2015 Latin American conference on cardiometabolic diseases management

3-4 July 2015 - Huatulco, Mexico
Aim of the conference
Cardiovascular diseases, diabetes and thyroid disorders represent the most common pathologies in daily clinical practice and often coexist in the same patient. Diabetes Mellitus, especially type 2, is a growing epidemic in Central and South America as 8.1% of the population (25 million people) in South and Central America have diabetes (6th IDF Atlas). Diabetes management is a big challenge considering the complexity of diabetes pathophysiology and the high healthcare expenditure associated managing diabetes and its complications. Thyroid disorders also impact cardiometabolic health and are prevalent in Latin America, mostly due to iodine deficiency combined with genetic factors. High blood pressure is one of the leading causes of death in the world (Global Burden of Disease study - Lancet 2012) and heart failure is one of the leading causes of hospitalisation worldwide with unacceptably high post-discharge mortality and re-hospitalisation rates. The prevalence of patients with concomitant heart failure and metabolic disorders, particularly diabetes mellitus and thyroid diseases, continues to increase. Moreover, heart failure patients with concomitant endocrine disorders are a different pathophysiologic population, as peculiar metabolic and neurohormonal abnormalities always coexist in patients with endocrine diseases. Indeed, patients with heart failure and concomitant diabetes have a worse prognosis with increased rates of cardiovascular mortality and post-discharge hospitalisation. Taken together, hypertension, heart failure, diabetes and thyroid disorders share common pathophysiologic mechanisms and clinical issues that are often tough tasks to face in clinical practice. EXCEMED is involved in a comprehensive educational programme to increase knowledge in cardiovascular diseases, diabetes and thyroid disorder, and is proud to organize the 2015 Latin American conference on cardiometabolic diseases management. This meeting will address the most recent advancements of research in these areas of cardiometabolic medicine and, in particular, will discuss the best approaches for clinical management of the complexity of cardiometabolic patients in daily practice.

Learning objectives
By attending this live educational symposium, participants will be able to:
- Understand the pathophysiology linking heart failure, hypertension, diabetes and thyroid disorders
- Use the correct diagnostic and therapeutic strategies to face difficult cases in clinical practice
- Consciously apply the most recent guidelines to the management of diabetes and thyroid diseases
- Manage the complexity of cardiometabolic patients
Target audience
General practitioners, cardiologists, internists and all other health care professionals managing cardiometabolic diseases.

Accreditation
An application has been sent to the EACCME® for CME accreditation.

EXCEMED adheres to the principles of the Good CME Practice Group (gCMEp).

Scientific Organiser
Antonio Coca
Hypertension Unit
Hospital Clinic
School of Medicine at the University of Barcelona
Barcelona, Spain
Faculty members invited

Enrico Agabiti-Rosei
University of Brescia
Brescia, Italy

Gabriela Brenta
Cesar Milstein Hospital
Buenos Aires, Argentina

Alejandro Sosa Caballero
Tlacotalpan
Cuauhtémoc Distrito Federal DF
Mexico City, Mexico

Rutila Castañeda
Clinical Epidemiology
Research Unit
Hospital General Regional
No 1 Dr Carlos Mac Gregor Sánchez Navarro
Mexico City, D.F., Mexico

Antonio Coca
Internal Medicine
Hypertension & Vascular Risk Unit Hospital Clinic
University of Barcelona
Barcelona, Spain

Natalia De la Garza
Universidad Autónoma de Nuevo León
Hospital San José
Centro Médico San Francisco
Monterrey, Nuevo León, Mexico

Hillary Keenan
Joslin Diabetes Center
Boston, MA, USA

Mogher Khamaisi
Rambam Medical Center
Harvard Medical School
Joslin Diabetes Center
Boston, MA, USA

Kennedy Kruickshank
Diabetes & Nutritional Sciences Division
King’s College London
London, UK

Ernesto Maddaloni
University Campus Bio-Medico
Rome, Italy
Joslin Diabetes Center
(Harvard Medical School)
Boston, MA, USA

Nicola Napoli
University Campus Bio-Medico of Rome (UCBM)
Rome, Italy
### Scientific programme

**Friday, July 3**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session I</th>
<th>Heart failure and arterial hypertension: evolving concepts in the pathophysiology and treatment</th>
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<tbody>
<tr>
<td>08.00</td>
<td>Registration</td>
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<tr>
<td>09.00</td>
<td>Welcome and Introduction</td>
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</tr>
</tbody>
</table>
| 09.15 | L1 | Heart rate control in heart failure: old and new drugs  
E. Agabiti-Rosei, Italy |
| 09.40 | L2 | New perspectives on heart failure  
Speaker to be announced |
| 10.05 | L3 | Actual role of interventional therapy in resistant hypertension  
A. Coca, Spain |
| 10.30 | Question and answer |
| 10.45 | Coffee break |

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<tr>
<th>Time</th>
<th>Session II</th>
<th>Heart and metabolism: beyond coronary heart disease</th>
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</thead>
</table>
| 11.05 | L4 | The nature of Type 2 Diabetes: relationships to arterial & cardiac function and heart failure  
K. Cruickshank, UK |
| 11.25 | L5 | Diabetes and heart rate control dysfunction  
(Cardiac autonomic Neuropathy)  
E. Maddaloni, USA |
| 11.50 | L6 | Cardiometabolic implications of thyroid dysfunction  
M. Khamaisi, USA |
| 12.20 | Question and answer |
| 12.35 | Lunch |

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<thead>
<tr>
<th>Time</th>
<th>Session III</th>
<th>Diabetes: prevention and treatment issues</th>
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</thead>
</table>
| 14.00 | L7 | Pre-diabetes: relevance and treatment  
N. Napoli, Italy |
| 14.25 | L8 | Diabetes management: how to choose the right drug?  
R. Castañeda, Mexico |
| 14.50 | L9 | Diabetes in pregnancy  
Speaker to be announced |
<p>| 15.15 | Question and answer |
| 15.30 | Coffee Break |</p>
<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
<th>Title</th>
<th>Presenter/Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>16.00</td>
<td>L10</td>
<td>Cardiovascular mortality in diabetes</td>
<td>H. Keenan, USA</td>
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<tr>
<td>16.25</td>
<td>L11</td>
<td>Cardiometabolic implications of antidiabetic drugs</td>
<td>Speaker to be announced</td>
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<tr>
<td>16.50</td>
<td>L12</td>
<td>Diabetic osteopathy and the bone-vascular axis</td>
<td>N. Napoli, Italy</td>
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<tr>
<td>17.15</td>
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<td>Question and answer</td>
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<tr>
<td>17.30</td>
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<td>Take home messages</td>
<td>Concluding remarks</td>
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Scientific programme
Friday, July 3
### Scientific programme
Saturday, July 4

<table>
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<tr>
<th>Session V</th>
<th>Thyroid: focus on old and new recommendations</th>
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<tr>
<td>09.00</td>
<td><strong>L13</strong> Thyroid nodules in clinical practice:</td>
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<td>from medical therapy to ultrasonically-guide intervention</td>
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<td></td>
<td>Speaker to be announced</td>
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<tr>
<td>09.25</td>
<td><strong>L14</strong> Hypothyroidism and Hyperthyroidism in pregnancy</td>
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<td></td>
<td>G. Brenta, Argentina</td>
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<tr>
<td>09.50</td>
<td>Question and answer</td>
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<tr>
<th>Session VI</th>
<th>Debate on hot topics</th>
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<tr>
<td>10.05</td>
<td><strong>D1</strong> Statins and diabetes: Pros</td>
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<tr>
<td></td>
<td>H. Keenan, USA</td>
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<tr>
<td></td>
<td><strong>D2</strong> Statins and diabetes: Cons</td>
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<tr>
<td></td>
<td>E. Maddaloni, USA</td>
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<tr>
<td>10.45</td>
<td><strong>D2</strong> Subclinical hypothyroidism: to treat or not to treat? Pros</td>
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<td></td>
<td>A. S. Caballero, Mexico</td>
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<tr>
<td></td>
<td><strong>D2</strong> Subclinical hypothyroidism: to treat or not to treat? Cons</td>
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<td></td>
<td>G. Brenta, Argentina</td>
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<tr>
<td>11.30</td>
<td>Coffee break</td>
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<tr>
<th>Session VII</th>
<th>The complexity of cardiometabolic disease</th>
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<tr>
<td>11.50</td>
<td><strong>L16</strong> Personalised therapy to manage the cardiometabolic patient</td>
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<td></td>
<td>K. Cruickshank, UK</td>
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<td>12.15</td>
<td><strong>L17</strong> Poly-pharmacotherapy: Compliance and Adherence</td>
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<td></td>
<td>N. de La Garza, Mexico</td>
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<tr>
<td>12.40</td>
<td>Question and answer</td>
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<tr>
<td>12.55</td>
<td>Take home message</td>
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<tr>
<td>13.10</td>
<td>Closing remarks from the scientific organiser</td>
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<tr>
<td>13.15</td>
<td>End of the conference</td>
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<td></td>
<td>Closing Lunch</td>
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General information

Venue
Las Brisas Huatulco Hotel
Blvd. Bahía de Tangolunda Lt 1, Bahía de Conejo, 70989
Santa María Huatulco, OAX, Mexico
Phone: +52 958 583 0200

Official Language
The official language of the symposium will be English.
Simultaneous translation from English to Spanish will be provided.

Scientific Secretariat
EXCEMED
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00187 - Rome, Italy
Programme Manager: Giovanna Rossi
Medical Advisor: Ernesto Maddaloni

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General information

Registration fee
The full registration fee is €350,00
This fee includes:
• Scientific sessions
• Educational materials
• Coffee breaks and luncheons on 03 July and 04 July
• Dinner on 03 July
• Certificate of attendance

For any information on accommodation and registration fees please contact:
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Register to EXCEMED website:
www.cardiometabolic.excemed.org

follow us on
www.twitter.com/EXCEMED_Cardio
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Background and Aims of the conference

Type 2 diabetes is an increasing problem in many middle-east and developing countries, mainly due to the adoption of a western lifestyle with increasing obesity, sedentary and smoking habits, and ‘fast food’ diet. Related complications and comorbidities are a growing burden for local healthcare systems and professionals, especially as a result of the lack of standardised guidelines for its care and management, and limited infrastructure and economic resources.

Thyroid disorders are also very common in many emerging nations, mostly because of iodine deficiency but also as a result of genetic factors, resulting in goiter and gland dysfunctions. Hypothyroidism, thyroid nodules and ultimately thyroid cancer are frequent challenges for the physicians in these countries and local healthcare systems, requiring tailored medical education according to international guidelines and to standards of care.

EXCEMED (EXCEMED) continues to contribute in this important area by organising dedicated meetings for healthcare professionals involved in the management of diabetes and thyroid disorders, particularly in regions at high risk for such diseases. The meeting will review the most significant research achievements in the fields, and share best practice for the clinical management of such diseases in daily practice.

Learning objectives

Participants at this meeting will receive up-to-date knowledge about the latest in research and clinical management of diabetes and thyroid disorders, and thus will be able:

• Recognise the different treatments for hyperglycaemia necessary in different conditions, including the management of pre-diabetes
• Improve control of gestational diabetes and cardiovascular complications in daily practice by applying new insights
• Recognise the implications of diagnosis and treatment for different thyroid disorders such as hypothyroidism and thyroid nodules
• Apply current standards for managing special conditions such as thyroid disorders in pregnancy and differentiated thyroid cancers

Target audience

Diabetologists, endocrinologists and all healthcare professionals involved in managing either diabetes or thyroid diseases.

Accreditation

An application will be made to the EA CME® for CME accreditation.