



**INSTITUTE OF STUDY, RESEARCH AND TRAINING  
FOR DIABETES MELLITUS  
AND METABOLIC DISEASES**

Cambridge University Hospitals **NHS**  
NHS Foundation Trust

# Educational Seminars



**1<sup>st</sup> EDUCATIONAL  
SEMINAR**  
for Dyslipidemia  
& Diabetes

**5-6 April**

**Crowne Plaza Hotel  
Athens**

Program

# Introduction



The field of Prevention of Cardiovascular Diseases has been advancing in a dizzying pace, making it increasingly hard to follow all developments in the field, especially in matters of specialized training.

These four educational seminars on Prevention of Cardiovascular Diseases, organized by the Institute of Study, Research and Training for Diabetes Mellitus and Metabolic Diseases in collaboration with Cambridge University, are specially designed to cover all advancements in the field of Lipids, Hypertension, Diabetes Mellitus and Atherosclerosis.

The programme offers the unique opportunity to the Greek audience to attend seminars prepared and presented by both Greek and foreign scientists with extended research experience in their respected fields. The learning experience is further enhanced by utilizing the latest e-learning and live streaming technologies and combining them with face-to-face classroom interaction.

The seminars are available for general practitioners as well as specialized internists, diabetologists, cardiologists, family doctors, endocrinologists and doctors of other specialties which apply to the Prevention of Cardiovascular Disease and are aiming to offer a better understanding and provide insight in the latest developments of the pathophysiology diagnosis and treatment of cardiovascular risk factors.

We invite you to participate, actively and effectively, by attending the courses and the online educational material, so that this distribution of knowledge becomes a valuable learning experience for your and your colleagues.

**Dr Stayros Pappas**

Pathologist - Diabetologist,  
Director,  
3<sup>rd</sup> Pathology Clinic and Diabetology  
Centre,  
General Hospital Nikaias  
"Agios Panteleimon"  
President of Institute of Study,  
Research and Training  
for Diabetes Mellitus and Metabolic  
Diseases

**Moses Elisaf, MD, RSPH**

Professor of Internal Medicine  
of the University of Ioannina  
Director of 2<sup>nd</sup> Internal Medicine  
Clinic of the University Hospital  
of Ioannina  
Medical School  
University of Ioannina  
Ioannina - Greece

**Dr Arun K. Gupta, MBBS, MA, PhD, FFICM, FRCA, FHEA**

Director of Postgraduate Education  
Academic Health Sciences Centre,  
Cambridge University Health Partners

# Educational Seminars on Diabetes Program

FRIDAY  APRIL 2013

Chairman: **M. Elisaf**

**15.00-16.00**

Epidemiology of cardiovascular disease: classical and emerging risk factors:  
**S. Pappas**

**16.00-17.30**

Pathophysiology and classification of lipid disorders: **M. Elisaf**

**17.30-18.00**

Coffee Break

**18.00-19.30**

Pathophysiology of atherosclerosis: the role of lipids: **S. Pappas**  
European Guidelines for the diagnosis and treatment of dyslipidemias

**19.30-20.15**

Diagnosis of dyslipidemia / secondary dyslipidemias: **M. Elisaf**

**20.15-21.00**

The role of diet/exercise in the management of dyslipidemias: **S. Pappas**



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**5-6** April **2013**

Crowne Plaza Hotel  
**Athens**

**SATURDAY**  **APRIL 2013**

Chairman: **M. Elisaf**

**09.00-10.30**

Primary target of lipid lowering therapy; the reduction of LDL CHOL: **S. Pappas**

**10.30-11.30**

Non HDL CHOL and Apo B as potential targets of lipid lowering therapy: **M. Elisaf**

**11.30-12.00**

Coffee Break

**12.00-14.00**

Statins: Mechanisms of action, indications, contraindications, side effects and interactions: **M. Elisaf**

**14.00-15.00**

Light Lunch

**15.00-16.00**

Ezetimibe: Mechanisms of action, indications, contraindications and side effects: **M. Elisaf**

**16.00-18.00**

Diagnosis and therapy of dyslipidemias:  
Clinical cases: **M. Elisaf - S. Pappas**

**18.00-18.30**

Coffee Break

**18.30-20.30**

Diagnosis and therapy of dyslipidemias:  
Clinical cases: **M. Elisaf - S. Pappas**



## Next Events

- **Athens, 19<sup>th</sup> - 20<sup>th</sup> April**
- **Athens, 10<sup>th</sup> - 12<sup>th</sup> May**
- **Athens, 21<sup>st</sup> - 23<sup>rd</sup> June**

**Organization  
- Secretariat**

  
Organizing your success

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