



XI
INTERNATIONAL
EDUCATIONAL FORUM
“RUSSIAN HEART DAYS”

APRIL 19–20, 2024

ALMAZOV NATIONAL MEDICAL RESEARCH CENTRE
(ST. PETERSBURG, AKKURATOVA ST., 2, METRO STATION “UDELNAYA”)



RUSSIAN
SOCIETY
OF CARDIOLOGY

DEAR COLLEAGUES!

I am glad to welcome the participants of the XI International Educational Forum "Russian Heart Days"!

The interactive program of the Forum will include an overview of new Russian and International clinical recommendations. The format of the event involves the presentation of clinical cases, as well as lectures about modern problems of cardiology from leading Russian specialists.

The event will consider issues related to new recommendations about chronic heart failure, arterial hypertension, infective endocarditis, acute coronary syndrome and cardiomyopathies. As always, complex clinical situations in comorbid patients will be discussed. Also, leading Russian experts will discuss problems related to the use of innovative methods of surgical and therapeutic treatment of cardiovascular diseases.

We hope that the program will be interesting for a wide range of specialists and students.

We look forward to seeing you in St. Petersburg!



Chairman of the scientific committee:

Academician of the
Russian Academy
of Sciences
Shlyakhto E.V. (Russia)

Chairman of the scientific committee: Academician of the Russian Academy of Sciences Shlyakhto E.V. (Russia)

Scientific Committee:

Prof. O.O. Bolshakova (St. Petersburg)

Academician of the Russian Academy of Sciences

Konradi A.O. (St. Petersburg)

Prof. Nedoshivin A.O. (Russia)

The Forum will be held on April 19-20, 2024 in a hybrid format.

Offline format: Almazov National Medical Research Centre (St. Petersburg, Akkuratova St., 2, metro station "Udelnaya")

Online format: www.scardio.ru

April 19, Friday

08:00-17:00 — registration of Forum participants

08:00-18:30 — work of the exhibition exposition.

Virtual exhibition on the site www.scardio.ru

09:00-10:30 — satellite symposiums

10:30-11:00 — break

11:00-11:30 — Forum opening

11:30-12:30 — plenary session "Cardiovascular diseases and diabetes mellitus"

12:30-13:30 — plenary session "Chronic Heart Failure"

13:30-14:30 — break

14:30-15:30 — plenary session "Cardiomyopathies"

15:30-16:30 — plenary session "Infective endocarditis"

16:30-17:00 — break

17:00-18:30 — satellite symposiums

April 20, Saturday

08:15-11:00 — registration of Forum participants

08:15-16:30 — work of the exhibition exposition.

Virtual exhibition on the site www.scardio.ru

09:00-10:30 — satellite symposiums

10:30-11:00 — break

11:00-12:00 — plenary session "Acute coronary syndrome"

12:00-13:00 — plenary session "Arterial hypertension"

13:00-13:30 — break

13:30-14:30 — plenary session "Atrial Fibrillation"

14:30-15:30 — reports of young scientists

15:30-16:00 — final lecture

16:00-16:30 — Forum closing, award ceremony of young scientists.

GENERAL INFORMATION

Registration

Entrance to all sessions and exhibition is free after registration. Registration of all participants is mandatory. Each participant receives a personal badge upon registration, which is considered a pass to all scientific sessions of the Forum and the exhibition as well.

Forum materials

Each participant can purchase a portfolio with information materials of the Forum — 2000 rubles (for RSC members — 1500 rubles).

Information materials of the Forum are provided free of charge to RSC Board members, chairmen of scientific sessions, speakers, and young scientists who receive travel grants.

Information for speakers

Presentations of reports on electronic media should be given to the PC operator in the conference hall no later than 20 minutes before the start of the report.

Exhibition

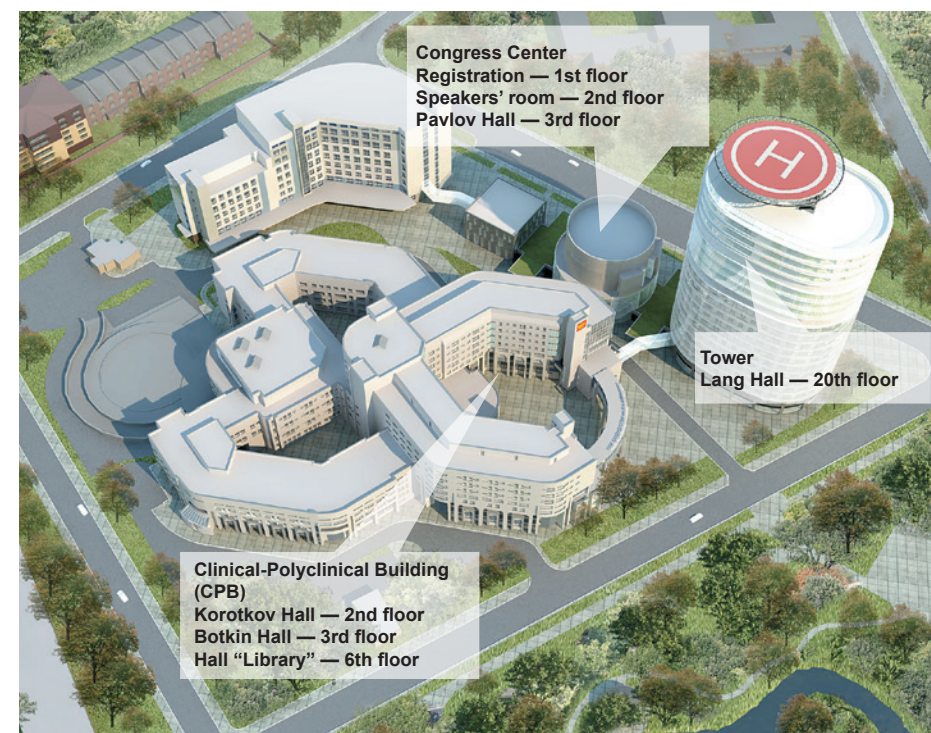
Exhibition exposition of medicines, diagnostic and therapeutic equipment, medical specialized publications will be presented daily in the lobby of the Congress Center (1st floor).

Virtual exhibition at www.scardio.ru.

Travel certificates

The mark of travel certificates and the issuance of financial documents to delegates will be carried out in the lobby of the Congress Center at the registration desk (1st floor) during the Forum.

HALLS LAYOUT



**09:00–10:30
Pavlov Hall**

Symposium
“Analyzing approaches to managing patients with ACS in 2024: highlighting non-obvious details”
 (supported by AstraZeneca, NMO points are not awarded).

Chairman Boytsov S.A. (Moscow)

09:00-09:30

Karpov Y.A. (Moscow). How not to overestimate hemorrhagic risk: choosing P2Y12-inhibitor.

09:30-10:00

Khasanov N.R. (Kazan). What are the significant differences in the management of patients with ACS on PCI and conservative tactics?

10:00-10:30

A.N. Yakovlev (St. Petersburg). When is it time NOT to cancel P2Y12-inhibitor therapy?

**09:00–10:30
Lang Hall**

Symposium
**“Uniting two capitals.
Data of real clinical practice of “Inclisiran”**
 (supported by Novartis, NMO points are not awarded).
 Uniting two capitals.

**Chairmen: E.V. Shlyakhto (St. Petersburg),
S.V. Nedogoda (Volgograd)**

09:00-09:30

Nedogoda S.V. (Volgograd). Modern possibilities of lipid-lowering therapy.

09:30-10:00

Polyakova E.A. (St. Petersburg). Practical aspects to the management of patients with lipid metabolism disorders according to Clinical Recommendations.

10:00-10:30

Sapina A.I. (Moscow). Inclisiran in Moscow healthcare: what have we seen in real practice?

**09:00–10:30
Korotkov Hall**

Medical Symposium
“Multifaceted pulmonary arterial hypertension: from early diagnosis to optimal therapy strategies”
 (supported by Johnson & Johnson, NMO points are not awarded).

Chairman Moiseeva O.M. (St. Petersburg)

09:00-09:20

Tsareva N.A. (Moscow). Multidisciplinary approach in PAH diagnosis — the way to successful therapy.

09:20-09:40

Moiseeva O.M. (St. Petersburg). Modern algorithms of PAS-specific therapy: focus on combined therapy.

09:40-10:00

Goncharova N.S. (St. Petersburg). The role of prostacyclin pathway drugs in the modern paradigm of PAH treatment.

10:00-10:20

Filippov E.V. (Ryazan). PAH therapy: special situations in real clinical practice.

10:20-10:30

Discussion, answers to questions.

**09:00–10:30
Botkin Hall**

Symposium
“At the junction of atherosclerotic epochs”
 (supported by “Aegis” company, NMO points are not awarded).

Chairman Gurevich V.S. (St. Petersburg)

09:00-09:15

Gurevich V.S. (St. Petersburg). Dyslipidemia 2024: current situation.

09:15-09:30

Alieva A.S. (St. Petersburg). Modern approaches to identification and correction of lipid metabolism disorders.

09:30-09:45

Akhmedjanov N.M. (Moscow). What do we have in our luggage?

09:45-10:00

Obrezan A.G. (St. Petersburg). What is necessary for success?

10:00-10:30

Discussion and answers to questions.

09:00–10:30
Library hall

Symposium “Interdisciplinary problems of comorbidity in cardioneurology”
(supported by “Berlin-Chemie” company, NMO points are not awarded).

Chairperson Villevalde S.V. (St. Petersburg)

09:00–09:45

Janishevsky S.N. (St. Petersburg). A comorbid patient. There are many complaints — there are few solutions: how not to be deceived?

09:45–10:30

Villevalde S.V. (St. Petersburg). Arterial hypertension and dizziness: a cardiologist’s view of the problem.

09:00–10:30
Online hall

Symposium
“In focus — a patient with cardiovascular risk! From endothelial dysfunction to coronary heart disease. Practical possibilities of modern therapy”
(supported by Grindex, NMO points are not awarded).

Chairman: A.O. Nedoshivin (St. Petersburg)

09:00–09:20

Mikhin V.P. (Kursk). Endothelial dysfunction as the main predictor of coronary heart disease. What’s new?

09:20–09:40

Statsenko M.E. (Volgograd). Metabolic cardioprotectors — practical possibilities of cardiovascular risk correction.

09:40–10:00

Nedoshivin A.O. (St. Petersburg). Myocardial cytoprotection in the treatment of patients with coronary heart disease — theory and practice.

10:30–11:00

BREAK

11:00–11:30
Pavlov Hall

FORUM OPENING

Chairman Shlyakhto E.V. (St. Petersburg)

11:00–11:05
11:05–11:30

E.V. Shlyakhto (St. Petersburg). Greeting of participants.
E.V. Shlyakhto (St. Petersburg). Cardiometabolic risk in real clinical practice: assessment and ways to solve the problem.

11:30–12:30
Pavlov Hall

PLENARY SESSION
“Cardiovascular diseases and diabetes mellitus”.

Chairmen: T.L. Karonova (St. Petersburg), S.V. Nedogoda (Volgograd).

11:30–11:50
11:50–12:15

Karonova T.L. (St. Petersburg). Clinical case.
Nedogoda S.V. (Volgograd). What do recommendations tell us?
Discussion.

12.15–12.30

12:30–13:30
Pavlov Hall

PLENARY SESSION
“Chronic Heart Failure”.

Chairmen: Sitnikova M.Y. (St. Petersburg), Lopatin Y.M. (Volgograd).

12:30–12:50
12:50–13:20

Sitnikova M.Y. (St. Petersburg). Clinical case.
Lopatin Y.M. (Volgograd). What do recommendations tell us?
Discussion.

13:20–13:30

13:30–14:30

BREAK

**14:30–15:30
Pavlov Hall**

**PLENARY SESSION
“Cardiomyopathies”**

**Chairmen: A.A. Kostareva (St. Petersburg),
D.A. Zateishchikov (Moscow).**

**14:30-14:50
14:50-15:30**

Kostareva A.A. (St. Petersburg). Clinical case.
Zateishchikov D.A. (Moscow). What do
recommendations tell us?

15:20-15:30

Discussion.

**15:30–16:30
Pavlov Hall**

**PLENARY SESSION
“Infective endocarditis”**

**Chairmen: Villevalde S.V. (St. Petersburg),
Barbukhatti K.O. (Krasnodar).**

**15:30-15:50
15:50-16:20**

Villevalde S.V. (St. Petersburg). Clinical case.
Barbukhatti K.O. (Krasnodar). What do recommendations
tell us?

16.20-16.30

Discussion.

16:30-17:00

BREAK

**17:00–18:30
Pavlov Hall**

**Symposium
“Improving prognosis in comorbid patients with CHF:
Do we use all the opportunities?”**
(supported by AstraZeneca, NMO points are not
awarded).

**Chairman E.V. Shlyakhto (St. Petersburg)
(jointly with RSC)**

Discussion moderator Lopatin Y.M. (Volgograd)

17:00-17:25

Khasanov N.R. (Kazan). Lessons from the DELIVER
study: How did it all start?

17:25-17:50

Lopatin Y.M. (Volgograd). News of the conciliatory
documents about CHF therapy.

17:50-18:15

Villevalde S.V. (St. Petersburg). The pitfalls of managing
a comorbid patient with CKD and hypertension.

18:15-18:30

All the experts. Panel discussion.

**17:00–18:30
Lang Hall**

**Symposium
“How to beat two sisters of cardiovascular risk?”**
(supported by Abbott Laboratories LLC, NMO points not
awarded)

Chairman Conradi A.O. (St. Petersburg)

17:00-17:25

Konradi A.O. (St. Petersburg). SNS activity and
metabolic syndrome. Do we take everything into account
in treatment and prevention?

17:25-17:50

Panov A.V. (St. Petersburg). CHD and metabolic
syndrome: the role of hypotriglyceridemia.

17:50-18:15

Alieva A.S. (St. Petersburg). Hypertriglyceridemia from
the position of lipidologist: complex issues of diagnostics
and treatment.

18:15-18:30

Discussion, Q&A.

**17:00–18:30
Korotkov Hall**

**Symposium
“Myths and legends of current arrhythmology:
focus on atrial fibrillation”**
(supported by Telerapharma, NMO points are not
awarded)

Chairman D.S. Lebedev (St. Petersburg)

17:00-17:30

Garkina S.V. (St. Petersburg). Is it possible to choose
an effective and safe antiarrhythmic therapy for a patient
with AF on an outpatient basis?

17:30-18:00

Tarasov A.V. (Moscow). Is remote monitoring the key
to safe antiarrhythmic therapy?

18:00-18:30

Chernova A.A. (Krasnoyarsk). How does antiarrhythmic
AF therapy work in real clinical practice?

**17:00–18:30
Botkin Hall**

Symposium
**“How to find an individual approach to a patient
 with cardiovascular diseases within the framework
 of clinical recommendations”**

(supported by AKRIHIN, NMO points are not awarded)

**Chairmen: Y.N. Belenkov (Moscow),
 G.P. Arutyunov (Moscow).**

17:00-17:20

Arutyunov G.P. (Moscow). The four facets of CHF
 quadrotherapy.

17:20-17:40

Belenkov Y.N. (Moscow). What do the 2023 clinical
 guidelines tell us about an individual approach to the
 treatment of hypertension?

17:40-18:00

Gurevich V.S. (St. Petersburg). Universality of strategy
 and personalization of hypolipidemic therapy tactics.

18:00-18:20

Sitnikova M.Y. (St. Petersburg). Strategy and pitfalls
 of diuretic therapy at the outpatient stage.

18:20-18:30

Discussion and answers to questions.

**17:00–18:30
Library hall**

Discussion (interdisciplinary) round table
“Rare and uncommon conditions in cardiology”

(supported by Pfizer, NMO points are not awarded).

Moderator A.L. Komarov (Moscow)

17:00-17:05

A.L. Komarov (Moscow). Opening remarks.

17:05-17:25

A.L. Komarov (Moscow). Comorbidity as an important
 factor in decision making on treatment of a patient with AF.

17:25-17:45

Janishevsky S.N. (St. Petersburg). Cardiologic
 disease — neurologic complications. What role does a
 neurologist play in an alliance with a cardiologist?

17:45-18:05

Moiseeva O.M. (St. Petersburg). Cardiac amyloidosis.
 How not to miss in real clinical practice?

18:05-18:25

Komarov A.L. (Moscow), **Yanishevsky S.N.**,
Moiseeva O.M. (St. Petersburg). Discussion “How to
 ensure interdisciplinary approach to patient management”.

18:25-18:30

Komarov A.L. (Moscow). Closing speech.

**17:00–18:30
Online hall**

Satellite symposium
**“Possibilities of effective therapy of polymorbid
 patient with CHF: clinical approaches, drug
 provision”**

(supported by Novartis, NMO points are not awarded).

Chairman Tyrenko V.V. (St. Petersburg)

17:00-17:25

Sitnikova M.Y. (St. Petersburg). Treatment is not worth
 waiting for: where to put a comma in the therapy of AH
 and HFpEF?

17:25-17:50

Novikova T.N. (St. Petersburg). Updating of therapeutic
 principles in the treatment of polymorbid patients with
 CHF.

17:50-18:15

Tyrenko V.V. (St. Petersburg). Regional opportunities:
 experience of the northern capital in improvement
 of drug provision of patients with CHF.

18:15-18:30

Discussion. Answers to questions.

09:00–09:40 Lang Hall	<p>Symposium “Rhythm control in the treatment of FP/TP: in search of a better solution” (supported by R-Pharm, NMO points are not awarded).</p> <p>Moderator Lebedev D.S. (St. Petersburg)</p>	09:20-10:00	<p>Kostin A.V. (Moscow). Polymer-free technologies of modern coronary stents: evolution vector or another compromise (supported by Stentex Company, NMO points are not awarded).</p>
09:00-09:20	<p>Garkina S.V. (St. Petersburg). Rhythm under control: how to get out of the captivity of stereotypes in FP/TP treatment?</p>	10:00-10:20	<p>Zubarev D.D. (St. Petersburg). What is modern PCI today?</p>
09:20-09:40	<p>Duplyakov D.V. (Samara). On the way to the goal. Cardioversion as a way of rhythm control in FP. What should a practicing physician take on board?</p>	10:20-10:30	Discussion, answers to question
09:45–10:30 Lang Hall	<p>Symposium “Time of the first: new perspectives in the treatment of idiopathic recurrent pericarditis” (supported by R-Pharm, NMO points are not awarded).</p>	09:00–10:30 Library hall	<p>Symposium “Solutions for the treatment of complex coronary artery diseases” (supported by Lepu Medical, NMO points are not awarded).</p> <p>Moderator Lily, PCI Product Manager, Lepu Medical (China)</p> <p>Synchronic translation</p>
09:45-10:05	<p>Moiseeva O.M. (St. Petersburg). Idiopathic recurrent pericarditis: what do we know about the problem today?</p>	09:00–10:30	<p>Symposium “Hypertension Management: achieving a goal on the horizon” (supported by Nizhpharm, NMO points are not awarded)</p>
10:05-10:30	<p>Myachikova V.Y. (St. Petersburg). Idiopathic recurrent pericarditis: the path from differential diagnosis to correct treatment.</p>	Онлайн-зал	<p>Chairman Conradi A.O. (St. Petersburg)</p>
09:00–10:30 Botkin Hall	<p>Symposium “An up-to-date view at the technology of percutaneous coronary interventions” (NMO points are not awarded).</p> <p>Chairman: A.A. Prokhorikhin (St. Petersburg).</p>	09:00-09:45	<p>Konradi A.O. (St. Petersburg). Modern strategy of blood pressure control: the lower the better?</p>
09:00-09:20	<p>Prokhorikhin A.A. (St. Petersburg). Coronary stent technology: has the ceiling been reached yet?</p>	09:45-10:30	<p>Obrezan A.G. (St. Petersburg). Antihypertensive therapy in diabetes mellitus and chronic kidney disease.</p>
		10:30-11:00	BREAK

**11:00–12:00
Pavlov Hall**

**PLENARY SESSION
“Acute Coronary Syndrome”**

Chairman A.N. Yakovlev (St. Petersburg)

**11:00-11:20
11:20-11:50**

Zubarev D.D. (St. Petersburg). Clinical case
Yakovlev A.N. (St. Petersburg). What do
recommendations tell us?
Discussion.

11:50-12:00

**12:00–13:00
Pavlov Hall**

**PLENARY SESSION
“Arterial hypertension”.**

**Chairmen: Konradi A.O. (St. Petersburg),
Baranova E.I. (St. Petersburg).**

**11:50-12:10
12:10-12:40**

Baranova E.I. (St. Petersburg). Clinical case
Konradi A.O. (St. Petersburg). What do
recommendations tell us?
Discussion.

12.40-13.00

13:00-13:30

BREAK

**13:30–14:30
Pavlov Hall**

**PLENARY SESSION
“Atrial Fibrillation”**

**Chairmen: E.N. Mikhailov (St. Petersburg),
R.E. Batalov (Tomsk).**

13:30-13:55

Batalov R.E. (Tomsk). Personalized approach to the
treatment of patients with atrial fibrillation”

13:55-14:20

Mikhailov E.N. (St. Petersburg). Conservative and
interventional tactics in atrial fibrillation.

14:20-14:30

Discussion.

**14:30–15:30
Pavlov Hall**

Reports of young scientists

Moderator Baranova E.I. (St. Petersburg)

14:30-14:42

O.Y. Aidumova (Samara). Prediction of adverse
outcomes within 12 months in patients over 70 years of
age with myocardial infarction, taking into account senile
asthenia syndrome.

14:42-14:54

Vaisman Y.D. (Moscow). Obstructive sleep apnea in
patients with bradyarrhythmias.

14:54-15:06

Kuznetsov I.V. (Moscow). Metabolomic profiling as a
predictor of unfavorable prognosis in patients with arterial
hypertension complicated by chronic heart failure.

15:06-15:18

Nekrasova, E.V. (St. Petersburg). Regulation of ApoA-I
expression and its involvement in macrophage migration:
a role in atherogenesis.

15:18-15:30

Filatova, A.Y. (Moscow). Immunological and biochemical
markers of systemic inflammation in CHpEF: relationship
with the prognosis of the disease.

**15:30–16:00
Pavlov Hall**

Final lecture.

Uspensky V.E. (St. Petersburg). Aortic diseases:
modern state of the problem.

**16:00–16:30
Pavlov Hall**

**FORUM CLOSING,
AWARDING OF YOUNG SCIENTISTS**