

# EuroPrevent 2009

The European Meeting Place for Science in Preventive Cardiology

2<sup>nd</sup> Announcement



**Stockholm**

**Sweden**

**6-9 May 2009**

**Live a Heart Healthy Life**

[www.escardio.org/EuroPrevent](http://www.escardio.org/EuroPrevent)

• No use of tobacco • Adequate physical activity • Healthy eating habits • Not overweight • Low Blood pressure • Low Blood cholesterol • Normal glucose metabolism • Avoidance of excessive stress



## Invitation

We invite you to attend EuroPrevent 2009, the European meeting place for science in preventive cardiology. This congress marks the end of a five-year period of political activity at the highest European Union level, starting off with the first initiative under the Irish presidency in 2004 and culminating with the presentation of the European Heart Health Charter at the European Parliament in June 2007. Time to meet and evaluate the outcomes!

For three and a half days, EuroPrevent 2009 will provide an innovative meeting format for all partners in prevention: scientists, health workers and others active in the field of preventive cardiology.

On Wednesday, pre-congress sessions will be offered for family doctors, occupational health physicians, school health staff, nurses, physiotherapists, heart foundations and decision makers.

Thursday is the genuine European prevention forum, where all partners will gather around the eight main themes of the Heart Health Charter for broad State of the Art lectures and for update demonstration projects.

Friday and Saturday will be dedicated to in-depth scientific sessions and the presentation of new research. High visibility will be given to the abstract based portion of our scientific programme. The congress includes a Young Investigator Award Session, "Meet the Expert" early morning discussions and Satellite Symposia from our Industry Partners. Among the many novelties, our visitors will find an "ongoing science" session and a Highlight Session at the end of the meeting.

In the Nordic countries visitors appreciate the traditional "Smörgåsbord", a broad variety of delicious small dishes that fits the taste of many, even the most demanding gourmets. EuroPrevent 2009 will prove to be a true scientific Smörgåsbord with the 'Venice of the North' offering her spectacular springtime scenery.

David Wood



Joep Perk



## Committees

### **EACPR Board Member**

David Wood                      EACPR President

### **Congress Programme Committee**

Joep Perk                              Chairperson

### **EACPR Scientific Committee**

Andrzej Rynkiewicz	Co-Chairperson
Dag Thelle	Co-Chairperson
Stephan Gielen	Exercise Physiology
Hein Heidbuchel	Sports Cardiology
Harry Hemingway	Epidemiology & Public Health
Torben Jorgensen	Prevention & Health Policy
Ulf Landmesser	Basic Science
Josef Niebauer	Cardiac Rehabilitation

### **Local Host Committee**

Annika Rosengren  
Birgitta Stegmayr  
Christer Höglund  
Kurt Boman  
Lars Rydén  
Mona Schlyter  
Pelle Johansson  
Per Tornvall  
Åsa Cider  
Roger Höglund

# Scientific Programme

The Programme Committee is currently creating a dynamic programme based on the eight key European Heart Health Charter issues:

- No use of tobacco
- Low blood pressure
- Low blood cholesterol
- Adequate physical activity
- Healthy eating habits
- Prevent obesity
- Normal glucose metabolism
- Avoidance of excessive stress

## The programme will contain:

- **State of the art lectures** by the world's leading experts
- **Ongoing Science:** discussions of recent developments in the various fields of basic science, epidemiology and preventive cardiology
- **Debates:** lively yet balanced discussions on controversial issues
- **Meet the Experts:** sessions geared towards practical management of cardiovascular diseases in daily situations by experts in their field
- **Demonstration Projects** on prevention in practice
- **Symposia:** allow for in-depth discussion of recent developments in the various fields of basic science, epidemiology and prevention cardiology
- **Young Investigators' Session:** oral presentations from our best junior investigators
- **Abstract Sessions:** oral presentations of original scientific contributions
- **Moderated and Poster Sessions:** visual presentations of original scientific contributions
- **Satellite Symposia:** organised by our Industry Partners in the fields of prevention and health policy, epidemiology and public health, cardiac rehabilitation, exercise physiology, sports cardiology and basic science.
- **Commercial exhibits:** the latest products and technologies in preventive cardiology

## Abstract Submission

The Online Services for abstract submission will be open on Wednesday, 17 July 2008. In order to maintain the high standards of quality and to reinforce the message that EuroPREvent is the international scientific event in prevention, we ask that you consider submitting an abstract for the congress.

EuroPREvent web site: [www.escardio.org/EuroPREvent](http://www.escardio.org/EuroPREvent)

The deadline is Wednesday, 19 November 2008, avoid the rush and submit as soon as the online services open.

### Young Investigator's Award session

The best abstracts from junior investigators will be selected for presentation in Stockholm, as part of the Young Investigators' session. All candidates should be less than 35 years of age at the time of the congress and must be willing to present their original work at EuroPREvent 2009.

The selected presenters will receive a certificate and complimentary registration. A panel of experts will judge the competition and select the YIA winner onsite. The winner will receive a €500 prize and the option to publish in the Associations' journal: the European Journal of Cardiovascular Prevention and Rehabilitation.

### EuroPREvent 2009 Poster Prizes

The six best posters per EACPR section (Prevention & Health Policy, Epidemiology & Public Health, Cardiac Rehabilitation, Sports Cardiology, Exercise Physiology and Basic Science) will be selected onsite during the poster sessions. The winners will receive a diploma, a €100 prize and will be announced during the Closing Ceremony on Saturday, 9 May 2009.

### CME Accreditation

EuroPREvent 2009 will be reviewed for accreditation by the European Board for Accreditation in Cardiology (EBAC) for external credits. The accreditation results will be announced via the EuroPREvent website and also in the final programme.



# Scientific Programme

## WEDNESDAY 6 MAY 2009

- 13:00-17:00 **Nordic Sessions** European Heart Health Charter - Building National Alliances  
18:00-20:00 Opening Ceremony and Cocktail at Stockholm City Hall

## THURSDAY 7 MAY 2009

- 08:30-10:00 **Main Session** Living a heart-healthy life: the European Heart Healthy Charter revisited  
11:00-12:30 **State of the Art** Europe – coming out of the smoke?  
**State of the Art** How much pain for cardiac gain?  
**State of the Art** Changing eating habits – the global experiment  
**State of the Art** Blood pressure -how low should we go and how?  
12:45-13:45 **Satellite Symposia and Workshop Sessions**  
14:00-15:30 **State of the Art** Supersized kids – the next generation  
**State of the Art** Lipids – can't live with them, can't live without them  
**State of the Art** Diabetes – old genes in a new environment  
**State of the Art** Psychosocial factors – changing hearts and minds  
16:30-18:00 **Demonstration Project** Prevention in practice I: smoking, stress  
**Demonstration Project** Prevention in practice II: physical activity, blood pressure  
**Demonstration Project** Prevention in practice III: nutrition, lipids  
**Demonstration Project** Prevention in practice IV: obesity, diabetes  
18:15-19:45 **Satellite Symposia and Workshop Sessions**

## FRIDAY 8 MAY 2009

- 08:30-10:00 **Symposium** New challenges and future targets in cardiovascular medicine  
**Symposium** Cardiovascular disease: the role of physical environment  
**Symposium** Cardiac fatigue in overtraining syndrome: myth or reality?  
**Symposium** Strength and endurance training in coronary patients:  
from molecular insights towards clinical application  
11:00-12:30 **Oral Abstract Sessions**  
12:45-13:45 **Satellite Symposia and Workshop Sessions**  
14:00-15:30 **Symposium** Salt reduction in society  
**Meet the Experts** Cases in Sports Cardiology  
**Debate** Improving outcome in symptomatic heart failure: cardiac resynchronisation therapy versus training  
16:30-18:00 **Debate** Genetics will improve prevention  
**Debate** Debates in Sports Cardiology  
**How to Session** How to perform resistance training in cardiac rehabilitation  
**Oral Abstract Session**

## SATURDAY 9 MAY 2009

- 8:30-10:00 **Symposium** Changing the burden of cardiovascular disease  
**State of the Art** Novel frontiers in cardiovascular prevention  
**Oral Abstract Session**  
11:00-12:30 **Symposium** Cardiovascular physiology in different environments – from the sea to the sky  
**Symposium** Challenging comorbidities in Cardiac Rehabilitation  
**Young Investigators' Session**  
12:45-13:45 **Ongoing Science Projects** Open Lunch meetings of the six EACPR sections  
14:00-15:30 **Main Session** Highlight Session  
15:45-16:30 **Main Session** Closing Ceremony

The standard registration fee entitles delegates to the following:

- Entry to all scientific sessions and exhibition
- Opening Ceremony and City Reception on Wednesday, 6 May 2009 at Stockholm City Hall
- Coffee breaks in the Poster and Exhibition

Abstract Submission Deadline:  
**19 November 2008**

Early Fee Deadline: **11 February 2009**

Pre-Registration Deadline: **8 April 2009**

Delegate Fee	Until 11 February 2009	From 12 February 2009	Onsite
Standard	€ 520	€ 595	€ 695
EACPR Member	€ 480	€ 560	€ 695
Allied Health Professional*	€ 275	€ 275	€ 275
Local Resident ** Wednesday	€ 90	€ 90	€ 90
Local Resident** Wednesday - Thursday	€ 275	€ 275	€ 275
Local Resident** Wednesday - Saturday	€ 520	€ 595	€ 695
Accompanying Person***	€ 90	€ 90	€ 90
<b>Day Tickets</b>			
Wednesday, 6 May	N/A	N/A	€ 250
Thursday, 7 May	N/A	N/A	€ 250
Friday, 8 May	N/A	N/A	€ 250
Saturday, 9 May	N/A	N/A	€ 250

\* Nurse, technician: Please enclose a letter from your director verifying your status.

\* Student: Please provide a copy of your student card.

\*\* Local Resident: Please provide a copy of your passport or I.D. for proof of Nordic residency (Denmark, Finland, Iceland, Norway and Sweden).

\*\*\* Registration fee includes 1 excursion.

Online registration via 'My ESC' is available on our website: [www.escardio.org/EuroPrevent](http://www.escardio.org/EuroPrevent)

For further information, please contact the ESC Registration Department: [europreventregistration@escardio.org](mailto:europreventregistration@escardio.org)

### Payment of fees

Payment can be made in Euro by credit card, bank transfer or cheque. Euro and SEK (cash) will be accepted on site.

### EACPR Journals

Subscription to the European Journal of Cardiovascular Prevention & Rehabilitation is included in standard registration fees.

## Hotel Accommodation

The ESC has reserved rooms in various price category hotels in Stockholm from 6 – 9 May 2009. All other dates are upon request and subject to hotels' room availability. Bookings are handled on a 'first come first-served basis'.

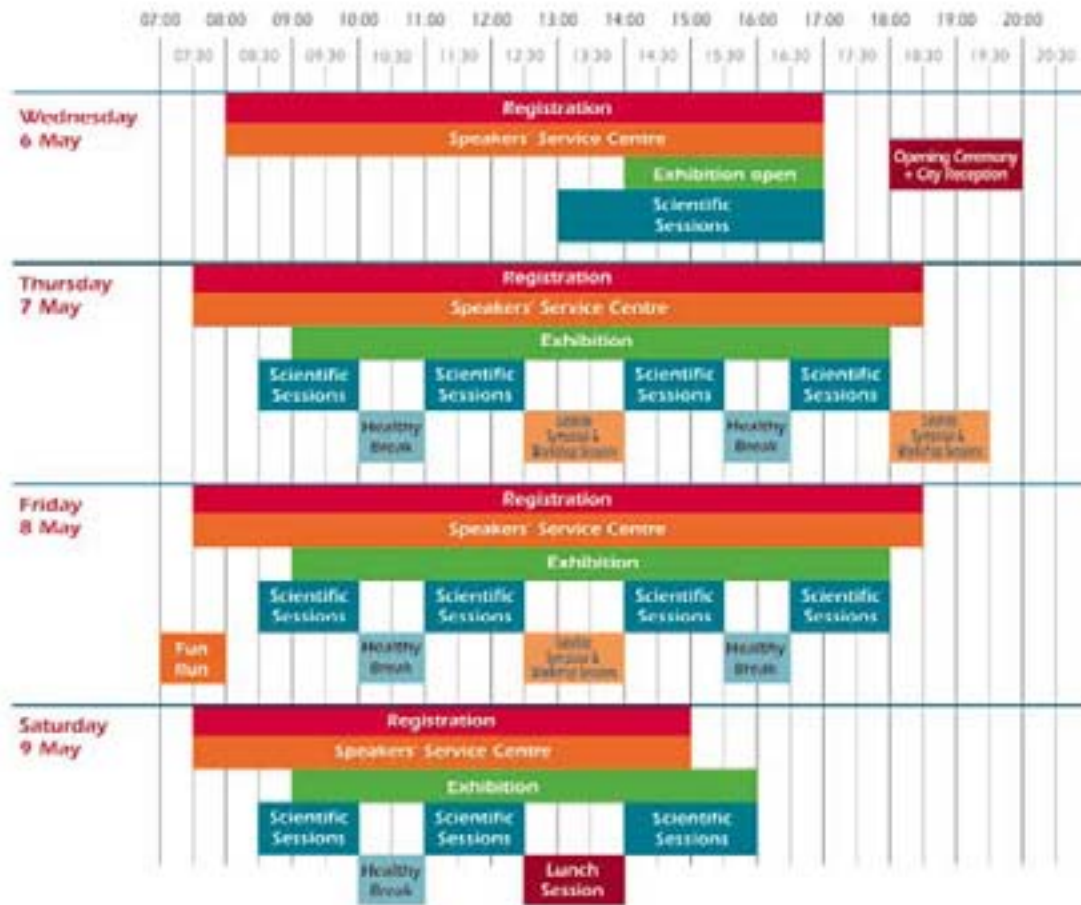
### Individual Bookings:

Detailed information concerning the available hotels will be listed on the Official EuroPrevent website as from August 2008: [www.escardio.org/EuroPrevent](http://www.escardio.org/EuroPrevent)

### Group Bookings:

For group bookings, please send your request by email as soon as possible to [europreventhotels@escardio.org](mailto:europreventhotels@escardio.org)

# Congress Schedule



## Opening Hours\*

\*Times are subject to change

	Wednesday 6 May	Thursday 7 May	Friday 8 May	Saturday 9 May
Registration	08:00 – 17:00	07:30 – 18:30	07:30 – 18:30	07:30 – 15:00
SSC	08:00 – 17:00	07:30 – 18:30	07:30 – 18:30	07:30 – 15:00
Exhibition	14:00 – 17:00	09:00 – 18:00	09:00 – 18:00	09:00 – 16:00



## General Information

### Venue

Stockholmsmässan  
SE-125 80 Stockholm  
Sweden  
[www.stockholmsmassan.se](http://www.stockholmsmassan.se)

### Secretariat

ESC – EuroPrevent 2009  
2035 Route des Colles  
BP 179 – Les Templiers  
06903 Sophia Antipolis Cedex  
France

For **General Information**, please contact:

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The building is fully accessible to disabled people.

### Language

The official language is English. All lectures and presentations will be held in English. No translation is available.

# City Information

## Stockholm

Discover a city like no other - a city built on 14 islands, where you are never far from the water. Well-preserved medieval buildings stand alongside modern architecture. Stockholm is also home of the Nobel Prize. And just outside the city, the archipelago of 24 000 islands is waiting to be explored.

Stockholm is one third water, one third green belt and one third city. The island of Djurgården, the world's first National City Park, is only a short walk from the pulse of the inner city. Stockholmers and visitors alike come here to relax in the leafy shade and rest their eyes on greenery.

Stockholm is a city of contrasts - water and islands, history and innovation, small town and big city, short winter days and long, light summer nights - with a dazzling array of impressions. Thanks to the city's compact size, you can see and do most things in a short space of time - which makes it a perfect destination for city breaks or longer stays, all the year round.

In Sweden, the seasons are another contrast. Light summer nights when the sun barely dips below the horizon and short, snowy winter days. Because the city changes with every season and there is always something special to do, Stockholm is worth visiting at any time of year.

## Gastronomy

As in many other regions of the world, interest in cooking and in the pleasures of fine dining has absolutely exploded in Sweden. Television, radio, and newspapers are filled with recipes and in-depth articles about the culinary arts. Chefs are praised to the skies and accorded the same status as beloved cultural icons. Given their small population, probably no other country in the world publishes as many cookbooks as does Sweden.

## Healthy Living

The climate in Sweden is relatively mild, despite the country's northern latitude, and conducive to outdoor activity for much of the year. The landscape is beautiful and inviting, with gently rolling hills, open spaces, glacial lakes, mountains, and forests. Sweden's culture of physical fitness and government incentives for work/life balance combine to make it one of the healthiest countries on Earth.

The United Nations ranks Sweden number five in its Human Development Index, which measures a country's overall quality of life. And Swedish citizens can expect to live 80.51 years, fifth highest in the world, and life expectancy continues to rise.

## City Reception

The City Hall of Stockholm is one of the most beautiful and well known buildings in the world and the most exclusive ballroom in Stockholm, frequently used for e.g. the yearly Nobel Banquet. Behind the brick walls, several different activities take place.

The City Hall is known for its hospitality, its unique art treasures, magnificent banquettes and an intriguing history attracting close to 400,000 visitors a year. The city of Stockholm and the EuroPrevent 2009 Committee will be pleased to welcome you to a 'Welcome Reception' immediately after the Nordic Sessions on Wednesday, 6 May 2009 in the Stockholmsmassan. Transportation will be organised from the congress centre to the City Hall.



## Transport



Lufthansa and Star Alliance™ are pleased to be appointed as the Official Airline Network for EuroPrevent 2009.

To obtain the Star Alliance™ Conventions Plus discount, please contact your local Star Alliance Member quote the following Event Code OS06A01 and submit proof of attending the Event.

When making your travel plans please ensure that the Event Code is listed on your ticket.

For further information about Star Alliance Members please visit: [www.staralliance.com/conventionsplus](http://www.staralliance.com/conventionsplus)

\*Participating airlines for this event: Air Canada, Air China, Air New Zealand, ANA, Asiana Airlines, Austrian Airlines, BMI, LOT Polish Airlines, Lufthansa, Scandinavian Airlines, Shanghai Airlines, Singapore Airlines, South African Airways, Spanair, Swiss, TAP AIR Portugal, Thai Airways International, Turkish Airlines, United and US Airways.

## Fun Run

Start your day by joining your fellow colleagues with the EuroPrevent 2009 Fun Run, a 5km jog from the congress centre on Friday, May 8.

The run will commence at 07:00 sharp from the Stockholmsmassan and a nominal fee of €10 will be charged for enrolment. To enrol for your place on the official EuroPrevent 2009 Fun Run, simply visit the Fun Run booth from Wednesday 6 May, located near the Registration Area where you can collect your T-shirt and Fun Run registration number.

For additional information concerning the logistics of this event, please contact [europrevent@escardio.org](mailto:europrevent@escardio.org)



European Association for Cardiovascular  
Prevention and Rehabilitation

A Registered Branch of the ESC

# EACPR

Join our platform of more than 1500 scientific  
experts in various subspecialties:

Basic Science  
Cardiac Rehabilitation  
Epidemiology & Public Health

Exercise Physiology  
Prevention & Health Policy  
Sports Cardiology

**APPLY NOW!**

**Membership benefits include:**

- Special fees for EuroPREvent congress registration and journal subscription (EJCPR)
- Lifestyle & CVD Literature and quarterly E-Newsletters
- Access to all ESC membership benefits

[www.escardio.org/EACPR](http://www.escardio.org/EACPR)



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