2017 Hot topics in cardiometabolism: an interactive update
14-15 July 2017 - Bogotà, Colombia
GENERAL INFORMATION
2017 Hot topics in cardiometabolism: an interactive update

Overview
Diabetes is one of the largest and most alarming health emergencies of the 21st century, affecting over 400 million people worldwide. Managing patients with diabetes and pre-diabetes is a challenge when considering the pathophysiological complex pathways underlying glucose metabolism disorders. Deep knowledge of pharmacological mechanisms allows for effective prevention strategies for diabetes among those with impaired fasting glucose (IFG) and impaired glucose tolerance (IGT) and effective management of patients with overt diabetes. Thyroid disorders are among the most prevalent endocrine diseases, with significant impact on quality of life and increased risk of morbidity. Thyroid hormones regulate the homeostasis of various tissues and thyroid diseases should be adequately treated to avoid adverse clinical outcomes. According to the World Health Organization, high blood pressure (hypertension) is the highest risk factor for premature mortality. Worldwide, hypertension causes an estimated 7.5 million deaths per year and is a major risk factor for invalidating or lethal events including ischaemic and haemorrhagic stroke, coronary heart disease, heart failure and renal impairment. Taken together, hypertension and diabetes share common pathophysiological mechanisms, health outcomes and clinical issues that are often tough tasks to face in clinical practice. This EXCEMED live educational conference will address cutting edge research advancements in the areas of cardiometabolic medicine and will discuss the daily clinical approaches to the complex cardiometabolic patient.

Learning objectives
By attending this live educational conference, participants will:

• Understand the pathophysiology linking insulin resistance, pre diabetes, diabetes, cardiovascular disease and other disorders
• Consciously apply the most recent guidelines to managing diabetes and hypertension
• Discuss challenging forms of hypertension and hypertensive-related disease
• Identify the most frequent thyroid pathologies
• Translate research into clinical practice by discussing clinical cases

Target audience
This programme is intended for general practitioners, cardiologists, endocrinologists, internists and all other healthcare professionals managing cardiometabolic diseases in Latin America.

CME Provider
EXCEMED is a non-profit foundation dedicated, since the last four decades, to the development of high-quality medical education programmes all over the world. EXCEMED adheres to the guidelines and standards of the European Accreditation Council for Continuing Medical Education (EACCME®) which states that continuing medical education must be balanced, independent, objective, and scientifically rigorous.

Continuing Medical Education
EXCEMED [www.excemed.org] is accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) to provide the following CME activity for medical specialists. The EACCME® is an institution of the European Union of Medical Specialists (UEMS), www.uems.net

An application has been made to the EACCME® for CME accreditation of the "2017 Hot topics in cardiometabolism: an interactive update", to be held on 14-15 July 2017 in Bogotá, Colombia. Each medical specialist should claim only those credits that he/she actually spent in the educational activity. EACCME® credits are recognized by the American Medical Association (AMA) towards the Physician’s Recognition Award (PRA). To convert EACCME® credit to AMA PRA category 1 credit, please contact the AMA.

EXCEMED adheres to the principles of the Good CME Practice group (gCMEp).
Venue
This educational conference will take place at the:

Bogotá Plaza Hotel
Calle 100 # 18a -30,
Bogotá Cundinamarca, Colombia

Language
The official language of this live educational conference will be English. Simultaneous translation from English into Spanish will be provided in plenary room.

CME Provider
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Cardiologist Medical Advisor: Stefano Taddei
Endocrinologist Medical Advisor: Ernesto Maddaloni

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Event Manager: David Slangen
T +39 06 88 595 250 - F +39 06 88595 234
david.slangen@meridiano.it

Aiming for excellence
One of the factors we depend on for crafting high-quality learning experiences is our Learning Effectiveness Programme. Participants are asked to submit a pre-event, post-event and follow-up survey which assess their learning trajectory, satisfaction with the scientific programme, sense of confidence in the subject matter and possible commitment to change in clinical practice. Participant feedback helps us enormously and we thank everyone in advance for their cooperation. Those who complete the surveys are eligible to receive their CME certificate after the event.

Participants who submit the pre, post and follow-up surveys, will have their name entered into a draw to win FREE registration to one of three upcoming cardiometabolic-themed conferences in Latin America. Choice of conferences will be announced soon.

Our programme allows you to add your voice to the conversation
Express your opinion, pose questions and engage with faculty. During this conference we offer feedback formats suited to all tastes: case studies, Q&A with the experts, question cards and interactive MedQuiz during the breaks to further test yourself. Our objective is to help you get the most from your learning experience with us. We wish you a unique learning experience.

Learning: it’s also fun and games
During the working groups, challenge yourself by completing the interactive clinical case on the iPad. Confront your subgroup’s opinions through gaming: make strategic decisions based on clinical information and see if you can provide the best option. Understanding, treating and managing diabetes, thyroid dysfunction and hypertension are brought together in this digital approach.

Graphic recording
The Plenary sharing session will be supported by Graphic Recording, an innovative illustrated reportage technique featuring a live artist who chronicles the proceedings using keywords, images, charts and diagrams. Think of it as a visual summary to creatively and symbolically help participants retain key points.
Chairs

**Gabriela Brenta**  
Cesar Milstein Hospital  
Buenos Aires, Argentina

**Guido Grassi**  
Clinica Medica  
University of Milano-Bicocca  
Milan, Italy

**José Patricio Lopez Jaramillo**  
Foscal, Research Institute, Investigaciones FOSCAL  
Floridabianca, Colombia

**Osama Hamdy**  
Joslin Diabetes Center  
Harvard Medical School  
Boston, USA

**Peter Andreas Kopp**  
Division of Endocrinology, Metabolism and Molecular Medicine  
Northwestern University  
and  
Center for Genetic Medicine (CGM)  
Feinberg School of Medicine  
Northwestern University  
Evanston, (IL) USA

**José Patricio Lopez Jaramillo**  
Research Institute, FOSCAL  
&  
MASIRA Research Institute in the Medical School of the Universidad de Santander  
Bucaramanga, Colombia

**Ernesto Maddaloni**  
Department of Medicine, Unit of Endocrinology and Diabetes  
University Campus Bio-Medico  
Rome, Italy

**Nicola Napoli**  
Department of Medicine, Unit of Endocrinology and Diabetes  
University Campus Bio-Medico  
Rome, Italy

Faculty

**Luiz Aparecido Bortolotto**  
Heart Institute (InCor)  
University of São Paulo Medical School  
São Paulo, Brazil

**Gabriela Brenta**  
Cesar Milstein Hospital  
Buenos Aires, Argentina

**Jorge Alejandro Castillo Barcias**  
National University of Colombia  
Metabolism and Endocrinology service of Compensar EPS  
Bogotà, Colombia

**Guido Grassi**  
Clinica Medica  
University of Milano-Bicocca  
Milan, Italy
Friday, 14 July 2017

Session I  Pre-Diabetes

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>09.00</td>
<td>Welcoming introduction&lt;br&gt;J.P. Lopez-Jaramillo (Colombia)</td>
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<tr>
<td>09.15</td>
<td>L1  Pre-diabetes: all start during childhood. Social causes and pathophysiology&lt;br&gt;J.P. Lopez-Jaramillo (Colombia)</td>
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<tr>
<td>09.35</td>
<td>Q&amp;A</td>
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<tr>
<td>09.55</td>
<td>L2  Pre-diabetes: stopping the path towards diabetes and cardiovascular diseases&lt;br&gt;O. Hamdy (USA)</td>
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<tr>
<td>10.15</td>
<td>Q&amp;A</td>
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<tr>
<td>10.35</td>
<td>Coffee break</td>
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Session II  Metformin: 60 years of an evergreen molecule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>11.00</td>
<td>L3  Metformin: mechanism of action and cardiovascular benefits&lt;br&gt;J. A. Castillo Barcías (Colombia)</td>
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<tr>
<td>11.20</td>
<td>Q&amp;A</td>
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<tr>
<td>11.40</td>
<td>L4  Metformin beyond diabetes: future perspectives of an old molecule (PCOS, obesity, etc.)&lt;br&gt;N. Napoli (Italy)</td>
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<tr>
<td>12.00</td>
<td>Q&amp;A</td>
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<tr>
<td>12.20</td>
<td>Morning Wrap-up</td>
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<td>12.35</td>
<td>Lunch</td>
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Session III  Thyroid

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<tr>
<th>Time</th>
<th>Activity</th>
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<tr>
<td>13.45</td>
<td>L5  Subclinical hypothyroidism: cardiovascular consequences&lt;br&gt;G. Brenta (Argentina)</td>
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<tr>
<td>14.05</td>
<td>Q&amp;A</td>
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<tr>
<td>14.25</td>
<td>L6  Medullary thyroid carcinoma&lt;br&gt;P. A. Kopp (USA) - joining remotely from the USA</td>
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<tr>
<td>14.45</td>
<td>Q&amp;A</td>
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<tr>
<td>15.05</td>
<td>Workshop “I-Solve”&lt;br&gt;Interactive clinical case solving</td>
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Legend

L: Lecture  Q&A: Q&A  Interactive clinical case  Graphic recording
Saturday, 15 July 2017

09.15  Wrap-up

**Session IV**  Cardiovascular: The best clinical approach to hypertension and associated diseases

*Chairs:* G. Brenta (Argentina), Guido Grassi (Italy), J.P. Lopez-Jaramillo (Colombia)

09.30  L7  Heart rate as a target in the treatment of hypertensive patients: fact or fancy?
L. A. Bortolotto (Brazil)

09.50  Q&A

10.10  L8  Hypertension and coronary artery disease
G. Grassi (Italy)

10.30  Q&A

10.50  Coffee break

**Session V**  Workshops

*Chairs:* G. Brenta (Argentina), Guido Grassi (Italy), J.P. Lopez-Jaramillo (Colombia)

11.10  Workshop
Interactive clinical case solving

<table>
<thead>
<tr>
<th>Group Red</th>
<th>Group Blue</th>
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<tbody>
<tr>
<td>Clinical Case 1</td>
<td>Clinical Case 2</td>
</tr>
<tr>
<td>Hypertensive patient with high heart rate</td>
<td>Hypertensive patient with coronary artery disease</td>
</tr>
</tbody>
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12.10  Workshop
Plenary outcome sharing

*This sharing will be graphically recorded*

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<tr>
<th>Group Red</th>
<th>Group Blue</th>
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<tbody>
<tr>
<td>12.15-12.45 L.A. Bortolotto (Brazil)</td>
<td>12.45-13.15 G. Grassi (Italy)</td>
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13.20  Concluding remarks

Closing lunch
EXCEMED adheres to guidelines of the European Accreditation Council for Continuing Medical Education (EACCME®) and all other professional organizations, as applicable, which state that programmes awarding continuing education credits must be balanced, independent, objective and scientifically rigorous. Investigative and other uses for pharmaceutical agents, medical devices, and other products (other than those uses indicated in approved product labeling/package insert for the product) may be presented in the programme (which may reflect clinical experience, the professional literature or other clinical sources known to the presenter). We ask all presenters to provide participants with information about relationships with pharmaceutical or medical equipment companies that may have relevance to their lectures. This policy is not intended to exclude faculty who have relationships with such companies; it is only intended to inform participants of any potential conflicts so that participants may form their own judgements, based on full disclosure of the facts. Further, all opinions and recommendations presented during the programme and all programme-related materials neither imply an endorsement nor a recommendation on the part of EXCEMED. All presentations represent solely the independent views of the presenters/authors.

The following faculty provided information regarding significant commercial relationships and/or discussions of investigational or non-EMEA/FDA approved (off-label) uses of drugs:

- **G. Brenta**
  Declared receipt of honoraria or consultation fees from Merck.

- **J. P. Lopez Jaramillo**
  Declared receipt of honoraria or consultation fees from Menarini, Merck, Boheringer and AstraZeneca.

- **G. Grassi**
  Declared receipt of honoraria or consultation fees from Menarini and Merck.

- **L. A. Bortolotto**
  Declared no potential conflict of interest.

- **O. Hamdy**
  Declared receipt of grants and contracts from US Dairy Council; receipt of honoraria or consultation fees from Abbott nutrition, Merck and Sanofi-Aventis; to be member of a company, advisory board, boards of director or other similar groups of AstraZeneca; to be stakeholder of Health in Motion, LLC.

- **J. A. Castillo Barcias**
  Declared receipt of grants and contracts from Boeringher, Merck Sharp and Dhome, Pfizer, AMGEN, ASPEN.

- **E. Maddaloni**
  Declared receipt of honoraria or consultation fees from EXCEMED and Merck.

- **N. Napoli**
  Declared receipt of grants and contracts from Bruno Farmaceutici; receipt of honoraria or consultation fees from MSD, AMGEN, Lilly; to be member of a company advisory board, board of directors or other similar groups of AMGEN, Lilly and MSD.

The following faculty have provided no information regarding significant relationship with commercial supporters and/or discussion of investigational or non-EMEA/FDA approved (off-label) uses of drugs as of 28 June 2017.

- **P. A. Kopp**
Gabriela Brenta obtained her M.D. degree from the University of Buenos Aires in 1986, then completed Internal Medicine residency at the Italian Hospital of Buenos Aires and Endocrinology training at the Endocrinology Fellowship Program of the Argentine Society of Endocrinology and Metabolism (SAEM). She then spent one year as a Basic Research fellow in thyroid cancer in the lab of Dr. James Fagin at Cedars-Sinai Medical Center in Los Angeles. Once back in Argentina she continued this research with a grant of the “Consejo Nacional de Investigaciones Científicas y Técnicas” (CONICET) under the direction of Dr. Mario Pisarev at the National Committee of Atomic Energy (CNEA). Dr. Brenta is currently a Consultant Endocrinologist at the Cesar Milstein Hospital of Buenos Aires where she is Chief of the Thyroid Unit. She holds the rank of Assistant Professor at University of Buenos Aires where she helps with pre and postgraduate education. She is currently the President of the Latin American Thyroid Society (LATS) 2017-2019 and served as the President of the Scientific Committee of the past XVI LATS Congress held in June 15-18, 2017 in Rio de Janeiro, Brazil. She is also part of the Task Force group of LATS and was involved in the development of Hypothyroidism Guidelines of this Society. She is also a member of the Thyroid Department of SAEM. Her main clinical and research interests are directed towards the effects of thyroid hormones on metabolism and the cardiovascular system and in particular the study of thyroid diseases in the elderly. She has lectured in several Latin-American countries at endocrine meetings and has many publications to her name on the subject of thyroid dysfunction and nodular disease both in international journals and in books. Dr Brenta is an associate editor of the Journal of Endocrinological Investigation and is also an active reviewer for several other peer reviewed endocrine journals.

Luiz Aparecido Bortolotto graduated in medicine in 1984 and took his doctorate in 1996 in Cardiology, Free Teaching (2007) by Faculty of Medicine of USP. He is currently Director of the Intensive Hypertension Unit of InCor HC-FMUSP. He participates as a reviewer or member of Hypertension (São Paulo, Printed), Brazilian Journal of Hypertension, Brazilian Journal of Medical and Biological Research (Printed), International Heart Journal, Hypertension (Dallas, 1979) Brazilian Archives of Cardiology (Printed) and Journal of Hypertension. With emphasis in Cardiology, he mainly focuses in the following subjects: coffee, coronary atherosclerotic disease, coronary disease, angina of the chest.
Jorge Alejandro Castillo Barcías
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Bogotà, Colombia

Guido Grassi
Clinica Medica
University of Milano-Bicocca
Milan, Italy

Jorge Alejandro Castillo Barcías is president of the Colombian Society of Sarcopenia and a Founding member of the Colombian Obesity Foundation (FUNCOBES). He is also a Honorary member of the Colombian Diabetological Federation (FDC) Current Vice President, together with being an authorized Speaker of the American Diabetes Association (ADA). He is also Member of the Colombian Association of Osteology and Mineral Bone Metabolism, ACCAMM and Former president of the Central Chapter of the Colombian Association of Endocrinology. He is currently Medical Endocrinologist of COMPENSAR, Director of the Clinic of Metabolism and Hormones.

Guido Grassi is Full Professor of Internal Medicine at the Clinica Medica of the University of Milano-Bicocca, and Director of the Clinica Medica Institute at St Gerardo Hospital-Monza/Milano (Italy). Director of the Post-graduate School of Internal Medicine and of the PHD course in Public Health, University of Milan-Bicocca. He has been Vice-Chairman (2002-2004) and then Chairman (2004-2006) of the Working Group “Hypertension and the Heart” of the European Society of Cardiology. He has been Treasurer and then Secretary of the Italian Society of Hypertension (2004-2007). In 2006-2007 he has been member of the Task Force of the European Society of Hypertension/ European Society of Cardiology for the 2007 Guidelines on Hypertension. In 2007 he has been appointed “Wright Lecturer” at the Annual Meeting of the High Blood Pressure Council of Australia. Member of the Scientific Council of the European Society of Hypertension for the periods 2008-2012 and 2012-2016. Member of the Scientific Council of the European Society of Hypertension 2013-2016. In 2009 he has received the Bjorn Folkow Award and Lecture from the European Society of Hypertension. His research areas include the pathophysiology, clinical pharmacology and treatment of hypertension, obesity and metabolic syndrome, cardiac arrhythmias and heart failure. He has published more than 500 original papers and reviews in major scientific international journals (H index 70). He is Executive Editor of the Journal of Hypertension, Section Editor Journal of the American Society of Hypertension, Co-Editor Current Hypertension Reviews and member of the Editorial Board of several major international journals. In 2014 he has been included in the Top Ten Hypertension Expert Ranking made by Expertscape Ranks World’s Top Scientists. In 2017 he has received the Talaj Zein Award from the European Society of Hypertension.
Osama Hamdy, MD, PhD, FACE is a senior endocrinologist, clinical investigator and Medical Director of the Obesity Clinical Program and Director of the Inpatient Diabetes Program at Joslin Diabetes Center in Boston and Associate Professor of Medicine at Harvard Medical School. Dr. Hamdy research led to the first discovery that 7% weight loss in obese patients with and without diabetes significantly improve vascular endothelial function, insulin sensitivity and markers of inflammation. This improvement may eventually prevent progression of atherosclerosis and coronary artery disease. Dr. Hamdy was a co-investigator in two landmark studies; the “Diabetes Prevention Program” and "the Look AHEAD Study”. Dr. Hamdy founded the “Weight Achievement and Intensive Treatment-Why WAIT?” program at the Joslin Diabetes Center in 2005, which is currently implemented nationally and internationally. He is also the author of the Harvard Health Publication “The Diabetes Breakthrough”, which outlines his strategy for long-term diabetes weight management. Dr. Hamdy chaired the task force that developed the Joslin Nutrition Guidelines and and currently co-chairs the global task force that developed the Transcultural Diabetes Nutrition Algorithm (TtDNA), which leads an effort to improve global health by implementing an effective transcultural lifestyle intervention. Dr. Hamdy won the prestigious 2015 Michaela Modan Award of the American Diabetes Association for his research on long-term diabetes weight management in real-world clinical practice. He was nominated by the Harvard Medical School for best mentor award and was given the Compassionate Caregiver Award of the Kenneth Schwartz Center. Dr. Hamdy has more than 150 peer-reviewed original articles, reviews and book chapters. He is on the editorial board of several medical journals including US Endocrinology, Journal of Nutritional Disorders & Therapy and 2-times section editor of the Current Diabetes Report. He is a member of the editorial review board of many scientific medical journals including JAMA, Diabetes Care, British Medical Journal and Lancet.

Peter Andreas Kopp is a faculty member in the Division of Endocrinology, Metabolism and Molecular Medicine at Northwestern University and Center for Genetic Medicine (CGM) at the Feinberg School of Medicine. His research is focusing on the molecular pathophysiology and genetics of thyroid and other endocrine disorders. Since 2013 he is the Editor-in-Chief of the journal Thyroid, the official journal of the American Thyroid Association, an appointment that reflects his recognized expertise in clinical and basic thyroidology. Dr. Kopp is an author or co-author of more than 160 publications, including chapters in major textbooks such as Harrison’s Principles of Internal Medicine, Werner and Ingbar’s The Thyroid, and DeGroot and Jameson’s Endocrinology.
José Patricio Lopez Jaramillo MD PhD FACP is a Doctor in Medicine from the Universidad Central de Ecuador in 1978, Fellow in Endocrinology with the Colegio Medico de Pichincha, Federación Medica Ecuatoriana 1984, Doctor in Sciences (Pharmacology) from the Universidade de Sao Paulo (USP), Brazil in 1987 and Fellow in Clinical Hypertension from the Universidad de Guadalajara, Mexico and the Latin America Society of Hypertension (LASH). Nowadays he is the Research Director of The Metabolic Syndrome and Diabetes Clinic in the Fundacion Oftalmológica de Santander (FOSCAL) and Scientific Director of the MASIRA Research Institute in the Medical School of the Universidad de Santander, Bucaramanga, Colombia, as well as being President of the Sociedad Latinoamericana De Hipertensión (LASH). His research interest is in the risk factors of diabetes and cardiovascular diseases. Dr. Lopez-Jaramillo has published more than 150 articles, including in the New England Journal of Medicine, The Lancet and JAMA.

Ernesto Maddaloni qualified in Medicine at the University Campus Bio-Medico, Rome, Italy, and he actually works as a medical doctor at the department of Medicine, Unit of Endocrinology and Diabetes, at the University Campus Bio-Medico. He is involved in diabetes research as he is a clinical investigator in several international clinical trials, including trials for the prevention of type 1 diabetes and for the evaluation of cardiovascular outcomes of new agents for the treatment of type 2 diabetes. In 2015 Dr. Maddaloni completed his Post-Doctoral Research Fellowship at the Vascular Cell Biology Section, Research Division, of the Joslin Diabetes Center, Harvard Medical School, in Boston, MA, USA. His commitment to research is also demonstrated by several peer-reviewed papers in the field of diabetes and endocrinology. He has been awarded the “2014 Campus Bio-Medico Alumni Association award for the Internationalization of Research” and the “2015 Albert Renold fellowship” of the European Foundation for the Study of Diabetes.
Nicola Napoli obtained his MD degree at University of Palermo, Italy, in 2000. After a 2-year fellowship program in Geriatrics, in 2002 he joined the Division of Bone and Mineral Diseases at Washington University in St. Louis as a clinical-research Fellow, working under the guidance of Drs. Reina Armamento Villareal, Roberto Civitelli and Steven Teitelbaum, and completing his PhD in Metabolic Diseases. In 2008, he was appointed Adjunct Research Assistant Professor of Medicine within the Division, before moving back to Italy, where he was appointed as Junior Faculty in the Division of Endocrinology at Campus Bio-Medico University in Rome. Dr. Napoli’s research interests focus on pharmacogenetics of osteoporosis, with emphasis on estrogen metabolic pathways, on the effects of bisphosphonates and other pharmacologic agents in osteoporosis, and on the effects of diabetes on bone health. He is also engaged in health advocacy activities in developing countries, in collaboration with other Italian Universities as well as Harvard Medical School.
Pre-diabetes: all start during childhood. Social causes and pathophysiology

J.P. Lopez-Jaramillo (Colombia)

Learning objectives:
• Learn the data about the growing prevalence of childhood obesity in LATAM and worldwide
• Understand the causes of the increased prevalence of childhood obesity
• Learn the consequences of childhood obesity
• Apply strategies to prevent childhood obesity

Pre-diabetes: stopping the path towards diabetes and cardiovascular diseases

O. Hamdy (USA)

Learning objectives:
• Define the global burden of pre-diabetes
• Define the metabolic and cardiovascular consequences of pre-diabetes
• Decide the best cost-effective strategy to diagnose pre-diabetes
• Apply interventions to prevent diabetes
**Learning objectives:**

- Understand the mechanism of action of metformin
- Discuss the effects of metformin on the cardiovascular tissues
- Learn the clinical cardiovascular benefits associated to metformin
Learning objectives:

- Describe the influence of thyroid hormones on cardiovascular homeostasis
- Recognize the cardiovascular consequences of subclinical hypothyroidism
- Discuss about pro and cons of L-thyroxine therapy in subjects with subclinical hypothyroidism

Subclinical hypothyroidism: cardiovascular consequences

G. Brenta (Argentina)

Learning objectives:

- Timely diagnose medullary thyroid cancer
- Apply guidelines for the treatment of patients with medullary thyroid cancer
- Apply the best practice for the follow-up of people with medullary thyroid cancer

Medullary thyroid carcinoma

P. A. Kopp (USA, joining via skype)
Clinical case 1
Thyroid nodule

Learning objectives:
• Recognize high risk nodule
• Apply in clinical practice effective diagnostic algorithms for thyroid nodules

Clinical case 2
Morbid obesity

Learning objectives:
• Define morbid obesity
• Recognize comorbidities of morbid obesity
• Manage morbid obesity
Clinical case 1
Thyroid nodule

Clinical case 2
Morbid obesity
Heart rate as a target in the treatment of hypertensive patients: fact or fancy?
L. A. Bortolotto (Brazil)

Learning objectives:
• Define the cardiovascular risk associated to increased heart rate
• Describe the role of SNS in causing hypertension and high heart rate
• Discuss whether a decrease in heart rate may reduce cardiovascular risk
• Illustrate the treatment to reduce heart rate in hypertension

Hypertension and coronary artery disease
G. Grassi (Italy)

Learning objectives:
• Define how much hypertension increases the risk of coronary artery disease
• Describe the mechanism through which hypertension increases the risk of coronary artery disease
• Discuss the best therapeutic strategy according to International Guidelines
• Illustrate the specific effect of beta-blockers in coronary artery disease
Learning objectives:
• Discuss the relevance of heart rate in the determination of the cardiovascular risk of the patients
• Illustrate the clinical approach and the differential diagnosis for patients with increased heart rate
• Discuss the possible options of pharmacological treatment
• Illustrate the clinical differences among the various molecules of beta-blocker class

Clinical case 1
Hypertensive patient with high heart rate
L. Aparecido Bortolotto [Brazil]

Learning objectives:
• Discuss the relevance of the very high risk of a patient with hypertension and coronary artery disease
• Illustrate the multifactorial approach to the treatment of a patient with coronary artery disease
• Define the state-of-the-art of the therapeutic approach with a specific emphasis on beta-blocker treatment
• Specify the correct clinical follow-up

Clinical case 2
Hypertensive patient with coronary artery disease
G. Grassi [Italy]
Clinical case 1
Hypertensive patient
with high heart rate

Clinical case 2
Hypertensive patient
with coronary artery disease
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Improving the patient’s life through medical education

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