

# Postgraduate Course in Cardiometabolic Medicine

26  
London

## Postgraduate Course in Cardiometabolic Medicine 2026

June 4 – 6, 2026  
Hallam Conference Centre  
44 Hallam Street, London

### Course Directors

Andrew Krentz  
Thomas F. Lüscher  
John Deanfield  
Michael Papadakis

### Scientific Coordination

Eleanor Wicks  
Christine Lohmann

ZÜRICH  
HEART HOUSE



LONDON  
HEART HOUSE

Royal Brompton and  
Harefield hospitals



Guy's and St Thomas'  
NHS Foundation Trust



### Event endorsed by



**ESC**  
European Society  
of Cardiology



**EAPC**  
European Association  
of Preventive Cardiology



**EAS**  
European  
Atherosclerosis  
Society

### Sponsorship declaration

*This event was developed by Zurich/London Heart House. AstraZeneca and Novo Nordisk have provided sponsorships in the form of financial support towards this event. The sponsoring companies have had no influence over the agenda, content development or choice of speakers, except for the sponsored symposia presentations, which are organised by the respective named sponsor per session. The sponsoring companies have been granted exhibition space at this conference.*



## Welcome Address

---

Dear Colleagues

It is a pleasure to announce the 3<sup>rd</sup> Postgraduate Course in Cardiometabolic Medicine, a timely and highly acclaimed educational programme conceived by Zurich Heart House – London Heart House, King's College, and Royal Brompton & Harefield Hospitals, which will address an unmet educational need.

Cardiometabolic disorders represent a cluster of interrelated risk factors, primarily dyslipidemia, hypertension, elevated fasting blood glucose, obesity and non-alcoholic steatohepatitis. A combination of several of these risk factors massively increases the incidence and mortality of coronary heart disease and stroke. The strong association between metabolic disorders and cardiovascular health delivers a compelling reason to improve awareness of this cluster by identifying the risk factors and inducing targeted interventions.

The Postgraduate Course in Cardiometabolic Medicine consists of a three-day programme. State of the art lectures alternate with a great variety of interactive sessions, including workshops, rapid fire sessions and hands-on imaging sessions.

The course offers a unique opportunity to become an expert in the seminal area of cardiometabolic medicine. We would be most happy to welcome you at the Hallam Conference Centre in central London to enjoy three days of interactive education for the benefit of your practice and your patients.

Sincerely,



Thomas F. Lüscher



Andrew Krentz



John Deanfield



Michael Papdakis

## Scientific Programme, Thursday, June 6<sup>th</sup>, 2026

<b>09:00</b>	<b>REGISTRATION AND COFFEE</b>	
<b>09:30</b>	<b>Welcome Session</b>	
09:30	Welcome by the course directors & Course concept and structure	
<b>09:45</b>	<b>Session 1: Obesity, Comorbidities and their management</b> <i>Chairs: Andrew Krentz &amp; Michael Papadakis</i>	
09:45	Is obesity a disease? If so, how do we diagnose it? The ESC's view The Lancet Diabetes and Endocrinology Commission	Konstantinos Koskinas, Berne
10:05	Obesity and inflammation	Fiona McGillivuddy, Dublin
10:25	Obesity comorbidities and CV prevention	Geltrude Mingrone, London/Rome
10:45	What links adiposity to CVD?	Obesity and inflammation
11:05	Panel discussion	
<b>11:30</b>	<b>COFFEE BREAK</b>	
<b>12:00</b>	<b>Keynote Lecture:</b> How to address obesity globally?	John E. Deanfield, London
<b>12:30</b>	<b>Session 2: Lifestyle and cardiovascular prevention</b> <i>Chairs: Thoms F. Lüscher &amp; John E. Deanfield</i>	
12:30	Nutrition: from diet to the microbiome	Vassilios Vassiliou, Norwich
12:45	Exercise and sports for cardiovascular disease prevention	Michael Papadakis, London
13:00	Is vaping the new smoking frontier?	Thomas Münzel, Mainz
13:15	Panel discussion	
<b>13:30</b>	<b>Industry Sponsored Symposium tbd</b>	
<b>14:15</b>	<b>LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION</b>	
<b>15:00</b>	<b>Session 3: ASCVD Assessment I</b> <i>Chairs: Mahmoud Barbir &amp; Thomas F. Lüscher</i>	
15:00	2025 Focused Update of the 2019 ESC/EAS Guidelines for the management of dyslipidaemias	François Mach, Geneva
15:20	LDL-C and cardiovascular disease: Why is lower better?	Lale Tokgözoğlu, Ankara
15:40	Hypertension: Lifestyle, medication or intervention? The 2024 ESC and ESH Guidelines on Hypertension	Sofie Brouwers, Aalst
16:00	Panel discussion	
<b>16:30</b>	<b>COFFEE BREAK</b>	
<b>16:45</b>	<b>Case-based interactive seminars I (2 sessions in parallel, 30min each)</b>	
	Managing cardiovascular aspects in an athlete – case presentation	Michael Papadakis, London
	Cardiovascular Check-up in the general population – the EU strategy	François Mach, Geneva

## Scientific Programme, Friday, June 5<sup>th</sup>, 2026

### 09:00 **Session 4: ASCVD Assessment II & Management**

*Chairs: Lale Tokgözoğlu & Christian Heiss*

09:00	Multimodality imaging to assess ASCVD	Chiara Bucciarelli Ducci, London
09:20	Perivascular fat: Therapeutic target or surrogate of vascular disease?	Charalambos Antoniades, Oxford
09:40	Nucleic acids for LDL-C and Lipoprotein(a): anti-lipid effects and beyond	Ulf Landmesser, Berlin
10:00	Remnant cholesterol and triglycerides: really a cardiovascular risk factor?	Børge Nordestgaard, Copenhagen
10:20	Panel discussion	

### 10:45 **COFFEE BREAK**

### 11:15 **Live demonstrations (2 sessions in parallel, 30min each)**

Live in-a-box: Ergospirometry – how to do properly and interpret	Luke Howard, London
Assessing vascular structure and function: a tool for primary prevention	Christian Heiss, Guildford

### 12:15 **Industry Sponsored Symposium tbd**

### 13:00 **LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION**

### 13:45 **Session 5: Diabetes mellitus (DM)**

*Chairs: Thomas F. Lüscher & William Alazawi*

13:45	Diabetes Type 2: Pathogenesis and management	Stephan Jacob, Villingen
14:05	Management of CVD risk in type 2 diabetes – the 2023 ESC Diabetes guidelines	Dirk Müller-Wieland, Aachen
14:25	Inkretin-based therapy – diabetes and beyond	Malte Kelm, Düsseldorf
14:45	Panel discussion	

### 15:10 **Session 6: Metabolic dysfunction-associated steatotic liver disease (MASLD)**

*Chairs: Andrew Krentz & Eleanor Wicks*

15:10	Screening and diagnosis of MASLD	Philip Newsome, London
15:30	Management of MAFLD	William Alazawi, London
15:50	Panel discussion	

### 16:10 **COFFEE**

### 16:30 **Session 7: Endocrinology and Cardiovascular disease**

*Chairs: NN & Nikant Sabharwal*

16:30	Cardiovascular risk in classic endocrine disease	Adrian Heald, Manchester
16:50	Sex hormones and CVD: in athletes and the population at large	Andrew Krentz, London
17:10	Panel discussion	

### 17:30 **Case-based interactive seminars II (2 sessions in parallel, 30min each)**

Managing type 2 diabetes and CVD risk	Stephan Jacob, Villingen
Diagnosing MASLD with fibroscan – patient cases	William Alazawi, London

## Scientific Programme, Saturday, June 6<sup>th</sup>, 2026

### 09:00 **Session 8: Nephrology - Chronic kidney disease (CKD) – Causes & Mechanisms**

*Chairs: Kieran McCafferty & Tomasz Guzik*

- 09:00 CKD and cardiovascular risk Parminder Judge, Oxford
- 09:20 Albuminuria, eGFR slopes and outcomes: impact of pharmacotherapy Philip A. Kalra, Salford
- 09:40 Panel discussion

### 10:00 **Session 9: Nephrology - Chronic kidney disease (CKD) – Causes & Mechanisms**

*Chairs: Thomas F. Lüscher & Parminder Judge*

- 10:00 SGLT2i and GLP1-RA in CKD and DKD – the 4 pillar approach Parminder Judge, Oxford
- 10:20 Aldosterone synthase inhibition vs. receptor antagonism: what is better? Tomasz Guzik, Edinburgh
- 10:40 Panel discussion

### 11:00 **COFFEE BREAK**

### 11:30 **Session 10: Cardiovascular risk in myocardial disease**

*Chairs: Eleanor Wicks & Nikant Sabharwal*

- 11:30 The spectrum of amyloid heart disease Ana Martinez Naharro, London
- 11:50 Hypertrophic cardiomyopathy: diagnosis and management Maurizio Pieroni, Florence
- 12:10 Panel discussion

### 12:30 **LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION**

### 13:30 **Session 11: Heart failure**

*Chairs: Eleanor Wicks & Shanti Velmurugan*

- 13:30 Prevention of heart failure Ana Abreu, Lisbon
- 13:50 Management of heart failure: the 2021 and 2023 ESC guidelines Theresa McDonagh, London
- 14:10 Prevention and rehabilitation in cancer patients Sohaib Nazir, London
- 14:30 Panel discussion

### 15:00 **COFFEE BREAK**

### 15:30 **Case-based interactive seminars III (2 sessions in parallel, 30min each)**

- Managing patients with CKD – patient cases Philip A. Kalra, Salford
- Diagnosing heart failure with echocardiography Rajdeep Khattar, London

*The programme might be subject to change.*

## General Information

---

### Registration

Registrations can be made exclusively online on our website

### Course Fee

Early registration fee until May 3 <sup>rd</sup> , 2026	GBP 400
Regular registration fee	GBP 450
Trainees, residents, students (<40y) early fee* May 3 <sup>rd</sup> , 2026	GBP 200
Trainees, residents, students (<40y) regular fee*	GBP 250
Day ticket	GBP 150

\* ID proof required

Registration will be confirmed upon receipt of payment

### Modification & Cancellation

All modifications or cancellations must be notified in writing (by mail, fax or e-mail) to Zurich Heart House. For each modification requested by the participant, GBP 15 will be charged for administrative costs. In case of cancellation up to May 10<sup>th</sup>, 2026, deposits will be refunded less 35% for administrative costs. After this date, no refund will be possible.

### Venue

The Royal Society of Medicine  
1 Wimpole St, Marylebone, London W1G 0AE, United Kingdom

### Accreditation

The Postgraduate Course in Cardiometabolic Medicine has been submitted to the Federation of the Royal Colleges of Physicians of the United Kingdom the European Accreditation Council for Continuing Medical Education (EACCME®) European CME credits (ECMEC®s)

## Teaching Faculty

### Faculty

Ana Abreu  
Hospital de Santa Maria  
Lisbon, PT

William Alazawi  
Queen Mary University of London  
London, UK

Charalambos Antoniadis  
University of Oxford  
Oxford, UK

Mahmoud Barbir  
Royal Brompton & Harefield Hospitals  
London, UK

Sofie Brouwers  
Olv Hospital  
Aalst, BE

Chiara Bussiarelli Ducci  
Royal Brompton & Harefield Hospitals  
London, UK

John E. Deanfield  
University College London  
London, UK

Tomasz Guzik  
University of Edinburgh  
Edinburgh, UK

Adrian Heald  
University of Manchester  
Manchester, UK

Christian Heiss  
University of Surrey  
Guildford, UK

Luke Howard  
Hammersmith Hospital  
London, UK

Stephan Jacob  
Practice for prevention and therapy  
Villingen-Schwenningen, DE

Parminder Judge  
University of Oxford  
Oxford, UK

Philip A. Kalra  
Salford Royal NHS Foundation Trust  
Salford, UK

Malte Kelm  
University Hospital Düsseldorf  
Düsseldorf, DE

Rajdeep Khattar  
Royal Brompton & Harefield Hospitals  
London, UK

Konstantinos Koskinas  
University hospital Berne - Inselspital  
Berne, CH

Andrew Krentz  
King's College London  
London, UK

Ulf Landmesser  
Charite University Medicine Berlin  
Berlin, DE

Thomas F. Lüscher  
Royal Brompton & Harefield Hospitals  
London, UK

François Mach  
University hospital Geneva,  
Geneva, CH

Ana Martinez Naharro  
University College London  
London, UK

Kieran McCafferty  
Barts Health NHS Trust  
London, UK

Theresa McDonagh  
King's College Hospital  
London, UK

Fiona McGillicuddy  
University College Dublin  
Dublin, IE

Geltrude Mingrone  
King's College London  
London, UK

Dirk Müller-Wieland  
University hospital Aachen  
Aachen, DE

Thomas Münzel  
University Medical Center of Mainz  
Mainz, DE

Børge Nordestgaard  
Copenhagen University Hospital  
Copenhagen, DK

Michael Papadakis  
St. George's University Hospitals  
London, UK

Maurizio Pieroni  
University of Florence  
Florence, IT

Francesco Rubino  
King's College London  
London, UK

Nikant Sabharwal  
John Radcliffe Hospital  
Oxford, UK

Lale Tokgözoğlu  
Hacettepe University  
Ankara, TR

Vassilios Vassiliou  
University of East Anglia  
Norwich, UK

Shanti Velmurugan  
Whipps Cross Hospital  
London, UK

Eleanor Wicks  
University of Oxford  
Oxford, UK

## Organisation

---

### Organisation

Zurich Heart House / London Heart House, Foundation for Cardiovascular Research

Eleanor Wicks ([eleanorwicks@gmail.com](mailto:eleanorwicks@gmail.com))

Christine Lohmann ([christine.lohmann@zhz.ch](mailto:christine.lohmann@zhz.ch))

Hottingerstrasse 14, CH-8032 Zurich, Switzerland

P +41 44 250 4083

[www.zhh.ch](http://www.zhh.ch) / [www.londonhearthouse.uk](http://www.londonhearthouse.uk)

In collaboration with



Under the auspices of



Endorsed by

Event endorsed by



## Sponsors

---

### Sponsors

*This event was developed by Zurich/London Heart House. AstraZeneca and Novo Nordisk have provided sponsorships in the form of financial support towards this event. The sponsoring companies have had no influence over the agenda, content development or choice of speakers, except for the sponsored symposia presentations, which are organised by the respective named sponsor per session. The sponsoring companies have been granted exhibition space at this conference.*

### Platinum Sponsor



*AstraZeneca has provided a sponsorship towards this independent programme. AstraZeneca has had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence except for the AstraZeneca sponsored symposia presentations.*

### Gold Sponsor



### Silver Sponsor