

## **Russian National Congress of Cardiology 2016: main results**

Annual Russian National Congress of Cardiology was successfully held in Ekaterinburg, Russia, on September 20-23, 2016. The fact that the Congress took part in the capital of the Urals reflects active involvement of regions, one of the main principles of Russian Society of Cardiology (RSC) development. This event was organized by the Ministry of Healthcare of the Russian Federation, Russian society of Cardiology and the government of Sverdlovsk region.

According with the information provided by the Organizing Committee, more than 5000 participants from more than 150 cities of Russia and 20 countries. During the last day registered participants of the Congress received the certificate of the Ministry of Healthcare with 24 credits of continuous postgraduate education.

E.V. Kuivashev, the governor of Sverdlovsk region, greeted the participants of the National Congress at the Opening ceremony that was held in the Ekaterinburg Opera and Ballet Theatre. This ceremony was highlighted with presentations of the Russian Society of Cardiology president and the member of the Russian Academy of Sciences E.V. Shlyakhto and the European Society of Cardiology ex-president Fausto Pinto.

Scientific program included 169 meetings with participation of lecturers from Russia and 17 other countries (featuring Robert Hendel (American College of Cardiology, USA), John Cleland, USA, Thomas Luscher, editor of the European Heart Journal, Switzerland), 3 poster sessions and 2 plenary meetings. Scientific program has covered a wide spectrum of topics varying from epidemiology

and diagnostic techniques to the treatment and rehabilitation of patients with cardiovascular diseases. Organizing committee paid particular attention to young scientists. This year RSC allocated 89 grants for participation of young doctors. "The battle of erudite persons" was traditionally held during the Congress. Applications of 50 teams from different regions were received this year. Winner team should have demonstrated not only the knowledge of theory, but also the capability to solve peculiar clinical cases. The winner team received the grant to go to the European Congress of Cardiology.

56 pharmaceutical companies, manufacturers of medical devices and medical publishers and public organizations took part in Forum exhibition.

Social action "March of healthy hearts" with the motto "Movement is life" was organized during the Congress and it involved around 2000 people. Medical persons, students, sportsmen, journalists of regional and federal mass-media walked through the central streets of the Ural's capital.

The photography exhibition "Women of Russia say "Yes" to healthy heart" was held in Ekaterinburg EXPO during the Congress. Many Russian public figures wearing red dresses took part in this project together with cardiologists. Red dress is the symbol of this project that embodies anxiety due to increased number of people with cardiovascular diseases in Russia and in the world.

The questions of RSC development strategies for 2016-2018 and the role of the Society in a new system of medical postgraduate education were discussed during the plenary meeting. Other topics of

this discussion included the ideas about section and working group and also the program of integration of RSC sections into working groups of the European Society of Cardiology associations. Another important problem on the agenda of the meeting was the question of RSC directory group formation dedicated to creation of clinical recommendations and algorithms.

“Cardioprogress” Foundation was present at poster session, round-table discussion and oral presentation. Forthcoming scientific and practical events (VI Caucasus Scientific and Educational

Conference of Cardiology and Internal Medicine, VI International Forum of Cardiology and Internal Medicine) were announced at our workbench. We presented Russian and English versions of 10th issue of the International Heart and Vascular Disease Journal and “Cardioprogress” brochures with the comments on new European clinical guidelines.

Next Russian National Congress of Cardiology will be held in Sankt Petersburg in September, 2017. Congress materials can be found on the official RSC website [www.scardio.ru](http://www.scardio.ru).