

Important results from ESC Congress 2018

Another annual Congress of the European Society of Cardiology (ESC) was held in Munich (Germany) on August 25-29, 2018. The ESC Congress ranks among the three most important and visited international cardiologic scientific events. More than 31 thousand delegates from 150 countries and 5 continents participated in this congress.

The President of the ESC Prof. Jeroen Bax presented the golden medal, the highest award of the ESC, to the President of the Russian Society of Cardiology academician Yevgeny Shlyakhto.

The scientific program of the ESC Congress was extensive and included more than 500 workshops and sessions attended by recognized international experts, clinical practitioners and young scientists from different countries. 400 topics of cardiology and related conditions have been observed during the Congress.

Hot Line sessions are the most followed scientific events of the ESC Congress and they are traditionally held in the main conference room (Munich Hall). This year results of new major trials in different areas of cardiology were discussed during five Hot Line and Late-Breaking Clinical Trials sessions. In particular the results of several long-awaited clinical studies were presented: **ARRIVE** (Aspirin to Reduce Risk of Initial Vascular Events), **ASCEND** Aspirin (A randomized trial of aspirin versus placebo for primary cardiovascular prevention in 15,480 people with diabetes), **ASCEND** (A randomized trial of omega-3 fatty acids (fish oil) versus placebo for primary cardiovascular prevention in 15,480 people

with diabetes), **COMMANDER** HF (Randomized Study Comparing Rivaroxaban with Placebo in Subjects with Heart Failure and Significant Coronary Artery Disease Following an Episode of Decompensated Heart Failure), **GLOBAL LEADERS TRIAL** (A randomized comparison of 24 month ticagrelor and 1 month aspirin versus 12 month dual antiplatelet therapy followed by aspirin monotherapy), **PURE** (Association of dietary quality and risk of cardiovascular disease and mortality in more than 218,000 people from over 50 countries).

16 workshops were dedicated to the rapidly growing area of "Digital medicine" that attracted wide attention of participants.

The scientific program of this year included numerous joint workshops. 32 joint symposiums with international and national societies of Northern and Southern Africa, Asia, and other European medical societies were held during the Congress. 10 workshops were organized by the worldwide known cardiological journals (European Heart Journal, Circulation, The New England Journal of Medicine, JAMA, The Journal of the American College Cardiology).

Notably, 10 educational sessions dedicated to general questions of cardiology, emergency care, interventional cardiology, electrophysiology/ablation, medical statistics, clinical trials, and diagnostic algorithms were organized for young cardiologists.

Within the framework of the scientific program, several interventional procedures were broadcast in real-time mode from international educational centres of Italy, England, Germany, and Spain.

Scientific program of the Congress included satellite symposiums that involved international manufacturers of medicines and medical equipment.

Poster session was the important part of the scientific program. Poster presentations were divided into 9 directions and two formats: traditional posters and electronic posters.

The Conference book included more than 4500 abstracts, a part of them was selected for oral presentations.

According to the tradition, the Congress presented updated clinical guidelines:

- Guidelines on treatment of arterial hypertension;
- Guidelines on myocardial revascularization;
- The fourth universal definition of myocardial infarction;

- Guidelines on treatment of cardiovascular diseases during pregnancy;
- Guidelines on diagnostics and treatment of syncope conditions.

New highlights in diagnostics and treatment of cardiovascular diseases were presented at exhibition supported by 200 manufacturers of pharmacological agents and medical equipment.

The leading Russian scientists were chosen as co-chairmen of different workshops and presented their results at oral and poster sessions. Several young Russian researchers received awards for their scientific work. The Russian Society of Cardiology participated in exhibition of national cardiological societies.

More detailed information on the ESC Congress can be found on its official website www.escardio.org.

The next ESC Congress will be held in Paris (France), on August 31- September 4, 2019.