency) I. Skoumas	10.54- 11.12	The role of HDL in the metabolic activation of adipose tissue E. Xepapadaki
		11.12- 11.30	Hypertension and Vascular Stiffness Ch. Antza

E- Poster Area

11.30-12.00 **e-Posters with a short presentation HAA01 - HAA06**
Chairmen: **S. Liberi, A. Chroni**

11.30-12.00 *Coffee Break / e-Poster Viewing*

12.00-12.30 Satellite Lecture (1) Servier

Parallel Sessions

Macedonia Hall

12.30- 13.00	Invited Lecture Chairman: Ch. Pitsavos
	Prevention of Heart Failure. Challenges in the Greece of 2020 Ch. Chrysohoou
13.00-14.00	Lectures of the Working Group for the Epidemiology and Prevention of Atherosclerosis Chairmen: E. Paximadakis, E. Polychronopoulos
13.00- 13.20	The health of the Greek population. Data from the epidemiological research in Greece (2000 - 2020) D. Panagiotakos
13.20- 13.40	Epidemiological study design, challenges and dilemmas regarding cardiovascular risk factors E. Rizos
13.40- 14.00	The role of gender in the prevention of cardiovascular disease: the evidence so far G. Kolovou

Pella-Mycenae Hall

12.30-14.00	Round Table 1 Pharmaceutical treatment of atherosclerotic stroke patients Chairmen: A. Chatzitoliou, Ch. Milionis
12.30 – 13.00	Hypolipidemic treatment after ischemic stroke Ch. Milionis
13.00 – 13.30	Hypolipidemic treatment after hemorrhagic stroke K. Makaritsis
13.30 – 14.00	Treatment of hypertension after ischemic stroke Ch. Savvopoulos

E- Poster Area

14.00-15.00 e-Posters with a short presentation HAA07 - HAA18
Προεδρείο: **E. Mpilianou, Ch. Boutari**

14.00-15.00 *Light Lunch / e-Poster Viewing*

Parallel Sessions

Macedonia Hall

15.00-16.30	Lectures of the Working Group for Lifestyle, Psychosocial Factors and Atherosclerosis Chairmen: Giannakoulia M., Detopoulou P.
15.00- 15.30	Invited Lecture The Mediterranean diet as a sustainable ecological model of nutrition V. Kostarelli

Pella-Mycenae Hall

15.00-16.30	Clinical Tutorial (1) – Latest developments in antidiabetic treatment Chairmen: Th. Filippatos, S. Pappas
15.00- 15.30	Antidiabetic medication and their relationship to heart failure and chronic kidney disease E. Liberopoulos

15.30- 15.45 Chronobiological aspects of food consumption and their relationship to cardiovascular risk factors
K. Anastasiou

15.45- 16.00 Effects of nutrition, exercise and sleep on postprandial metabolism
M. Maraki

16.00- 16.15 Salt intake: the lower the better?
Ch. Tsirimiagkou

16.15- 16.30 Intake of added sugar and cardiovascular disease
M. Karpidou

15.30- 16.00 Antidiabetic medication and their relationship with cardiovascular disease
N. Katsiki

16.00- 16.30 Antidiabetic medication and their relationship to the microvascular complications of diabetes
N. Tentolouris

Parallel Sessions

Macedonia Hall

16.30-18.00 **Round Table of the Working Group for the Pathophysiology of Atherosclerosis**
Chairmen: **E. Fragopoulou, KE. Kypreos**

16.30- 16.55 Cardiac lipotoxicity by dual PPAR α / γ agonists: How a combined treatment of hyperlipidemia and hyperglycemia caused cardiac dysfunction
K. Drosatos

16.55- 17.20 ApoC3- an intracellular vs extracellular function
Z. Yao

17.20- 17.40 Autotaxin, a novel player and therapeutic target in chronic inflammation
B. Aidinis

17.40- 18.00 Postprandial dysmetabolism and platelet functionality
T. Nomikos

18.00-18.30 **Satellite Lecture (2)**
VELCA

18.30-19.30 **Satellite Symposium (1)**
Boehringer

Pella-Mycenae Hall

16.30-18.00 **The highlights of 2019 grand conferences**
Chairmen: **I. Goudevenos, Ch. Pitsavos**

16.30- 16.45 ESH 2019
TBA

16.45- 17.00 ACC 2019
D. Richter

17.00- 17.15 ADA 2019
I. Ioannidis

17.15- 17.30 ESC 2019
L. Rallidis

17.30- 17.45 EASD 2019
V. Lampadiari

17.45- 18.00 AHA 2019
Ch. Vlachopoulos

18.00-19.30 **Oral Presentations**
Chairmen: **R. Tenta, S. Stampouli**
OP1-OP8

Macedonia Hall

19.30-20.00 **Keynote Lecture**
 Chairman: **V. Nikolaou**

Current developments in antithrombotic therapy
A. Tselepis

20.00-20.30 **Satellite Lecture (3)** **TBA**

20.30-21.00 **Satellite Lecture (4)** **Lilly**

21.00-21.30 **Keynote Lecture**
 Chairman: **A. Tselepis**

The new EAS Guidelines on Dyslipidemia
K. Ray

21.30-22.00 *Opening Ceremony*

Saturday, November 30th 2019

Parallel Sessions

Macedonia Hall		Pella-Mycenae Hall	
09.00-10.00	Therapeutic interventions (How to treat) Chairmen: G. Dimitriadis, V. Kotsis	09.00-10.00	Round table of the Scientific Association of Greek Medical Students
09.00- 09.20	A 57-year-old patient with body mass index of 32 Kg/m ² and triglycerides 1500 mg/dL. K. Tziomalos		TBA
09.20- 09.40	A 65-year-old patient with type 2 diabetes and coronary heart disease has a 7.7% HbA1C under metformin. Should he receive GLP1 agonist or SGLT2 inhibitor; S. Liatis		TBA
09.40- 10.00	A 72-year-old patient with type 2 diabetes and chronic kidney disease with K ⁺ levels 6.2 mEq/L and Na ⁺ levels 128 mEq/L under treatment with αMEA/HCTZ. G. Liamis		TBA

Parallel Sessions

Macedonia Hall		Pella-Mycenae Hall	
10.00-11.30	Lectures of the Working Group for the Metabolic Syndrome and pre-Diabetes Chairmen: A. Alaveras, S. Pappas	10.00-11.30	Round Table 2 - Challenges in preventing cardiovascular disease Chairmen: C. Vlachopoulos, K.Tziomalos
10.00- 10.50	Cardiovascular Syndrome and Cardiovascular Risk Epidemiology - pathophysiological model. K. Makaritsis Diagnostic significance - therapeutic interventions. A. Melidonis	10.00- 10.23	50 years Health education programs in education. What did we win? TBA
10.50- 11.15	Metabolic Syndrome – pre-Diabetes: prevention of CRS2 T. Philippatos	10.23- 10.46	Quitting smoking, and electronic cigarette. C. Vlachopoulos
11.15- 11.30	Discussion - Comments E. Bilianou A. Koutsovasilis	10.46- 11.09	Contemporary epidemiological research in shaping health budgets M. Hatzikou
		11.09- 11.30	Mental health and cardiovascular disease. O. Andreopoulou

E- Poster Area

11.30-12.00 **e-Posters short presentation HAA19 - HAA24**
Chairman: **E. Paximadakis**

11.30-12.00 *Coffee Break / e-Poster Viewing*

Parallel Sessions

Macedonia Hall	Pella-Mycenae Hall
<p>12.00-12.30 Satellite Lecture Astra Zeneca</p>	<p>12.00-12.30 Special Lecture Chairman: D. Perrea</p> <p style="margin-left: 20px;">Micro-constituents of olive oil and olive oil by-products with antiatherogenic properties - From basic research to clinical trials. S. Antonopoulou</p>
<p>12.30-13.00 Special Lecture Chairman: V. Athyros The Greek Guidelines for Dyslipidemia M. Elisaf</p>	<p>12.30-14.00 Lectures of Young Scientists 2 Chairmen: A. Chroni, C. Millionis</p> <p>12.30- 12.48 Effect of low and high dose rosuvastatin on fatty liver infiltration and 24-hour arterial stiffness in patients with non-alcoholic fatty liver disease C. Boutari</p> <p>12.48- 13.06 Vascular strokes and newer antidiabetic medication. F. Barkas</p> <p>13.06- 13.24 Study of patients with ischemic stroke, atrial fibrillation and co-existing carotid stenosis D. Sagrais</p> <p>13.24- 13.42 The role of platelets in myocardial ischemia-reperfusion M. Tsoumani</p> <p>13.42- 14.00 Effects of apolipoprotein E on energy metabolism according to its expression site. A. Hatziri</p>
<p>13.00-14.00 Satellite Lecture 2 MSD</p>	

14.00-15.00 e-Posters short presentation HAA25 - HAA36
Chairman: E. Rizos - TBA

14.00-15.00 *Light Lunch / e-Poster Viewing*

Macedonia Hall

15.00-16.30 **Joint session with EAS**
Chairmen: A. Tselepis, K. Ray

15.00- 15.10 Presentation of EAS educational activities
A. Tselepis

15.10- 15.40 The case for universal screening in FH
K. Ray

15.40- 16.10 Mediterranean Diet and Cardiovascular Diseases
R. Estruch

16.10- 16.30 The importance of high-density lipoprotein in cardiovascular disease and beyond
K. Kypreos

Parallel Sessions

Macedonia Hall

16.30-18.00 **Lectures of the Working Group for the Prevention of Stroke**
Chairman: K. Tziomalos, G. Ntaios

16.30- 16.53 Arterial stiffness and stratification of cardiovascular risk
A. Protogerou

16.53- 17.14 Antithrombotic treatment in the early phase after ischemic stroke. **D. Sagris**

17.14- 17.37 Re-initiation of antithrombotic treatment after intracranial hemorrhage
N. Melas

17.37- 18.00 Hypolipidemic treatment and targets after ischemic stroke. **G. Ntaios**

Pella-Mycenae Hall

16.30-18.00 **Round table 3 - Non-alcoholic liver disease: therapeutic treatment and association with cardiovascular risk**
Chairmen: D. Mikhailidis, V. Athyros

16.30- 17.00 NAFLD's therapeutic approach: present and future. **K. Kypraios**

17.00- 17.30 NAFLD and cardiovascular risk
D. Mikhailidis

17.30- 18.00 Fat deposition in the body: does liver fat alone count?
N. Katsiki

Parallel Sessions

Macedonia Hall		Pella-Mycenae Hall	
18.00-18.30	Satellite Lecture 6 MYLAN	18.00-19.00	Προφορικές ανακοινώσεις ΠΑ9-13 Προεδρείο: Ε. Φραγκοπούλου, Σ. Λυμπέρη
18.30-19.00	Satellite Lecture 7 AMGEN	TBA	
19.00-20.30	Lecture of the Working Group for Hypertension Chairmen: K. Tsioufis, G. Liamis	19.00-20.30	Round Table 4 - Therapeutic exercise and cardiovascular risk factors. In collaboration with the Hellenic Society of Exercise Biochemistry and Physiology Chairmen: T. Nomikos, G. Bogdanis
19.00-19.30	Special Lecture Vascular aging and hypertension V. Kotsis	19.00- 19.23	Exercise and hypertension K. Dipla
19.30- 20.30	Treatment of emergency hypertension Adolescent patients S. Stabouli In a patient with coronary heart disease TBA In a patient with chronic kidney disease R. Kalaitzidis	19.23- 19.46	Exercise and Diabetes A. Philippou
		19.46- 20.08	Exercise and oxidative stress V. Paschalis
		20.08- 20.30	Exercise in heart diseases E. Karatzanos
		Macedonia Hall	
20.30-21.00	Satellite Lecture 8	TBA	
21.00-21.30	Distinguished Lecture Chairman: D. Tousoulis The therapeutic exercise in modern medical practice M. Koutsilieris		
21.30-22.00	<i>Closing Ceremony – Awards Ceremony</i>		