

Milan, September 7 - 2007

Centro CARDIOLOGICO Monzino, IRCCS



Carotid atherosclerosis  
and vascular risk factors:  
lessons from an  
European population study



UNIVERSITÀ DEGLI STUDI  
DI MILANO



CENTRO DI RICERCHE FARMACOLOGICHE  
PER LO STUDIO E LA PREVENZIONE  
DELLE MALATTIE CARDIOVASCOLARI



Centro **CARDIOLOGICO**  
Monzino - IRCCS



Research for care

**Scientific Director:** Paolo Biglioli

**Chairperson:** Elena Tremoli

FACULTY

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Karolinska Institutet - Stockholm

**Per Eriksson**

Karolinska Institutet - Stockholm

**Philippe Giral**

Hôpital Pitie - Paris

**Enzo Grossi**

Bracco Imaging - Milan

**Anders Hamsten**

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**Elmo Mannarino**

University of Perugia - Perugia

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Kuopio Research Institute of Exercise Medicine - Kuopio

**Cesare R. Sirtori**

University of Milan - Milan

**Andries Jan Smit**

University Hospital Groningen - Groningen

**Elena Tremoli**

Centro Cardiologico Monzino, IRCCS - Milan  
University of Milan - Milan

# SEPTEMBER 7

## MORNING

**9.00**

The role of a research hospital in cardiovascular innovation

**Carlo Ciani**

**9.10**

Cardiovascular research at Centro CARDIOLOGICO Monzino

**Paolo Biglioli**

**9.20**

Introduction

**Rodolfo Paoletti**

**9.30**

Gene-environmental interaction in cardiovascular disease

**Anders Hamsten**

**10.00**

Cardiovascular disease and physical exercise

**Rainer Rauramaa**

**10.30**

Coffee break

## INTIMA-MEDIA THICKNESS OF CAROTID ARTERIES

*Chairmen: Cesare R. Sirtori and Alessandro Parolari*

**11.00**

Carotid IMT as biomarker

**Elena Tremoli**

**11.30**

Toward the IMPROVE study

**Damiano Baldassarre**

**12.00**

IMPROVE study: IMT and antropometric or clinical variables

**Elmo Mannarino**

**12.30**

Vascular risk factors and IMT

**Ulf De Faire**

**13.00**

Lunch

SEPTEMBER 7  
AFTERNOON

## LESSONS FROM THE IMPROVE STUDY

*Chairpersons: Elena Tremoli and Mauro Pepi*

**14.00**

Genetic and carotid IMT

**Per Eriksson**

**14.30**

Lipid peroxidation and IMT

**Kristiina Nyssonen**

**15.00**

Socioeconomic variables and IMT

**Sudhir Kurl**

**15.30**

IMT and nutritional intervention

**Philippe Giral**

**16.00**

Skin autofluorescence and carotid IMT in a subgroup of patients of the IMPROVE study

**Andries Jan Smit**

**16.30**

Determinants of Carotid IMT: baseline results of IMPROVE study analysed by Artificial Neural Networks

**Enzo Grossi**

**17.00**

General discussion



### **Scientific Secretary**

Mauro Amato

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### **Organizing Committee**

Alessio Ravani

Samuela Castelnovo

Beatrice Frigerio

### **Organizing Secretariat**

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### **Place of the Meeting**

Aula Magna

Centro Cardiologico Monzino, IRCCS

Via Parea 4 - 20138 Milan, Italy



# PARTICIPATION FORM

You are kindly requested to fill in this form and return it before **August 31, 2007** to the following Email address:  
**[direzione.scientifica@ccfm.it](mailto:direzione.scientifica@ccfm.it)**

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

Gender      M       F

Address \_\_\_\_\_

State \_\_\_\_\_

Country \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

Email Address \_\_\_\_\_

Profession \_\_\_\_\_

Specialty \_\_\_\_\_

Institution \_\_\_\_\_

Institution Address \_\_\_\_\_

State \_\_\_\_\_

Country \_\_\_\_\_

Phone Number \_\_\_\_\_

Fax Number \_\_\_\_\_

# HOW TO REACH US

## BY PUBLIC TRANSPORTATION

### **from Milan downtown:**

- subway line 3 (yellow line), San Donato stop, then bus 45 Via Vittorini stop (50 metres off Centro CARDIOLOGICO Monzino)
- bus 27 Viale Ungheria stop, than bus 66 or 45 to Linate, Via Vittorini stop

### **from Central Station or Rogoredo:**

- subway line 3 (yellow line) then follow the above instructions

## BY CAR

The Centro CARDIOLOGICO Monzino is located in Via Parea, 4 - 20138 Milan  
100 metres off Via Mecenate exit - Tangenziale Est

### **from Milan:**

- Via Mecenate, turn left before the Tangenziale Est traffic-light then follow Centro CARDIOLOGICO sign

## MAP

A road map is available at the following website: **[www.ccfm.it](http://www.ccfm.it)**

## TIMETABLE

A Public Transport timetable is available at the following website: **[www.atm-mi.it](http://www.atm-mi.it)**

Further informations will be available at **[www.cardiologicomonzino.it](http://www.cardiologicomonzino.it)**

# HOTEL ACCOMODATION

BELOW IS THE LIST OF THE HOTELS SELECTED.

For information and reservation  
please contact the hotel bureau.

**Hotel name**

NOVOTEL Milan Est

**Location**

Via Mecenate, 121

Milan

**Tel.**+39/02/58011085

**Hotel name**

HOTEL MONTINI

**Location**

Via G.Di Vittorio, 39

Peschiera Borromeo

**Tel.**+39/02/5475031

**Hotel name**

CROWNE PLAZA

**Location**

Via K.Adenaur

San Donato Milanese

**Tel.**+39/02/516001

**Hotel name**

REGENT HOTEL

**Location**

Via Milano, 2

San Donato Milanese

**Tel.**+39/02/51628184

**Hotel name**

QUERCIA RESIDENCE

**Location**

Via Vittorini, 5

Milan

**Tel.**+39/02/58013114