

## 13<sup>th</sup> Croatian Congress on Atherosclerosis with International Participation

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The 13<sup>th</sup> Croatian congress on atherosclerosis with international participation was held on October 15<sup>th</sup> and 16<sup>th</sup>. Traditionally, as all the previous congresses this congress was under the auspices of the Department of Medical Sciences, Croatian Academy of Sciences and Arts. However, for the first time it was held not life but online in accordance with epidemiological measures due to COVID-19 pandemic. The problem of atherosclerosis is multidisciplinary, which arouses the interest of a large number of scientists of various profiles and physicians of different specialties. Regardless of the format of the event, there were many participants and a large number of abstracts and posters were submitted. The congress began with a welcome speech by the President of the Congress and the President of the Croatian Society for Atherosclerosis, professor Željko Reiner. The introductory speeches were given by the President of the Croatian Academy of Sciences and Arts professor Velimir Neidhardt and head of the Medical Department of the Croatian Academy of Sciences professor Vida Demarin. The first day of the congress was reserved for international experts in the field of atherosclerosis. Lectures were given by Richard Češka from the Czech Republic, Maciej Banach from Poland, Lale Tokgözoğlu former President of the European Atherosclerosis Society (EAS) from Turkey, Michal Vrablik from the Czech Republic, Kausic Ray President of the EAS from UK, Frederick Raal from South Africa, Raul Santos President of the World Heart Federation from Brazil, Alberto Zambon from Italy, Ezhov Marat from Russian Federation, Christie Mitchell Ballantyne from the USA, Dan Gaita from Romania and Zlatko Fras from Slovenia.

Lectures covered all the hot topics in the field of lipidology and preventive cardiology such as a personal approach to the treatment of patients with dyslipidemia, new therapeutic options for dyslipidemia, PCSK9 inhibitors, a new anti-sense drug that acts exclusively to reduce Lp (a), new guidelines for the treatment of dyslipidemia, personalized assessment of cardiovascular risk and challenges in screening and treatment of patients with familial hypercholesterolemia. The first day of the congress ended with a live discussion where leading foreign experts emphasized the most important topics / problems related to the diagnosis and treatment of dyslipidaemias.

The second day of the lecture was held by leading Croatian and internationally recognized experts. Lectures were given by professors Bojan Jelaković, Nada Božina, Vida Demarin, Fran Borovečki, Luka Zaputović, Iveta Merćep, Diana Muačević Katanec, Jadranka Sertić, Ivan Pećin, Davor Miličić and Željko Reiner. Our lecturers also presented very important topics of the prevention of atherosclerosis and reduction of cardiovascular risk such as statin

intolerance with a lack of evidence of true statin myopathy and the importance of pharmacogenetics in the diagnosis of statin intolerance. Also, Croatian lecturers are on trend with world experts in the field of personalized treatment of dyslipidaemias and personalization of cardiovascular risk assessment.

At the end of the lectures, a very interesting discussion developed about the big problem of non accepting statin treatment by patients and prescribing of inadequate (too low doses) by physicians of different specialties as well as non prescribing ezetimibe above statin in patients who do not reach the target LDL-cholesterol values and are in high or very high cardiovascular risk. This does not contribute to the reduction of the overall cardiovascular risk in Croatia which is very high. At the end of the Congress professor Reiner gave a closing speech and thanked to all participants for a successful congress and concluded that a personalized approach to treatment and new treatments are the future of the fight against atherosclerosis and reducing cardiovascular risk and expressed hope that the next Congress will be held live. He also announced the award ceremony for the best young researchers posters which will be held after the evaluation of the Scientific Committee of the Congress. The award ceremony will be held at the Croatian Physicians Association. Dražen Perica, dr. med.