

PROGETTO FORMATIVO

PERMANENT ACADEMY 2026 - 4rd Edition

<i>Provider ECM:</i>	SUMMEET SRL – ID 604
<i>Data:</i>	20 Marzo 2026
<i>Sede:</i>	NH Bologna De La Gare P.za XX Settembre, 2, 40121 Bologna BO
<i>Tipologia:</i>	RESIDENZIALE
<i>Responsabile Scientifico:</i>	<i>Arrigo Francesco Giuseppe Cicero</i>
<i>Partecipanti:</i>	100
<i>Categorie Accreditate:</i>	Medico Chirurgo (Geriatría, Endocrinologia; Angiologia; Scienza Dell'alimentazione e Dietetica, Cardiologia; Medicina Interna; Medicina Generale (Medici Di Famiglia); Nefrologia, Neurologia e Diabetologia)
<i>Durata:</i>	7 ore
<i>Crediti formativi:</i>	7

SCIENTIFIC BACKGROUND

Cardiometabolic diseases remain one of the leading causes of death, loss of healthy life years, and healthcare expenditure.

Although the optimal use of established therapies would already allow for the effective prevention of most of these conditions, a proportion of patients continues to show partial resistance to treatment or inadequate disease control.

In recent years, we have witnessed a profound shift in cardiovascular risk assessment—with the identification of numerous new risk factors—and, even more importantly, in prevention and therapeutic strategies.

The therapeutic armamentarium for treating severe familial dyslipidaemias, achieving very low lipid targets, and managing diabetes, obesity, resistant hypertension, and heart failure has expanded with innovative agents featuring mechanisms of action markedly different from conventional therapies.

Evidence-based optimization of standard treatments, combined when appropriate with next-generation therapies, requires continuous updates, training, and renewed commitment—particularly in view of the current and upcoming structural and organizational transformations within the national healthcare system.

The third edition of this advanced course will feature contributions from young nationally and internationally recognized experts, as well as insights and real-world experiences shared by young clinicians engaged in daily practice.

PROGRAM

- 08.30^{am}** Participant registration
- 09:00^{am}** Welcome & introduction
Arrigo F.G. Cicero
- 09:10^{am}** Opening Lecture
From epidemiology and evidence-based medicine to personalized care: managing cardiometabolic risk in 2026
Massimo Salvetti

SESSION 1 - CARDIOVASCULAR DISEASE

Chairperson: *Luciano Potena*

- 09:35^{am}** 24-hour BP profile and antihypertensive therapy: from established approaches to new horizons
Giuliano Tocci
- 09:55^{am}** The polypill revolution: a new era in cardiovascular prevention
Stefano Masi
- 10:15^{am}** Beta-blockers in HFpEF: why one size doesn't fit all
Giuseppe Galati
- 10:35^{am}** Lifestyle, sleep, and cardiovascular risk
Raymond Noordam
- 10:55^{am}** Discussion
Tutti i partecipanti
- 11:10^{am}** *Coffee Break*

SESSION 2 - CLINICAL LIPIDOLOGY

Chairperson: *Federica Fogacci*

- 11:25^{am}** Post-stroke lipid management: closing the gap between neurology and cardiology
Maciej Banach
- 11:45^{am}** Lipid-lowering in frail patients: optimizing non-statin strategies
Federica Fogacci
- 12:05^{pm}** Targeting PCSK9: proven impact on hard outcomes and emerging next-generation therapies
Andrea Baragetti
- 12:25^{pm}** From omega-3 fatty acids to EPA: what have we really learned?
Arrigo F.G. Cicero

12:45^{pm} Discussion
Tutti i partecipanti

01:00^{pm} *Light Lunch*

Chairperson: *Arrigo F.G. Cicero*

02:00^{pm} The Psychologist's voice
Approach to the smoking patient: communicating risk and prohibition
Lucia Golfieri

SESSION 3 - When the heart looks at the body... and the body answers back. Interdisciplinary insights into organ cross-talk and cardiometabolic risk

02:20^{pm} Round table
Discussant: *Claudio Borghi*

- Lungs and heart: the forgotten axis in cardiovascular vulnerability
Dejan Radovanovic
- When the stomach talks to the heart: recognizing gastro-cardiac interactions in daily practice
Giulia Fiorini
- The eye as a window to cardiovascular risk: microvascular clues
Giuseppe Giannaccare

Chairperson: *Marwan El-Goch*

03:20^{pm} The patient's voice
Living with obesity: how patients see their heart risk
Iris Zani

SESSION 4 Diabetology & Obesity

Chairperson: *Marwan El-Goch*

03:35^{pm} Cardiorenal benefits of antidiabetic therapies: from legacy trials to contemporary evidence
Maria Masulli

03:55^{pm} Insulin-dependent diabetes today: new technologies, new insulins, new pathways of care
Delia Reurean-Pintilei

04:15^{pm} Single and dual GLP-1 agonists in obesity management: beyond weight reduction
Silvia Garelli

04:35^{pm} Discussion
Tutti i partecipanti

04:50^{pm} Take home message
Tutti i partecipanti

Acronimi:

BP: Blood Pressure → Pressione arteriosa

HFpEF: Heart Failure with preserved Ejection Fraction → Scempenso cardiaco a frazione di eiezione preservata

PCSK9: Proprotein Convertase Subtilisin/Kexin type 9 → Proteina coinvolta nel metabolismo del colesterolo LDL

EPA: Eicosapentaenoic Acid → Acido eicosapentaenoico (omega-3)

GLP-1: Glucagon-Like Peptide-1 → Peptide simil-glucagone 1

NOME COGNOME	PROFESSIONE	DISCIPLINA	ENTE DI APPARTENENZA/LIBERA PROFESSIONE
MACIEJ BANACH	Medicina e Chirurgia	Cardiologia	Ministero della Scienza e dell'Istruzione Superiore della Repubblica di Polonia
ANDREA BARAGETTI	FARMACIA	/	Dipartimento di Scienze Farmacologiche e Biomolecolari "Rodolfo Paoletti"
CLAUDIO BORGHI	Medicina e chirurgia	Malattie dell'Apparato cardiovascolare	Azienda Ospedaliero-Universitaria Policlinico S.Orsola-Malpighi, Bologna
ARRIGO FRANCESCO GIUSEPPE CICERO	Medicina e chirurgia	Farmacologia ad indirizzo clinico	Alma Mater Studiorum Università di Bologna Dipartimento di Scienze Mediche e Chirurgiche, Bologna
GIULIA FIORINI	Medicina e chirurgia	SCIENZE BIOMEDICHE E NEUROMOTORIE	PhD, Adjunct Professor in Department of Medical and Surgical Sciences, Adjunct Professor Department of Biomedical and Neuromotor Sciences, Policlinico S. Orsola-Malpighi, Bologna
FEDERICA FOGACCI	Laureanda Medicina e Chirurgia	/	MDC, Clinical Meta-analyst, Research assistant affiliated with the University of Bologna (Italy).
GIUSEPPE GALATI	Medicina e Chirurgia	Malattie dell'apparato cardiovascolare	Senior Consultant Cardiologist, Heart Failure & Cardiomyopathies, Specialist at I.R.C.C.S. Multimedica, Cardiovascular Scientific Institute in Sesto San Giovanni, Milan
SILVIA GARELLI	Medicina e Chirurgia	ENDOCRINOLIGIA	MD, Endocrinology and diabetes prevention and

			treatment, Policlinico S. Orsola- Malpighi, Bologna
MARWAN IBRAHIM EL-GHOCH	MEDICINA E CHIRURGIA	Scienza dell'alimentazione	Università Degli Studi di Modena e Reggio Emilia (UNIMORE)
GIUSEPPE GIANNACCARE	MEDICINA E CHIRURGIA	Oftalmologia	Full Professor of Visual Diseases at the University of Cagliari, Director of the Ophthalmology Department of the Cagliari University Hospital, and Director of the School of Specialization in Ophthalmology
LUCIA GOLFERI	Psicosintesi Terapeutica	Psicologa Psicoterapeuta	Director Psychologist, Head of Hospital Clinical Psychology, Policlinico S. Orsola-Malpighi, Bologna
MARIA MASULLI	Medicina e chirurgia	Medicina interna	Medico specialista del Dipartimento di Medicina Clinica e Chirurgia, Area Funzionale di Diabetologia Specialista ambulatoriale, Azienda ospedaliero universitaria Policlinico, Napoli
RAYMOND NOORDAM	Medicine	Biomedical Sciences	PhD, Associate Professor of Gerontology and Geriatrics at the Department of Internal Medicine, Leid Universitair Medisch Centrum, Netherlands
LUCIANO POTENA	Medicina e chirurgia	Malattie dell'apparato cardiovascolare	Full Professor of Internal Medicine in Medicine and Surgery at the University of Bologna, Director of UOC Internal Medicine Cardiovascular and SSD Heart Failure and Transplants, Policlinico S. Orsola- Malpighi, Bologna
DEJAN RADOVANOVIC	MEDICINA E CHIRURGIA	MALATTIE DELL'APPARATO RESPIRATORIO	Dirigente Medico I livello a tempo indeterminato UOC Pneumologia, Ospedale L. Sacco, Milano Direttore: Prof. Pierachille Santus
DELIA REUREAN-PINTILEI	Medicine	Diabet, nutriție și boli metabolice	Senior Consultant in Diabetes, Nutrition and Metabolic Diseases, Medical Director of Consultmed

SUMMEET

			Medical Hospital and Outpatient Clinic, Assistant Professor at “Ștefan cel Mare” University of Suceava, Faculty of Medicine and Biological Sciences
GIULIANO TOCCI	Medicina e Chirurgia	Cardiologia	Professore Associato in Cardiologia - Dipartimento di Medicina Clinica e Molecolare, Facoltà di Medicina e Psicologia, Università di Roma Sapienza, Azienda Ospedaliero-Universitaria Sant’Andrea di Roma
IRIS ZANI	/	/	Presidente Associazione Amici Obesi Onlus, Milano
MASSIMO SALVETTI	Medicina e Chirurgia	Medicina Interna	Professore Ordinario di Medicina Interna (MED 09) e Direttore Medicina d’Urgenza ASST Spedali Civili di Brescia
STEFANO MASI	Medicina e Chirurgia	Medicina Interna	Dipartimento di Medicina Clinica e Sperimentale, Università di Pisa