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### **Press Release**

News from the Future Perspectives in Cardiovascular Medicine International Symposium,  
organized in Berlin with unrestricted grant by "Fondazione Internazionale Menarini"

## **Newest advances in cardiovascular health to be discussed in Berlin**

*Current and future role of digital technologies and imaging in cardiovascular health are among the main topics of a Symposium where major experts in the field will gather to discuss new approaches in prevention and treatment of cardiovascular diseases.*

Berlin, October 4th 2018 – Major experts in the field of cardiovascular diseases are going to discuss the most recent advances in cardiovascular imaging, prevention and treatment during the Future Perspectives in Cardiovascular Medicine International Symposium, hosted in Berlin from October 4th to October 6th and organized with unrestricted grant by “Fondazione Internazionale Menarini”. The symposium is co-organized by the Cardiovascular Center in Charité University of Medicine in Berlin, an important spot in the history of cardiovascular medicine because here worked the Nobel laureate Werner Forssmann, who first delivered a catheter to the heart that has opened a new door in management of cardiovascular disease.

The symposium will highlight the current and future role of cardiovascular imaging: “The important implications of multi-modality cardiovascular imaging approaches towards optimized clinical management will be highlighted – says Ulf Landmesser, president of the meeting - We will also discuss the newest methods of vulnerable plaque imaging in vivo, such as MRI, PET, OCT and Near Infrared Spectroscopy, to determine what combination of these techniques can be used best”. Part of the meeting will be devoted to discuss state of the art and future perspectives of cardiovascular medicine, including prevention and management of coronary disease, novel developments in treatment of valvular and structural heart disease, arrhythmia and heart failure. “We will also discuss the important role of big data and digital health in the future approach towards cardiovascular disease - adds Landmesser – Finally, we will explore the need of strategies for prevention of diseases and wellness maintenance: despite major advances in clinical care, cardiovascular disease remains the biggest cause of morbidity and mortality in the population. A targeted approach to identify individuals on accelerated trajectories to cardiovascular event is required: this will include genetic evaluation, as well as use of bio-markers and imaging. To do this, healthcare systems need to embrace the “digital revolution” for measurement of behaviour, assessment of risk factors, monitoring of interventions and risk prediction. The future aim of doctors is going to be “wellness maintenance” and “healthy aging” and not merely disease management”, concludes Landmesser.