

Report on the results of the XIV Conference of Cardiology and Internal Medicine of the Caucasus with international participation

On November 27-28, 2024, the XIV Conference of Cardiology and Internal Medicine of the Caucasus with international participation was held online. The conference was organized by Kabardino-Balkarian State University named after H. M. Berbekov and the Cardioprogress Foundation. The program of the two-day conference included: a plenary session, 9 symposiums. The program included 45 reports and lectures by experts and clinicians from 12 cities of Russia (5 federal districts of the Russian Federation) and countries near and far abroad. The reports of experts from Azerbaijan and Turkey were listened to.

The conference topics covered a wide range of areas:

- New medical technologies in the diagnosis, treatment, prevention and rehabilitation of cardiac patients;
- Interventional cardiology and surgical methods of treatment of cardiovascular diseases;
- Comorbid diseases (conditions) in the practice of a general practitioner: features of diagnosis, treatment, prevention;
- Impending epidemics: obesity, diabetes mellitus and other endocrine diseases;
- Chronic pulmonary diseases in therapeutic practice;
- Kidney diseases;
- Gastrointestinal pathologies;
- Psychosomatic and neurological disorders in the practice of a therapist.

The conference was attended by 390 doctors, staff of departments and scientists from all federal districts of Russia, as well as Azerbaijan, Kazakhstan, Kyrgyzstan and Turkey. The largest number of listeners were registered from the Kabardino-Balkarian Republic, Stavropol Territory, the Republic of North Ossetia-Alania, the Chechen Republic, Dagestan, Novosibirsk Region, Ryazan Region, Omsk Region and the Republic of Adygea. Among the trainees, 45% were therapists, 35% cardiologists and 20% of other therapeutic specialties.

During the plenary session, Professor Mamedov M. N. stressed the importance of integrating cardiology and oncology approaches for optimal patient health management, especially in the context of the combined effects of cardiovascular and oncological diseases. The professor discussed both traditional and new prevention, diagnosis and treatment strategies that can minimize the risk of cardiotoxicity in cancer therapy and improve the overall survival of patients. Professor Mammaev S. N. emphasized the importance of improving the vaccine prevention system as a key element of public health to prevent widespread infectious diseases such as influenza and pneumococcal infection. Fatih Mehmet Uchar, Professor at Demiroglu

Bilim University and an arrhythmologist at the Florence Nightingale Multidisciplinary Clinic presented a report on the topic "Ablation of atrial fibrillation in patients with paroxysmal atrial fibrillation", affecting advanced methods of treatment of cardiac arrhythmia, namely ablation. The criteria according to which patients with paroxysmal atrial fibrillation are candidates for ablation were considered. Data on the effectiveness of ablation to eliminate symptoms and prevent recurrent episodes of atrial fibrillation are presented. The potential risks and complications associated with the procedure, as well as strategies to minimize them, were discussed.

At the plenary session, Professor Murat Umetov, Head of the Department of Faculty Therapy of Kabardino-Balkarian State University, Chairman of the Kabardino-Balkarian Scientific Society of Therapists, in his report considered the key risk factors for the development of cardiovascular diseases. He presented an extensive overview of existing tools and models designed for risk assessment, and made a proposal to develop new models of risk meters specifically adapted for the population of the regions of the North Caucasus Federal District. Professor Umetov also shared the results of the implementation of preventive measures aimed at managing cardiovascular risks.

The conference was held within the framework of a number of thematic symposiums.

The symposium led by Professor Nechaeva G.I. "Connective tissue dysplasia: frequent but unfamiliar" discussed various aspects of connective tissue dysplasia, including gastrointestinal manifestations, pain syndromes and the transition from undifferentiated dysplasia to specific syndromes. Structural and functional changes of the myocardium in young patients were also highlighted.

The symposium "Cardiovascular Risk Management" addressed various aspects of risk management in cardiovascular diseases, including body composition analysis to modify risks in overweight people and new approaches to risk management using clinical guidelines.

The symposium of Dagestan State Medical University was devoted to the analysis of clinical cases with difficult diagnoses. Complex clinical cases were analyzed, including the diagnosis and treatment of diseases such as gluten enteropathy, rhythm disturbances in pregnant women and psoriatic spondyloarthritis.

The round table "Hypertension in pregnant women" was devoted to discussing the specifics of the diagnosis and treatment of arterial hypertension in pregnant women with special attention to the peculiarities of obese women.

The symposium "Atrial Fibrillation" addressed the issue of prevention and treatment of atrial fibrillation, including the characteristics of cancer patients and the importance of an integrated approach to the assessment of patients with hypertension.

The symposium "Coronary heart disease and risk factors" studied risk factors and diagnostic methods for coronary heart disease, discussed an integrated approach to treatment, including the effectiveness of drug therapy.

The symposium "Chronic Heart Failure" was dedicated to new methods of treatment and management of patients with chronic heart failure, including anemia and metabolic aspects of treatment.

Within the framework of the symposium "Somatic and infectious diseases", led by Professor Bolieva L.Z., comorbidity in patients with various diseases, including bronchial asthma and COVID-19, as well as discussion of atopic dermatitis and obstructive sleep apnea syndrome were considered.

A separate symposium was devoted to internal diseases. A wide range of internal diseases were analyzed, including Takayasu arteritis, acute kidney injury and dyspepsia, with an emphasis on new approaches in diagnosis and treatment.

The scientific sessions were accompanied by discussions, and practitioners showed great interest in the materials discussed. Some specialists have expressed a desire to complete internships in the workplace in certain therapeutic areas. Agreements were also reached on the exchange of scientific experience and joint projects. In general, the audience noted the informative and academic nature of the scientific concept of the conference.

The recording of all lectures will be available for viewing and downloading from December 3, 2024 on the official website of the Cardioprogress Foundation www.cardioprogress.ru.

The next, anniversary, XIV Conference of Cardiology and Internal Medicine of the Caucasus will be held in November 2025 in Nalchik online.