

Report from the European Society of Cardiology Congress 2015 in London

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At least for us, the ESC Congress 2015 in London was different from the previous ones as we did not organize Satellite Symposium on rare cardiovascular diseases. It is not that we did not want to, on the contrary we tried as much as we could, but due to the fact that our EU Project MRPO 08.02.00-12-424/10 has eventually come to an end we did not possess adequate financial back-up to organize the session. Certainly, this is not good news for all somehow accustomed to our annual session, but on the other hand the light we torched some time ago has not been extinguished. During numerous informal meetings at the Congress we tried to cultivate what we had jointly started some time ago. As in real life, there are ups and downs and it is not difficult to carry on when everything clicks into place but real challenge is to survive even in the dark days. But now a little about the Congress itself.

The London Congress hosted record number of more than 32,000 participants. There were record number of late-breaking science presentations that include 28 clinical Hot Lines, 18 Clinical Trail Updates, 20 registry studies, 12 basic and translational science Hot Line studies and 4533 abstract studies. Moreover, five new Practice Guidelines on Acute Coronary Syndromes-NSTE, Ventricular Arrhythmias and Sudden Cardiac Death, Pulmonary Hypertension, Infective Endocarditis and Pericardial Diseases were launched during the Congress. Finally, the audience was inspired with the presence of Nobel Prize Laureate Elizabeth Blackburne. She was awarded the 2009 Nobel Prize in Physiology and Medicine for discovering molecular nature of telomeres (the ends of eukaryotic chromosomes that serve as protective caps) and the enzyme telomerase. Undoubtedly there is a link between length of telomere and various cardiovascular diseases. This only speaks for itself.

Environment and the heart was the spotlight of the Congress. There is growing body of evidence that links air pollution and cardiovascular diseases. Unless we seriously tackle this problem, it is estimated that by 2050 urban air pollution will be the top environmental cause of mortality worldwide.

To present the real scientific content of the Congress is certainly beyond the scope of this report. However, there are several landmark trails that cannot pass unnoticed. Professor Martin Cowie, from the Imperial Collage of London, presented disappointing results of the SERVE-HF study that found the device known as adaptive servo-ventilation (ASV) therapy increase mortality in heart failure patients with central sleep apnea. The results of this study came as a bucket of icy water for all HF community as previous small stud-

ies suggested multiple benefits of ASV. The SERVE-HF is a perfect example of the pivotal role of randomized controlled trails in contemporary medicine. Another study that has a potential to change the landscape of cardiology is the LEADLESS II that demonstrated good safety and reliable function of leadless pacemakers. It is still too early but far on the horizons is looming the prospect of default leadless pacemakers in majority of patients. For all those who lost hope in the treatment of resistant hypertension, the encouraging news come from the PATHWAY-2 study that showed that an “old” drug – Spironolactone was three times more effective than Doxazosine and Bisoprolol to exert control in resistant hypertension. The successful path of angiotensin receptor inhibitor/nepriylsin inhibitor of valsartan/sacubitril, that has already proved efficiency in heart failure in the last year landmark trail of PARDIGM-HF, continues. The combined drug, known now as ARNI, has shown its efficacy in the treatment of systolic hypertension in the elderly. Perhaps exotic in Europe but Chagas cardiomyopathy is enormous problem in Latin and South America with more than 7 million patients affected. The BENEFIT study was the largest to examine the effect of Benzinidazole in cardiomyopathy patients with Chagas disease that is caused by parasitic infection of *Trypanosomias cruzi*. Although the prolonged treatment with Benzinidazole did not reduce the progression of cardiomyopathy but significantly reduced parasitic activity in the blood. This short report gives just a glimpse of the real scientific content of the Congress that can be easily accessed via official ESC website.



Figure 1. Doctor Piotr Musialek in front of his abstract just before presentation



Figure 2. Doctor Pawel Rubis during presentation at the Hub – St James Park

Finally, just few words about our own scientific activities. Despite the fact that we did not have own session we were involved in several sessions in which we presented results of our studies on rare cardiovascular disease. Doctor Monika Komar presented results on various aspects of percutaneous management of patients with atrial septal defect and patent foramen ovale during four poster sessions. Importantly, one of her abstract entitled *“Improvement of exercise capacity after transcatheter closure of atrial septal defect is impacted by the tricuspid insufficiency”* was presented during Best Poster session in congenital heart disease. Doctor Piotr Musialek presented his study on fibrin clot properties in patients with atherosclerotic carotid artery stenosis during poster session dedicated to carotid disease. The other representative from the Krakow Center for Rare Cardiovascular Diseases – dr Pawel Rubis presented the results of the study entitled *“Comparison of two models estimating sudden cardiac death risk in hypertrophic cardiomyopathy. Impact on primary prevention practice”* during Rapid Fire session on Hot issues in cardiomyopathies.

The annual ESC Congress 2015 in London was a great success not only for the organizers but also for every participant who “laid a small brick”. Now is the time to study in detail the rich scientific content that is widely available. At least some of the incoming long autumn evenings shall be spend with printed Congress reports or downloaded article on your laptop. As you wish!

Information for authors

Aims and scope

Journal of Rare Cardiovascular Diseases (JRCD) is an international, quarterly, peer reviewed journal that keeps cardiologists up to date with rare disorders of heart and vessels. Topics covered include congenital heart defects, cardiomyopathies, rhythm abnormalities, rare forms of arterial hypertension, pulmonary hypertension, cardiac tumors and other rare diseases affecting heart and vessels such as connective tissue diseases, metabolic disorders, neuro-muscular diseases another unclassified rare diseases.

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