

Cardiology Update Davos 2019

A Comprehensive ESC Postgraduate Course of Today's Cardiovascular Medicine

For the twenty-second time the *Cardiology Update Davos*, a traditional postgraduate course on cardiovascular medicine, took place on 16–20 February 2019, again supported by the *European Society of Cardiology*.

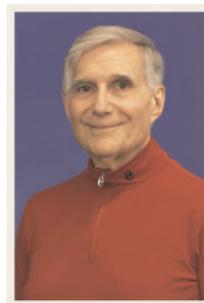
Hugo Katus trained with Edgar Haber at the Massachusetts General Hospital in Boston, USA. He chose to work on a new myocardial protein and went on to demonstrate the importance of plasma tropon-



The 5-day postgraduate course started with an impressive *Paul Lichtlen Lecture*, commemorating the founder of the postgraduate course from Hannover Medical University.

This year's nominee was Hugo Katus from Heidelberg, Germany. The story of troponin, is the story of Hugo Katus' career and a paradigmatic model of translational research. Starting from the bench with a protein suspected to be important in cardiac disease up to a diagnostic assay currently used in all cardiac centres around the world. In the late 1970's

nin levels in a large number of patients with cardiac disorders, then developed an assay in close collaboration with industry, eventually demonstrating its usefulness in the emergency department for patients presenting with chest pain—almost a fairy tale!



The opening session continued with four state-of-the-art lectures on hot topics in cardiology. While troponins are currently established in cardiology practice, anti-inflammatory therapy in atherosclerosis is an evolving field, as outlined by Peter Libby from the Harvard Medical School, Boston. Indeed, while CANTOS and CIRT together showed that activation of NLRP3 and of the interleukins appear to be the crucial inflammatory pathway, the translation of these findings into clinical practice remains currently uncertain as canakinumab is not developed for a cardiovascular indication.

Remote monitoring and digital health will transform medicine in many areas; in particular, for cardiac patients, as outlined by Gerhard Hindricks from Leipzig. Precision medicine will not only use such data but is about to be complimented by genetic information. This will allow for a much more individualized management of patients who survive sudden cardiac death or are at risk for it, as outlined by Geoffrey S. Pitt from Columbia, New York.



Heribert Schunkert from the German Heart Centre in Munich reminded the participants that genetics become increasingly important also in patients with coronary artery disease. Indeed, genetic risk assessment has made impressive progress over the last few years and genetic information can be much more easily obtained at lower costs today than years ago. Thus, precision medicine is certainly the future also in

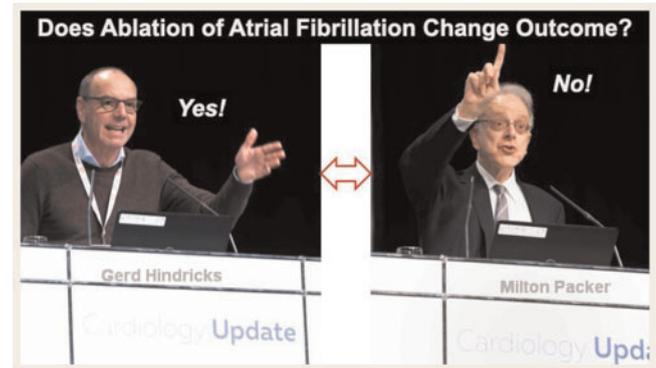
assessing cardiac patients using not only genetic information, digital health, but also biomarkers and other information.

During the remaining 4 days, the entire field of cardiovascular medicine from prevention—including lipids, atherosclerosis, and diabetes—to cardio-oncology, cardiomyopathies, pulmonary artery disease and acute coronary syndromes, as well as arrhythmias and heart failure were covered in this comprehensive course. The educational features included state-of-the-art lectures, meet-the-expert sessions, case-based seminars, as well as satellite symposia. This allowed close contact with key opinion leaders in all fields of cardiology. This interactive format was extensively used and highly appreciated by the attendees of the course.

A particularly attractive feature was the Debate on Ablation of Atrial Fibrillation between Gerd Hindricks from Leipzig and Milton Packer from Dallas. The discussion of the available trials such as CASTLRE-AF and CABANA among others showed that the evidence of a convincing effect of ablation for atrial fibrillation on outcomes is still not completely convincing. The pros and cons of both speakers stimulated the participants to consider indications for the procedure more carefully in the future and the trialists to strive for future trials addressing the outstanding evidence.

The *ESC Guidelines* and their implementation into clinical practice were important topics in several sessions such as the one on

hypertension. The impressive change in target pressure over the course of five decades was extensively discussed by the course director Thomas F. Lüscher together with Giuseppe Mancini from Milan and Mark Pfeffer from Boston. In other sessions, the chairs or task force members of the ESC Guidelines on pregnancy and heart disease, dual



antiplatelet therapy, peripheral vascular disease, and myocardial revascularization nicely illustrated the clinical implications of their recommendations.

A large *poster session* also allowed young cardiologists to present their work and to discuss it with experts in their field during daily session, run by Peter Libby from Boston and Giovanni Camici from Zurich, Switzerland (see duplex photo). The best three posters were awarded research prizes by the scientific committee overseeing the poster session.

Thomas Lüscher and Ruth Amstein hosted the Gala Dinner during the Cardiology Update Davos 2019, providing participants and speakers from prestigious institutions in Europe and the USA with a refreshing interlude to exchange ideas on the highly stimulating course programme of scientific sessions and satellite meetings.

The *Cardiology Update, Davos 2019* was once again a success with over 400 participants from 45 countries and 6 continents—a truly global event summarizing the current status of cardiovascular medicine at the highest level.

Those who missed this important event are invited to watch the *streamed sessions* on the platform of the *Zurich Heart House* <https://www.zh.ch/en/user/login?current=node/959>.



Poster awardees with chairpersons Ronald Binder and Giovanni G. Camici

Chairperson Geoffrey Pitt (L) with presenter Andrea Denegri (R)



Davos Gala Dinner collage

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Audience, Cardiology Update Davos 2019



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Cardiology Update Davos 2019

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