

# REPORT ON THE VI EURASIAN CONGRESS OF CARDIOLOGISTS MOSCOW, APRIL 18-19, 2018

The VI Eurasian Congress of Cardiologists took place in Moscow from April 18 to 19, 2018. The Congress was held by the Eurasian Association of Cardiologists with the support of the Ministry of Health of the Russian Federation, the Russian Medical Society for Arterial Hypertension, the Moscow City Society of Cardiologists, the Society of Specialists in Emergency Cardiology, the National Society for the Study of Cardiac Failure and Myocardial Disease, the National Society for the Study of Atherosclerosis, the National Society for Atherothrombosis, as well as by the Eurasian Economic Commission and by all National Societies of Cardiologists of countries of Eurasia.

About 800 of specialists from various regions, territories and districts of the Russian Federation, including 141 cities, took part in the forum, as well as neighboring countries, including Kazakhstan, Uzbekistan, Tajikistan, Turkmenistan, Azerbaijan, Armenia, Georgia, Moldova, Kyrgyz Republic and Belarus. Among the participants are representatives of scientific and educational medical institutions, practicing doctors, heads of medical units of local rank (directors of institutions, chief physicians of hospitals, heads of departments, laboratories), the main specialists of the regions and heads of health departments.

The scientific status of the congress was supported by 10 academicians, 7 corresponding members of the Russian Academy of Sciences, 25 professors, 43 doctors of science and 36 candidates of science. The scientific program of the forum met the requirements of the coordination council for the development of continuous medical education of the Ministry of Health of Russian Federation.

For two days of the congress, a plenary meeting (with broadcasting to the Internet for wider audience coverage) and 21 scientific symposiums were held. All days there was an exhibition of large pharmaceutical companies and manufacturers of medical equipment, book publishers and scientific publications.

The opening of the congress began with a welcoming speech to the participants of the congress by the founder of the Eurasian Association of Cardiologists (EAC), the honorary president of the EAC, academician of the Russian Academy of Sciences, Chazov Ye.I. He noted that at the present time medicine is at such stage of development when it is necessary to apply not only medication, but also to effectively implement instrumental and laboratory methods of research and treatment. Providing modern and effective care to patients is the most essential condition for reducing mortality from cardiovascular diseases. Thus, a network of cardiovascular centers was created to improve the effectiveness of emergency care, expand the introduction of high-tech methods of treatment into the practice of cardiologists. He also expressed confidence that the result of the work of the Congress will be a significant contribution to reducing mortality from cardiovascular diseases.

Karpov V.V. on behalf of the Chairman of the Committee on Health Protection of the State Duma of the Russian Federation came up with a welcoming speech, as well as Prazdnikov E.N. (Vice-President of the Society of Doctors of Russia, Professor, Doctor of Medical Sciences) and Boytsov S.A. (Director of the Federal State Budget Institution "National Medical Center of Cardiology" of the Ministry of Health of Russia, Corresponding Member of the Russian Academy of Sciences) and Dzhusupova D.D. (Chairman of the Board of the Eurasian Economic Commission, Deputy Department of Technical Regulation and Accreditation).

At the plenary session, Chazova I.Ye. (chief freelance specialist cardiologist of the Ministry of Health of Russia, director of the Institute of Clinical Cardiology named after A.L. Myasnikov of the Federal State Budget Institution "National Medical Center of Cardiology" of the Ministry of Health of Russia) made a presentation "Controversial and unresolved issues of diagnostics and treatment of arterial hypertension", Mrochek A.G. (Director of the Russian National Production Center "Cardiology", Academician of the National Academy of Sciences of Belarus) made a presentation "Instrumental methods of treatment of resistant arterial hypertension: the experience of Belarus"; Sarybaev A.Sh. (Deputy Director General of the National Center for Cardiology and Therapy named after M. Mirrakhimov, Chief Cardiologist of the Ministry of Health of the Kyrgyz Republic, professor) made a presentation "High-altitude pulmonary hypertension and northern pulmonary hypertension: what is common and the prospects for research."

The scientific program of the congress was devoted to the modern aspects and achievements of cardiology in the world, new directions in the prevention, diagnosis and treatment of cardiovascular diseases, the development and application of advanced technologies in cardiology and the improvement of the quality of cardiological care for the population. The reports were made by well-known cardiologists, cardiac surgeons, neurologists, endocrinologists, therapists and other specialties from different countries of Europe and Asia.

Several symposiums were devoted to the prevention, diagnosis and treatment of cardiovascular diseases. Modern achievements and prospects of cardiological services of Kazakhstan, Uzbekistan, Tajikistan, Kyrgyzstan were presented. Professor Rakhimov Z.Ya. highlighted the organizational issues of providing cardiac care in Tajikistan: the existing barriers and ways to overcome them. Professor Tundibayeva M.K. spoke about the achievements and perspectives of the cardiological service of Kazakhstan. Candidate of Medical Sciences Grigin V.A. presented a report on the current state of the development of a new direction in cardiology in Russia - telemedicine. Doctor of Medical Sciences Shek A.B. made a presentation "How to prevent vascular aging and atherosclerosis?"

Both days were dedicated to arterial hypertension, several symposiums were devoted to the problems of its diagnosis and various approaches in the treatment of this pathology. On the first day there was a discussion club "Controversial issues of treatment of arterial hypertension. Debate", during which such controversial issues as the target level of blood pressure in arterial hypertension and whether it is necessary to reduce blood pressure below 130/80 mm Hg were discussed, as well as triple fixed combination of antihypertensive drugs and modern views about the importance of CIPAP therapy were the topic of discussion.

On the second day non-drug treatment methods of AH were covered by academician of the Russian Academy of Sciences Chazova I.Ye., as well as topic "masked arterial hypertension" (Professor Oshchepkova E.V.), prevalence of the main risk factors of cardiovascular diseases among residents of the highlands of Kyrgyzstan (Kushubakova N.), diagnostic and tactical errors in the recognition and treatment of symptomatic arterial hypertension of adrenal etiology (Nematzoda O.), the role of endovascular methods in the diagnosis and treatment of patients with AH (MD Danilov N.M).

Currently, the problem of pulmonary arterial hypertension is very urgent, and several symposiums have been devoted to this topic.

One of the symposiums presented the main approaches to the treatment of patients with pulmonary arterial hypertension, pulmonary hypertension due to hypoxia, thromboembolic pulmonary hypertension. Particular emphasis is placed on the role of endothelin receptor antagonists in the practice of PAH treatment. The presentation "Strategies of specific therapy in patients with pulmonary arterial hypertension" was made by the professor, Doctor of Medical Sciences Martyniuk T.V. Mershin K.V., candidate of medical sciences, devoted his report to "the issues of rational diagnostics of chronic thromboembolic pulmonary hypertension". Professor Sarybaev A.Sh. made a report on the adaptation of pulmonary circulation and the right heart in acute and chronic alpine hypoxia: similarities, differences and applied aspects.

A separate symposium was devoted to chronic thromboembolic pulmonary hypertension, where algorithms of treatment of patients with CTEPH were considered. The issues of drug therapy were covered by Professor Martyniuk T.V., and the candidate of medical sciences Mershin K.V. presented problem aspects of surgical treatment of CTEPH. Doctor of Medical Sciences, Danilov N.M. talked in his report about the possibilities of endovascular treatment of CTEPH. Professor Abzaliev K.B. presented an interesting clinical case of successful thromboembolectomy from the pulmonary artery.

Several symposiums were devoted to the gender specific features of the course of cardiovascular diseases. One of the symposium was devoted to cardiovascular diseases, features of anticoagulant use, features of the course of arterial hypertension, heart failure in elderly patients. The reports were made by professor Tkacheva O.N., doctors of medical sciences Kotovskaya Yu.V.

Another symposium highlighted the gender features of epidemiology, the pathogenesis of cardiovascular complications and the syndrome of obstructive sleep apnea. Features of the course of obesity in men and the formation of cardiovascular complications in this category of patients are examined. The data of real clinical practice on the tactics of managing patients with obesity and erectile dysfunction were presented.

The presentation "Features of cardiovascular diseases in men and women" was made by professor Podzolkov V.I. Report of doctor of medical sciences Litvin A.Yu. was devoted to the topic "Male obesity is an important modifiable risk factor". In contrast to men, another symposium focused on women's health, introducing us to the peculiarities of the course of AH in women at different periods of life and determining the risk factors of cardiovascular diseases developing in women of different age groups; adequate therapy of AH in women and correction of other cardiovascular risk factors were proposed. Professor Kislyak O.A. made a report on "AH and other risk factors in adolescent girls and young women". Professor Podzolkov V.I. devoted his report to the features of the course, diagnosis and treatment of AH in women in premenopausal and postmenopausal period.

Attention was paid to such an important problem in cardiology, as a violation of cardiac rhythm. At the symposium, the issues of diagnostics of cardiac rhythm disturbances were discussed (including in pediatric patients), as well as modern methods of treatment of arrhythmias using non-medicinal high-tech techniques, and therapy with the latest antiarrhythmic drugs. Thus, Chasnoyt A.R. presented a report "Strategy for preventing sudden cardiac death", data on a new antiarrhythmic drug developed at the National Medical Research Center of Cardiology were also presented: "The use of Refralon in the persistent form of atrial fibrillation: the effectiveness of cardioversion of the drug and the undesirable effects of the drug" (doctor of medical sciences Mironov N.Yu.).

A separate symposium was devoted to hybrid surgery, its capabilities in cardiology. An interesting report "Hybrid surgery of the aorta" was made by Academician of National Academy of sciences of Republic of Belarus Ostrovsky Yu.P., Lepilin P.M., doctor of medical sciences, presented the possibilities of hybrid



*Academician of the Russian Academy of Sciences I.Ye. Chazova and Academician of the Academy of Sciences of the Republic of Moldova Popovich M.I. Signing of the agreement on cooperation of the Eurasian Association of Cardiology with Moldova*



*Academician of the Russian Academy of Sciences I.Ye. Chazova and Professor P.A. Zelveyan. Signing of the agreement on cooperation of the Eurasian Cardiologists Association with Armenia.*

surgery of the abdominal aorta; doctor of medical sciences, Imaev T.E., highlighted the modern possibilities of hybrid surgery with transcatheter prosthetics of the heart valves. Corresponding member of RAS Charchyan E.R. presented the main problem aspects of hybrid surgery.

At the symposium "Respiratory disturbances during sleep and cardiovascular complications", issues of the pathogenesis of the formation of cardiovascular complications in patients with obstructive sleep apnea syndrome were discussed. Correlation between the presence and severity of this syndrome and the severity of complications from the cardiovascular system were presented, which will allow to use a comprehensive approach in clinical practice to diagnosis and treatment of patients with obstructive sleep apnea syndrome and cardiovascular diseases. Also, controversial issues of obstructive sleep apnea syndrome diagnostics at the present stage were discussed. Presentations were made by doctor of medical sciences Litvin Yu.A. and Pevzner A.Yu., candidate of medical sciences Elfimova E.M.

The Symposium of the National Society for the Study of Cardiac Failure and Myocardial Diseases was devoted to chronic heart failure in the 21st century, options of heart damage in accumulation diseases (Professor Moiseyev S.V.), peripartum (candidate of medical sciences Uskach T.M.) and non-ischemic cardiomyopathies (candidate of medical sciences Kurlyanskaya E.K.), cardiorenal syndrome in patients with chronic cardiac failure and diabetes mellitus (doctor of medical sciences Reznik E.V.).

Within the framework of the congress, a symposium "The significance of the activation of blood clotting in patients with clinical manifestations of atherothrombosis and in the population" was held together with the National Society for Atherothrombosis. The symposium was devoted to markers of activation of the blood coagulation system in patients with various clinical manifestations of atherothrombosis. The value of the activation of the blood clotting system in patients with different extent of atherosclerotic lesion and

in the population was analyzed and ways of impact were determined taking into account the results of the latest research. Presentations were made by the doctor of medical sciences Komarov A.L. and professor Dobrovolsky A.B. Together with the National Society for the Study of Atherosclerosis, a symposium "Modern Approaches to the Diagnosis and Therapy of Atherosclerosis and Dyslipidemia" was organized, where modern possibilities of diagnostics, treatment and prevention of atherosclerotic cardiovascular diseases were demonstrated, data of modern Russian registers of patients with very high cardiovascular risk are presented. Cerebrovascular complications in cardiovascular diseases, their diagnosis, prevention and treatment are very important. At the symposium devoted to this topic, the frequency, features of cognitive impairment, and diagnosis in elderly patients were discussed. Particular attention was paid to complex approaches of correction (not medicamentous and medicamentous) of cognitive impairment in individuals of this age group, taking into account age, concomitant pathology and choice of medications (taking into account safety and potential drug interactions). Presentations were made by the professors: Ostroumova O.D. ("Prevention of recurrent stroke and post-stroke cognitive impairment: the contribution of a cardiologist"), Parfenov V.A. ("Prevention of recurrent stroke and dementia in atrial fibrillation"), Podzolkov V.I. ("Prevention of stroke in women"), Kislyak O.A. ("Cognitive impairment in elderly age: the possibilities of prevention and treatment").

A separate symposium was devoted to emergency conditions in cardiology. Within the framework of presentations, speakers discussed the most significant problems in the treatment of acute coronary syndrome and prevention of cardiovascular events from the point of view of modern clinical medicine: Professor Minushkina L.O. presented data on the contribution of genetic factors to the risk assessment of acute coronary syndrome in patients with diabetes mellitus; Muhammadova M.A. described in her report the immediate results of endovascular treatment of acute coronary syndrome with ST segment depression; Mamaeva O.P., candidate of medical science, covered an interesting topic "The possibilities of modern ultrasound technology in the dynamic evaluation of left ventricular systolic function in patients with acute coronary syndrome"; professor Gaponova N.I. made a presentation "Hypertensive crises: prognosis, diagnosis and treatment." Another symposium was devoted to a fairly new trend in cardiology: cardiooncology, where cardiac problems of an oncological patient were discussed in the conditions of real clinical practice: issues of diagnosis, prevention and treatment (Viceny M.V., candidate of medical science); professor Poltavskaya M.G. spoke about coronary problems of cancer patients.

Together with the Moscow City Scientific Society of Cardiologists, "A difficult patient at a reception in a polyclinic" symposium was organized. The purpose of this symposium was to show that a cardiologist on an outpatient visit could face not only with widespread AH or IHD, but also with the most unusual patients, where more extensive knowledge are required to diagnose the disease, including more advanced endocrinological knowledge, for example, for diagnosis of familial hypercholesterolemia, heart failure with preserved left ventricular ejection fraction. Professor Ezhov M.V., doctor of medical sciences Ovchinnikov A.G., candidate of medical sciences Blankova Z.N. made presentations. A lot of attention was paid to the issues of diagnosis of cardiovascular diseases.

One of the symposia was devoted to up to date issues of echocardiography: what a cardiologist should know in an echocardiographic examination of a patient with atrial fibrillation (Professor Saidova M.A.); new ideas about the structural and functional features of the heart and vessels in patients with IHD with resistant dyslipidemia were presented (Alieva R.B.); what can be hidden behind a clinical picture of an acute coronary syndrome (professor Rybakova M.K.).



*Greeting Academician Ye.I. Chazov to the participants of the congress*

Another symposium was devoted to radiation diagnostics, which highlighted the role of various methods of radiation diagnosis in the examination of patients with heart disease, there were discussed the possibilities and limitations of different methods (ultrasound, CT, MRI) and modern indications were formulated for their administration when examining patients in various clinical situations. Presentations were made by Professor Sedov V.P., doctor of medicine sciences Veselova T.N., doctor of medicine sciences Dautov T.B., candidate of medical sciences O.V. Stukalova.

Within the framework of the congress, the meeting of the Eurasian Association of Cardiology was held chaired by the President of the EAC, Academician of the Russian Academy of Sciences Chazova I.Ye. Agreements on cooperation of the Eurasian Association of Cardiologists and Armenia and Moldova were signed there and also it was decided to hold the next congress in Uzbekistan.

Thus, the program of congress was rich and comprehensively covered various problem aspects of the current state of cardiology. Themes proposed for discussion at the congress are relevant for modern healthcare and are of great interest for specialists of various fields.

*Organizing Committee of the VI  
Eurasian Congress of Cardiologists*