

PERMANENT ACADEMY

2025

3rd edition

Rising Stars' Scientific Update on Cardiometabolic Disease

Congress Chairman
Arrigo F.G. Cicero

Scientific Secretary
Federica Fogacci



ALMA MATER STUDIORUM
UNIVERSITÀ DI BOLOGNA

DEPARTMENT
OF MEDICAL
AND SURGICAL SCIENCES

Bologna - 14th March 2025

Hotel NH De La Gare

With the patronage of:



Società Italiana dell'Ipertensione Arteriosa
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prevenzione cardiovascolare

SCIENTIFIC BACKGROUND

Cardiometabolic diseases yet represent one of the main causes of death, loss of years in good health and costs for the national health system.

The optimal use of established therapies would in itself allow to effectively preventing most of these diseases. However, there is still a part of patients who are partially resistant to or not sufficiently controlled by standard therapies. In recent years, we have witnessed an epochal turning point in the estimation of cardiovascular risk (with the recognition of numerous new risk factors), but above all in the preventive and therapeutic approach. In fact, the armamentarium for the treatment of severe family dyslipidemias, to reach extreme lipid targets, for the pharmacological management of diabetes, obesity, resistant hypertension and heart failure has been enriched with innovative molecules with completely different mechanisms of action from conventional ones. An evidencebased optimization of the use of conventional therapies associated, when needed, with latest generation treatments requires updating, training and new energy, especially in the context of the recent and imminent structural and organizational upheaval of the national health system.

The third edition of this advanced course will include the intervention of young teachers who are well-known on a national and international scale, and experiences in the field brought by young colleagues active in every day clinical practice.

PROGRAM

08:30 Participant registration

09:00 Welcome & introduction
Arrigo F.G. Cicero

09:10 Opening lecture:
From epidemiology and EBM to the care of the individual
patient: how to manage cardiometabolic risk in 2025
Claudio Borghi

SESSION 1 CARDIOVASCULAR DISEASE

Chairperson: [Marcello Rattazzi](#)

09:40 Cardiorenal effects of antidiabetic drugs: from old treatments
to the current EBM
[Giacomo Pucci](#)

10:00 Opportunistic screening for hypertension and atrial fibrillation:
the role of medical devices in general population and athletes
[Silvia Castelletti](#)

10:20 *Coffee Break*

10:35 From polypills to new drugs for the management of “difficult
to treat” hypertension
[Giuliano Tocci](#)

10:55 Beta-blockers and heart failure with preserved ejection fraction:
not all BB are the same
[Giuseppe Galati](#)

PROGRAM

11:15 Antiaggregation and anticoagulation: are heart, brain and limbs different?
Felice Gragnano

11:35 Discussion & conclusion

SESSION 2 CLINICAL LIPIDOLOGY

Chairperson: Federica Fogacci

11:50 When and how to manage hypercholesterolemic “low-risk” patients in 2025
Maciej Banach

12:10 Residual cardiovascular risk: the role of triglycerides and Lp(a)
Peter Engel Thomas

12:30 Omega 3 Fatty acids in cardiovascular prevention: from life-time exposition to the results of clinical trials
Stefania Angela Di Fusco

12:50 Targeting PCSK9: established effects on hard outcomes and new formulations under development
Andrea Baragetti

13:10 Management of statin intolerance: old tricks and new opportunities
Arrigo F.G. Cicero

13:30 Discussion & conclusion

PROGRAM

13:45 *Light Lunch*

SESSION 3 **DIABETOLOGY & OBESITY**

Chairperson: *Marwan Ibrahim El Ghoch*

14:40 MASLD and cardiometabolic risk: how to manage it?
Niki Katsiki

15:00 Rationale and options for combination therapy in type 2 diabetes:
an update
Maria Masulli

15:20 Epigenetic regulation and cardiovascular disease
Alessandro Mengozzi

15:40 Cardiovascular risk stratification in obese patients
Fotios Barkas

16:00 Single and Dual GLP-1 agonists in the management of obesity:
moving beyond weight loss
Ercole Franco

16:20 Discussion & conclusion

16:35 General conclusions
Arrigo F.G. Cicero

17:15 End of the Congress

FACULTY

Congress Chairman

Arrigo F.G. Cicero

Associate Professor of Applied Dietary Sciences, President of the Italian Nutraceutical Society (SINut), Atherosclerosis and Metabolic diseases Research Unit, Medicine and Surgery Sciences Dept., Alma Mater Studiorum University of Bologna S. Orsola-Malpighi University Hospital

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Giacomo Pucci

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Marcello Rattazzi

Full Professor and President of the single-cycle degree course in Medicine and Surgery at the University of Padua

Peter Engel Thomas

Copenhagen University Hospital - Herlev og Gentofte; Department of Clinical Biochemistry

Giuliano Tocci

Professor of Cardiology, University of Sapienza Roma

CME INFORMATION

REGISTRATION AND ACCESS

Registration must be completed either prior to or at the start of the event. Failure to register before the event begins will prevent access to the evaluation questionnaires.

Steps to register:

- Visit <https://res.summeet.it>.
- If this is your first time accessing the platform, create a personal account by clicking on “**REGISTRATION**”. If you already have an account for FAD (Distance Learning) courses on **fad.summeet.it**, you can use the same credentials.
- Locate the conference by using the “SEARCH” function and entering the ECM code **604-437197**
- Enter the access key **019725**

Participants will have up to 3 days after the conference ends to complete the ECM learning questionnaire and satisfaction survey. A passing score of at least 75% is required on the learning assessment.

HELPDESK

For assistance with access or registration issues,
contact the help desk at:
helpdesk@summeet.it

CME INFORMATION

The event “**Permanent Academy 2025 3rd Edition**” is included in the list of the final CME events of the 2025 training program of the Provider SUMMEET Accredited Provider (code ID 604). In order to obtain training credits participants must: be specialised exclusively in the disciplines indicated on the program; register for the conference by registering their account on the website dedicated to the event (res.summeet.it); attend 90% of the conference (verification of attendance by signature on the register); pass the learning assessment questionnaire and complete the quality evaluation form on the Summeet platform **within 72 hours of the end of the event**.

Accredited Category: Medical Surgeon (Geriatrics, Endocrinology; Angiology; Nutrition Science and Dietetics, Cardiology; Internal Medicine; General Medicine (Family Doctors); Metabolic Diseases and Diabetology); Pharmacist of the Italian National Health System; Biologist; Dietician.

Educational Objective

Application of evidence-based practice (EBM, EBN, EBP) principles and procedures in daily practice.

Accreditation Information

- Credits Awarded: **7**
- Training Hours: **7**
- Event Code: **604-437197**
- Maximum Participants: **100**
- Event Type: **In-person**

CONGRESS VENUE

Hotel NH Bologna De La Gare
Piazza XX Settembre, 2
40121 Bologna

ORGANIZING SECRETARIAT

mediAbout

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CME PROVIDER (N. 604)

SUMMEET

Via P. Maspero, 5
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ALL'EVENTO

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