

The 14th Croatian Congress on Atherosclerosis with international participation in Zagreb

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The 14th Croatian Congress on Atherosclerosis with international participation in Zagreb was an exceptional success, creating a dynamic platform for the exchange of cutting-edge research and knowledge on atherosclerosis. The event, which was held from November 3 to 5, 2023, aimed to talk about the hot topics related to atherosclerosis, its consequences in Croatia and global progress in this area. The congress is already traditionally under auspices of the Croatian Academy of Sciences and Arts, the European Atherosclerosis Society and the International Atherosclerosis Society. The congress began with an inspiring opening ceremony in which the president of the congress and president of the Croatian Society for Atherosclerosis, academician Željko Reiner, and academician Vida Demarin in front of the medical class of the Croatian Academy of Sciences and Arts addressed the auditorium. In their speech, both emphasized the importance of the mission of fighting atherosclerosis, the leading cause of death in Croatia, and expressed their wishes for a successful congress.

The first day of lectures was opened by academician Davor Miličić from Atherosclerotic cardiovascular disease and equivalent cardiovascular risks. Academician Miličić gave a comprehensive overview of atherosclerotic cardiovascular disease and its cardiovascular equivalents. Next, Gani Bajraktari (Kosovo) gave a lecture “Women and atherosclerotic cardiovascular diseases”. The lecture dealt with gender-specific aspects of atherosclerotic cardiovascular diseases, shedding light on unique challenges and considerations for women. After that, Urh Grošelj (Slovenia) gave a lecture “Genetic causes of dyslipidemia in children” The lecture was focused on the genetic basis of dyslipidemia in children. A positive trend of interesting lectures was held by congress friend Michal Vrablik (Czech Republic) - “Treatment of dyslipidemia in patients with type 2 diabetes” In his lecture, he spoke about the important connection between dyslipidemia and type 2 diabetes. Academician Željko Reiner held a lecture “Experience with almost a decade of PCSK9 inhibitors” where he shared a wealth of knowledge based on almost a decade of experience with PCSK9 inhibitors. The lecture presented a retrospective view of the evolution of this therapeutic approach, providing valuable clinical perspectives on its effectiveness and challenges. After an interesting lecture, Dimitri Mikhailidis (United Kingdom) addressed the topic: “Non-alcoholic fatty liver disease and vascular risk. The last lecture of the first day was given by Niki Katsiki (Greece) - “Hepatic steatosis and cardiovascular risk: A continuous journey towards a better definition and treatment” In the lecture, she discussed the challenges and progress in addressing this multifaceted health problem. The

session concluded with a lively discussion, allowing participants to engage with the speakers, exchange perspectives, and delve deeper into the complexities of atherosclerotic cardiovascular disease and related topics. The interactive discussion fostered an atmosphere of collaboration, enhancing the overall learning experience.

The morning session on the second day of the congress delivered an insightful session that highlighted key aspects of familial hypercholesterolemia and the intricate role of lipoprotein(s) in cardiovascular health.

Lectures were started by prof. Ivan Pećin, vice-president of the Croatian Society for Atherosclerosis with a lecture on familial hypercholesterolemia in Croatia” Lecture focused on the analysis of familial hypercholesterolemia in Croatia with an emphasis on challenges in diagnosis and treatment in the Croatian population. Still on the trail of the topic of familial hypercholesterolemia Gustavs Latkovskis (Latvia) - shared his experiences with his lecture “Experience in the treatment of familial hypercholesterolemia in Latvia”

Olena Mitchenko (Ukraine) in her lecture entitled “Diagnosis and treatment of true familial and pseudo-familial hypercholesterolemia in Ukraine” provided a comprehensive overview of the diagnosis and treatment of these conditions. After that, Danijela Petković-Ramadža (Croatia) held a lecture entitled “Screening for familial hypercholesterolemia in Croatia” where she presented the preliminary results of the National Screening for Familial Hypercholesterolemia and again highlighted the importance of early detection and screening strategies for identifying at-risk individuals within the Croatian population. After an interesting discussion and a short break, the afternoon session was started by one of the giants of preventive cardiology, David Wood (Canada), where in his lecture “Preventive cardiology – theory and practice” he gave a broad overview of preventive cardiology, including theoretical foundations, practical applications and new ideas. Academician Željko Reiner held a lecture “Lp(a) as a risk factor for cardiovascular diseases” and after him Zlatko Fras (Slovenia) - “On the role of Lp(a) in increasing total and cardiovascular risk in patients with diabetes” and Ioanna Gouni-Berthold (Germany) - “Treatment of Lp(a) - today and tomorrow” In their lectures, everyone emphasized the importance of Lp(a) in cardiovascular risk and the importance of treatment.

Next, Kornelia Kotseva (Ireland) held a lecture “EUROASPIRE and INTERASPIRE”. The comprehensive review highlighted the importance of these studies in advancing our understanding of cardiovascular risk factors and treatment strategies. Academi-



cian Bojan Jelaković held a lecture “EHUH 2 study - preliminary data on the prevalence of arterial hypertension, dyslipidemia and metabolic syndrome” The lecture emphasized the ongoing effort to understand the epidemiology of cardiovascular risk factors in the Croatian population. The biggest expert in the field of statins and a frequent guest of the congress Peter Lansberg (Netherlands) held a very important and inspiring lecture “Are statins obsolete? Optimal strategies for the treatment of dyslipidemia”

Professor Iveta Merčep held a lecture on the pharmacological view of “Statin intolerance”. Lale Tokgözoğlu (Turkey) - “New therapies for lowering LDL: Which therapy to choose for which patients? The lecture provided valuable insight into personalized approaches to optimize the effectiveness of these new therapies. Professor Fran Borovečki with the lecture “Genetics of Atherosclerosis” presented genetics research atherosclerosis, revealing the intricate role of genetic factors in the development and progression of this cardiovascular condition. Livija Šimičević held the lecture “The role of pharmacogenetics in the treatment of dyslipidemia and its implementation in clinical routine”. Marija Rakovac from the kinesiology aspect presented the lecture “Physical activity and atherosclerosis” by Ibadeta Bytyci (Kosovo) Daily movement and mortality: How many steps lead to longevity? Maciej Banach (Poland) Lifestyle changes or optimal hypolipemic therapy to reduce cardiovascular risk? When and how to choose in 2023? Academician Vida Demarin held a lecture “Atherosclerosis, life style and cognitive health” Finally, Ana Godan Hauptman held an inspiring lecture “Lifestyle and atherosclerosis” and emphasized the importance of a healthy diet and reducing the intake of processed food, which resulted in an interesting discussion.

The last day of the congress was opened by Alberto Zambon (Italy) with a lecture “Why target lipoproteins containing Apo B instead of triglycerides or other particles?” and introduced a revolutionary perspective on the understanding of atherogenic lipid particles. In the sequel, Richard Česka (Czech Republic), a specialist in lipidology, gave a lecture on “Hyperlipidemia as a rare disease”. Assistant professor Maja Baretić held a lecture “Stress, hormones and cardiovascular risk”. Mislav Vrsalović held a lecture on the often neglected topic “Peripheral arterial disease: epidemiology, risk assessment and new therapeutic options”. Master Eva Pavić gave the lecture “Croatian Epigenetic connection between intestinal microbiota and atherosclerosis - the role of nutrition” The last lecture by Dunja Rogić “Laboratory - partner in the diagnosis and treatment of dyslipidemia” and emphasized the cooperation between clinicians and laboratory diagnostics. Prizes were awarded for the best young researchers, and Academician Reiner thanked everyone for the excellent congress and emphasized that the successful fight against atherosclerosis continues.

