

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



Event endorsed by



Sponsorship declaration

This event was developed by Zurich/London Heart House. AstraZeneca, Novo Nordisk and Novartis 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 3rd 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 4th, 2026

09:00	REGISTRATION AND COFFEE	
09:30	Welcome Session	
09:30	Welcome by the course directors & Course concept and structure	
09:45	Session 1: Obesity, Comorbidities and their management <i>Chairs: Andrew Krentz & 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	Francesco Rubino, London
10:05	Obesity and inflammation	Fiona McGillicuddy, Dublin
10:25	Obesity comorbidities and CV prevention	Geltrude Mingrone, London/Rome
10:45	What links adiposity to CVD?	Konstantinos Koskinas, Bern
11:05	Panel discussion	
11:30	COFFEE BREAK	
12:00	Keynote Lecture: How to address obesity globally?	John E. Deanfield, London
12:30	Session 2: Lifestyle and cardiovascular prevention <i>Chairs: Thoms F. Lüscher & 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	
13:30	Industry Sponsored Symposium tbd	
14:15	LUNCH BREAK and INTERACTIVE INDUSTRY EXHIBITION	
15:00	Session 3: ASCVD Assessment I <i>Chairs: Mahmoud Barbir & Eleanor Wicks</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	
16:30	COFFEE BREAK	
16:45	Case-based interactive seminars I (2 sessions in parallel, 30min each)	
	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 5th, 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	Andrew Krentz, London
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	Matthew Waite, London
Diagnosing MASLD with fibroscan – patient cases	William Alazawi, London

Scientific Programme, Saturday, June 6th, 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 Kieran McCafferty, London

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 & Sohaib Nazir

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: Maurizio Pieroni & 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: <https://www.zhh.ch/en/agenda/postgraduate-course-cardiometabolic-medicine-2026>



Course Fee

Early registration fee until May 3 rd , 2026	GBP 400
Regular registration fee	GBP 450
Trainees, residents, students (<40y) early fee* May 3 rd , 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 10th, 2026, deposits will be refunded less 35% for administrative costs. After this date, no refund will be possible.

Venue

Hallam Conference Centre, London,
Cavendish Venues - 44 Hallam Street, W1, United Kingdom

Accreditation

The Postgraduate Course in Cardiometabolic Medicine has been approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 18 category 1 (external) CPD credit(s).

The Postgraduate Course in Cardiometabolic Medicine 2026 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) for a maximum of 17.5 European CME credits (ECMEC®s).

Teaching Faculty

Faculty

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Organisation

Organisation

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

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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.

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