



**EAPC**  
European Association  
of Preventive Cardiology  
 European Society of Cardiology

**Cardiovascular Prevention and Rehabilitation  
Course**  
**Baku, Azerbaijan, 4-5 May 2024**



**Azerbaijan  
Society of  
Cardiology**

**Course directors: Ana Abreu (ESC, EAPC) and Rahima Gabulova (Azerbaijan Society of Cardiology (ASC))**

<b>DAY 1</b>	
<b>9:00 - 9:30</b>	<b>Welcome Address, Introduce Lecturers Rahima Gabulova (Prevention Group of ASC), Ana Abreu (ESC, EAPC), Ulvi Mirzoyev (President of ASC)</b>
<b>Moderators</b>	<b>Ana Abreu (ESC, EAPC), Uzeyir Rahimov (ASC), Ulvi Mirzoyev (ASC)</b>
<b>9:30 - 10:00</b>	<b>Lifestyle modification to prevent CVD: Physical Activity, Nutrition, Smoking cessation, Stress and Sleep management - Ana Abreu (ESC, EAPC) and R. Gabulova (ASC)</b>
<b>10:00 – 10:30</b>	<b>Gender-related aspects of CV prevention - Mukhtarkhanova Dilyara (Kazakhstan)</b>
<b>10.30-11.00</b>	<b>Strategies for Smoking cessation: What do doctors need to know? - Isayev E. (ASC)</b>
<b>11:00 – 11:30</b>	<b>Coffee break</b>
<b>Moderators</b>	<b>Maryam Kavousi (ESC, EAPC), Tundybayeva Mira (Kazakhstan), Farid Aliyev (ASC)</b>
<b>11.30 – 12.00</b>	<b>Aggressive lipid lowering. Rusudan Agladze (Georgia)</b>
<b>12:00 – 12:30</b>	<b>Lipoprotein(a): a new marker in CVD management with clinical impact? - Barış Güngör (Turkiye)</b>
<b>12:30 - 13:00</b>	<b>Management of obesity to prevent CV and metabolic risk: new approaches - Maryam Kavoushi (ESC, EAPC)</b>
<b>13:00 – 13:30</b>	<b>Nutritional therapy in patients with CVD: What is new? – Emil Hidayatli (ANDOP, Azerbaijan)</b>
<b>13:30 - 14:30</b>	<b>LUNCH</b>
<b>Moderators</b>	<b>Ana Abreu (ESC, EAPC), Maryam Kavousi (ESC, EAPC), Dominique Hansen (ESC, EAPC)</b>

<b>14:30 – 15:30</b>	<b>Discussion based on clinical cases: prevention implementation in practice</b>
<b>15:30 - 16:00</b>	<b>Wrap up</b>
<b>DAY 2</b>	
<b>Moderators</b>	<b>Tofik Cahangirov (ASC), Dominique Hansen (ESC, EAPC), Fuad Samedov (ASC)</b>
<b>9:00 - 9:30</b>	<b>Approaching the patient with multimorbidity: Diabetes, CKD and heart failure - Maryam Kavousi (ESC, EAPC)</b>
<b>9:30 – 10:00</b>	<b>Arterial hypertension as a major cardiovascular risk factor. What are the BP targets in different populations? – Maryna Dolzhenko (Ukraine)</b>
<b>10:30 – 11:00</b>	<b>New pharmacological treatments for diabetes and chronic kidney disease: GLP-1 receptor agonists, SGLT-2 inhibitors and nonsteroidal aldosterone antagonists – Baris Gungor (Turkiye)</b>
<b>11:00 - 11:30</b>	<b>Coffee break</b>
<b>Moderators</b>	<b>Ana Abreu (ESC, EAPC), Rahima Gabulova (ASC), Zviad Kipiani (Georgia)</b>
<b>11:30- 12:00</b>	<b>How to start up cardiac rehab? How to optimize a CR program according to standards? – Dominique Hansen (ESC, EAPC)</b>
<b>12:00-12:30</b>	<b>Cardiac Rehabilitation Programs for Heart Failure: CV risk factors and comorbidities control, education and counselling, pharmacological treatment optimization and adherence – Roberto Pedretti (ESC, EAPC)</b>
<b>12:30 – 13:00</b>	<b>General principles of exercise prescription: aerobic, resistance and inspiratory muscles training Dominique Hansen (ESC, EAPC)</b>
<b>13.00 – 13.30</b>	<b>Cardiopulmonary Exercise Test in Heart failure - Roberto Pedretti (ESC, EAPC)</b>
<b>13:30 – 14:30</b>	<b>LUNCH</b>
<b>Moderators</b>	<b>Firdovsi İbrahimov (ASC), Baris Gungor (Turkiye), Maryna Dolzhenko (Ukraine)</b>
<b>14:30 - 15:30</b>	<b>Discussion based on clinical cases: prevention implementation in practice</b>
<b>15:30 - 16:00</b>	<b>Knowledge evaluation and attendance certificates delivery</b>