

Organizer:
Hellenic Society
of Cardiometabolic
Diseases, Obesity
and Diabetes



Co-organizer:
International Society
of Vascular Health
& Aging



Under the auspices:
Greek College
of General
Practitioners
(GCGP)



Hypertension Infarction
& Stroke Prevention
Association (HISPA)



2026 International Meeting on Cardiometabolic Diseases, Obesity and Diabetes

07-10 May 2026, Blue Lagoon Princess
Chalkidiki, Greece

For further information please visit
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PROGRAMME-REGISTRATIONS



Thursday May 7

12:00–13:00 REGISTRATIONS

13:00–14:00 **Obesity and Cardiovascular Risk**
Speaker: *Kotsis V.*

14:00–16:00 **HYPERLIPIDEMIA TREATMENT**
Chair: Anagnostis P.

Guidelines for Managing Hyperlipidemia
Speaker: *Katsiki N.*

Patient with Recent MI and LDL-C=110 mg/dL on Statin Therapy
Speaker: *Boutari Ch.*

Renal Denervation in Hypertension. When?
Speaker: *Stavropoulos K.*

Managing an Obese Patient with Atrial Fibrillation
Speaker: *Giannopoulos G.*

16:00–18:00 **DIABETES AND OBESITY TREATMENT**
Chair: *Anyfanti P.*

Diabetes in Chronic Kidney Disease
Speaker: *Siomos K.*

SGLT2 in Obese Patients?
Speaker: *Karakozoglou A.*

SGLT2 in Type 2 Diabetes: New Clinical Trial Data
Speaker: *Trakatelli Ch.*

Inflammation, Inflammatory Diseases and CV Risk
Speaker: *Koletsos N.*

Commentators: *Mikoudi K., Kotronis G., Psaltoglou I.*

Friday May 8

09:00–11:00 **ROUND TABLE: WHAT TREATMENT SHOULD I GIVE I?**

Chair: *Gkaliagkousi E.*

Aspirin for Primary Prevention in Diabetes

Speaker: *Kaiafa G.*

Blood Pressure Measurements Without Physician Supervision

Speaker: *Styliadis G*

Hypertension in Patients Receiving Other Treatment for Rheumatologic Diseases. Clinical Cases

Speaker: *Potoupni V.*

Hypertension in Patients Undergoing Cancer Treatment

Speaker: *Apostolopoulou M.*

Patient with Hypertension and obesity

Speaker: *Poulis D.*

11:00–13:00 **ROUND TABLE: WHAT TREATMENT SHOULD I GIVE II**

Chairs: *Stylianou A.*

Dyslipidemia Induced by Anticancer Therapy

Speaker: *Sarigianni M.*

Familial Hyperlipidemia

Speaker: *Antza C.*

60-Year-Old on Basal Insulin and Metformin, Fasting Glucose 120 mg/dL, HbA1c 8.0%. Management Approach?

Speaker: *Anagnostis P.*

Antiplatelets and Anticoagulants in Patients Undergoing Surgery or High Bleeding Risk Procedure. When to Discontinue and When to Use LMWH Bridging?

Speaker: *Styliadis I.*

72-Year-Old Patient with Stroke of Unknown Cause

Speaker: *Kosmidou M.*

68-Year-Old Diabetic with eGFR 65 and LVEF 35%, HbA1c 8.3% on Met formin 1000 mg x2

Speaker: *Kitsios K.*

Commentators: *Mastrogiannis K., Dolianitis K.*

13:00–13:30 SATELLITE LECTURE WIN MEDICA 

13:30–14:00 SATELLITE LECTURE KRKA 

14:00–16:00 **ROUND TABLE: TREATMENT SELECTION IN SPECIAL CASES I**
Chair: *Kosmidou M.*

Patient with Obesity, Diabetes, and Dyslipidemia

Speaker: *Skoutas D.*

Children rare diseases and Hypertension

Speaker: *Chainoglou A.*

Heart as a target organ damage in Pediatric Hypertension

Speaker: *Chrysaidou K.*

SGLT2 Inhibitors: New Data on Their Role in Non-Diabetic Patients

Speaker: *Anyfanti P.*

Hypertension Treatment in End-Stage Renal Disease

Speaker: *Georgianos P.*

Diuretic or Calcium Channel Blocker in First-Line Therapy for Stage 1 Hypertension

Speaker: *Doumas M.*

16:00–18:00 **CARDIOMETABOLIC RISK FACTORS IN INTERNAL MEDICINE**

Chair: *Kypreos K., Antza C.*

Fatty Liver and Cardiovascular Risk

Speaker: *Stamouli E.*

Familial Hyperlipidemia Registries and risk reduction in patients with dyslipidemia

Speaker: *Rizos Ch.*

LP (a) What is new from clinical trials

Speaker: *Mparkas F.*

Nutrition Habits that Increase CV Risk

Speaker: *Panagiotakos D.*

Food as Medicine for cardiometabolic health. From Hippocrates to Modern Evidence

Speaker: *Nomikos T.*

Saturday May 9

09:00–10:30 **CARDIOMETABOLIC RISK FACTORS IN INTERNAL MEDICINE II**

Chair: *Trakatelli C.*

Patient with Cirrhosis and Cardiometabolic Risk Factors

Speaker: *Sachinidis A.*

40-Year-Old Woman with PCOS, LDL Cholesterol 150 mg/dL, and Prediabetes

Speaker: *Agapakis D.*

HDL in Managing Residual Cardiovascular Risk

Speaker: *Kypreas K.*

Mental Health and Cardiovascular Disease

Speaker: *Andreopoulou O.*

Diabetes in CKD. Optimal Treatment

Speaker: *Liakos A.*

Commentators: *Lepouras A. , Liakos A.*

10:30–12:00 **Symposium of the International Society of Vascular Health and Aging (ISVH)**

Chairs: Dr. *Jirar Topouchian* (France), Prof. *Daniela Tasić* (Serbia), Prof. *Bojan Jelaković* (Croatia), Prof. *Vasileios Kotsis* (Thessaloniki)

Topics include:

Strategies for Difficult-to-Control Hypertension –

Prof. *Arman Postadzhiyan* (Bulgaria)

Ageing and Hypertension – Prof. *Nebojša Tasić* (Serbia)

Homocysteine -an hidden enemy for healthy ageing –

Prof. *Ana Jelaković* (Croatia)

Importance of social factors and physical activity for healthy ageing

Prof. *Lovorka Bilajac* (Croatia)

Impact of e-cigarette smoking on arterial stiffness -

Prof. *Josipa Josipović* (Croatia)

Statin use and muscle strength in older patients -
Prof. *Piotr Jankowski* (Poland)

12:00-13:00 **CLINICAL WORKSHOP VIANEX** 

13:00-13:30 **SATELLITE LECTURE PHARMASERVE LILLY** 

13:30-14:00 **SATELLITE LECTURE BOEHRINGER INGELHEIM** 

14:00-18:00 **CARDIOVASCULAR RISK**
Chair: *Savopoulos Ch.*

Treatment for Patients with Elevated Triglycerides
Speaker: *Sfikas G.*

Secondary Hypertension
Speaker: *Triantafyllou A.*

Stroke: New Anticoagulants?
Speaker: *Daios G.*

**Elderly Diabetic Patient on Metformin and Glimepiride with
HbA1c 6.6% But Frequent Dizziness and Sweating**
Speaker: *Koufakis Th.*

Antihypertensive Treatment After Stroke. When?
Speaker: *Makaritsis K.*

The Connection of Obesity and Infection
Speaker: *Karlafti E.*

**RSV in patients with increased CV risk. The role of vaccines
in the community**
Speaker: *Pilalas D.*

Sunday 10 May 2026

09:00-10:00 **Hypertension and Obesity**
Speaker: *Kotsis V.*

10:00-11:00 **A Patient with Type 2 Diabetes and Heart Failure**
Speaker: *Trakatelli Ch.*

Nursing Session

11:00–11:20 **Organizational learning as a strategic management tool**

Chair: *Kotsis V.*

Speaker: *Kyriakeli G.*

11:20–11:40 **Interdisciplinary relationships between medical and nursing staff: laying the foundations for better collaboration**

Chair: *Kyriakeli G.*

Speaker: *Simeonidou A.*

11:40–13:00 **ROUND TABLE**

Chairs: *Simeonidou A., Rakogianni A.*

Safe medication administration: transforming adverse events into opportunities for improvement

Speaker : *Meimaridou K.*

Every fall counts: Post-fall huddle and improvement of patient care

Speaker: *Tsara I.*

Safe enteral feeding of patients via stoma

Speaker: *Samara S.*

Clinical correlation between dementia, Parkinson's disease and delirium: challenges and the role of nurses

Speaker: *Bogia F.*

Commentor: *Kyriakeli G.*

CONFERENCE CLOSURE

CLINICAL WORKSHOP & SATELLITE LECTURES

Friday May 8

13:00–13:30 SATELLITE LECTURE WIN MEDICA 

Βέλτιστη διαχείριση Κλινικών Περιπτώσεων καρδιονεφρικών ασθενών με υπέρταση & ΣΔτ2

Πρόεδρος: *Κώτσης Β.*

Ομιλητής: *Δούμας Μ.*

13:30–14:00 SATELLITE LECTURE KRKA 

Από την θεωρία στην πράξη: Ο ρόλος της εξατομίκευσης στην επιλογή αντιπηκτικής αγωγής - Δεδομένα για την Δαβιγατράνη.

Πρόεδρος: *Κώτσης Β.*

Ομιλητής: *Παπαστεφάνου Σ.*

Saturday May 9 2026

12:00–13:00 CLINICAL WORKSHOP VIANEX 

«Το εικοσιπενταενοϊκό αιθύλιο στη καθημερινή κλινική πρακτική και τα οφέλη που μπορεί να προσφέρει σε ασθενείς υψηλού και πολύ υψηλού κινδύνου»

Πρόεδρος/ομιλητής: *Κώτσης Β.*

12:00-12:10 Τα υψηλά επίπεδα τριγλυκεριδίων ως δείκτης εκτίμησης Καρδιαγγειακού Κινδύνου. Ποιος είναι ο ρόλος τους στην αθηρωματική διαδικασία; Τι θεραπείες αντιμετώπισης έχουμε και ποιες οι διαφορές τους;

Κώτσης Β.

Ενσωμάτωση του εικοσιπενταενοϊκού αιθυλίου (icosapent ethyl) στη στρατηγική μείωσης του καρδιαγγειακού κινδύνου:

12:10-12:25 Ασθενείς με καρδιαγγειακή νόσο. Σημαντικά κλινικά αποτελέσματα από τη μελέτη REDUCE-IT.



Σιάρκος Μ.

12:25-12:40 Ασθενείς με Σακχαρώδη Διαβήτη & Παράγοντες κινδύνου : Σημαντικά κλινικά αποτελέσματα από τη μελέτη REDUCE-IT .

Σφήκας Γ.

12:40-12:55 Συζήτηση κλινικών περιστατικών
Κώτσης Β. – Σιάρκος Μ. – Σφήκας Γ.

12:55-13:00 Κλείσιμο-Συμπεράσματα

- 13:00-13:30 **SATELLITE LECTURE PHARMASERVE LILLY** 
«Τριζεπατίδη: Επιλέγοντας την κατάλληλη φαρμακοθεραπεία για την επίτευξη θεραπευτικών στόχων»
Πρόεδρος: **Σιώμος Κ.**
Ομιλητής: **Κέφας Α.**
- 13:30-14:00 **SATELLITE LECTURE BOEHRINGER INGELHEIM** 
Από την έγκαιρη διάγνωση στην ολιστική παρέμβαση: Ο ρόλος των SGLT2 is στη διαχείριση του καρδιαγγειακού και νεφρικού κινδύνου
Chair: **Κώτσης Β.**
Speaker: **Τρακατέλλη Χ.**

ΕΓΚΥΚΛΙΟΣ ΕΟΦ: (81867/19-11-2012) Σε όλους τους εγγεγραμμένους συνέδρους θα σταλεί ηλεκτρονικά από τη γραμματεία κάρτα με το ονοματεπώνυμό τους και γραμμωτόκώδικα (barcode). Στην είσοδο της κάθε αίθουσας θα υπάρχει σαρωτής για την σάρωση της κάρτας κατά την είσοδο και έξοδο και θα καταγράφει τις ώρες παρακολούθησης.

Οι σύνεδροι θα μπορούν να παρακολουθήσουν το συνέδριο και απομακρυσμένα με τη χρήση των κωδικών τους, με την ηλεκτρονική είσοδο καταγράφονται οι ώρες παρακολούθησης.

Σημαντική σημείωση: Για την παραλαβή μοριοδοτημένου πιστοποιητικού παρακολούθησης απαραίτητη είναι η παρακολούθηση του 60% του επιστημονικού προγράμματος.

SPEAKERS – CHAIRS

Dimitrios Agapakis, Internist–Diabetologist, Head Director, Internal Medicine Clinic, “Agios Pavlos” General Hospital of Thessaloniki

Panagiotis G. Anagnostis, MD, MSc, PhD, FRSPH, Endocrinologist, Assistant Professor of Internal Medicine, 3rd Internal Medicine Department AUTH, “Papageorgiou” General Hospital

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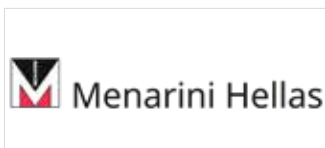
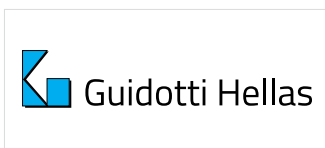
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Prof. Reuven Zimlichman, Director, Brunner Institute for Cardiovascular Research, Tel Aviv University, Israel

Asst. Prof. **Josipa Josipović**, MD, PhD, Head of Nephrology and Hypertension, UHC Sestre milosrdnice, Catholic University of Croatia

Prof. **Lovorka Bilajac**, Associate professor, MPH, PhD, Department of Social Medicine and Epidemiology, Faculty of Medicine, University of Rijeka; Department of Public Health, Faculty of Health Studies, University of Rijeka and Teaching Institute of Public Health, Primorje–gorski kotar County, Rijeka, Croatia

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1. British Heart Foundation. Global Heart & Circulatory Diseases Factsheet, January 2025. Available from: <https://www.bhf.org.uk/-/media/files/for-professionals/research/heart-statistics/bhf-cvd-statistics-global-factsheet.pdf>. Cited 11 April 2025.

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1. Π.Χ.Π. Trulicity. 2. Gerstein HC et al. Lancet 2019;394(10193):121-130. 3. Φ.Ο.Χ. Trulicity. 4. Nauck M, Weinstock RS, Umppierrez GE, Guerci B, Skrivanek Z, et al Diabetes Care 2014;37:2149-2158
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