

Inaugural Imperial Cardiometabolic Symposium

DAY 1: THURSDAY 10TH SEPTEMBER

9:15 – 9:45: Coffee and registration

9:45-9:50: Welcome and Introduction Julia Kenkre, (Consultant in Metabolic Medicine, Imperial College Healthcare NHS Trust)

9:50-10:10: The landscape of Cardiometabolic care in the UK Helen Williams (*National Clinical Director for Cardiovascular Disease Prevention at NHS England, and Clinical Care Professional Lead for Long-Term Conditions for the South East London Integrated Care System.*)

Session 1: Obesity (Chairs: Dr Harvinder Chahal, Mr Ahmed R Ahmed)		
Time	Title	Confirmed speaker
10:10 - 10:30	How we can use weight-loss drugs pharmacotherapy to reduce ASCVD in obesity	Prof Tricia Tan, <i>Consultant in Endocrinology and Metabolic Medicine, Imperial College Healthcare NHS Trust</i>
10:30 – 10:50	How does obesity lead to its adverse cardiometabolic outcomes?	Prof Sir Steve O’Rahilly, <i>Director, MRC Metabolic Diseases Unit Professor of Clinical Biochemistry and Medicine, Department of Clinical Biochemistry, University of Cambridge, Wellcome Investigator</i>
10:50 – 11:00	The future obesity medicines	Ben Jones, <i>Associate Prof and Consultant in Metabolic Medicine</i>
11:00 – 11:10	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
11:10 – 11:20	Panel discussion: Prof Tan, Prof O’ Rahilly, Dr Jones	
BREAK		
Session 2: Cardiology/Cardiothoracic (Chair: Mr Emad Al-Jalaly)		
11:50	Lipoprotein (a): an overview of risk, testing and treatment	Jai Cegla, <i>Consultant in Metabolic Medicine Imperial College Healthcare NHS Trust</i>
12:10	Who does best from a CABG and the future of bypass surgery?	Mr Harry Smith, <i>Cardiothoracic Clinical Fellow, Imperial College Healthcare NHS Trust</i>
12:30	The role of inflammation in coronary plaques	Prof Ramzi Khamis, <i>Consultant Cardiologist Imperial College Healthcare NHS Trust</i>
12:45	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
12:55	Panel discussion: Mr Al-Jalaly, Mr Smith, Dr Cegla, Prof Khamis	
LUNCH		
Session 3: Cerebrovascular disease (Chairs: Dr Jai Cegla and TBC)		

14:15	Lipid management in hyperacute stroke and TIA	Dr Joseph Kwan, Stroke Consultant, Imperial College Healthcare NHS Trust
14:35	How should we manage CVD prevention in the frail patient?	Colin Mitchell, <i>Consultant Geriatrician, Imperial College Healthcare NHS Trust</i>
14:55	How to manage hypertension	Neil Chapman, <i>Consultant in Gen Medicine and Clinical Pharmacology, Lead clinician for the Peart-Rose Clinic</i>
15:25	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
15:35	Panel discussion	
BREAK		
Session 4: Lipids and cardiovascular risk (Chairs: Julia Kenkre and Ben Jones)		
16:00	Hypercholesterolaemia and mixed dyslipidaemia: deciphering it all	Mubin Choudhury, <i>Consultant in Metabolic Medicine, Imperial College Healthcare NHS Trust</i>
16:20	Managing cardiovascular risk post MI	Dr Iqbal Malik, <i>Consultant Cardiologist, Imperial College Healthcare NHS Trust</i>
16:40	What will lipid management look like in 5 years' time?	Prof Ray, <i>Professor of Public Health and Honorary Cardiologist at Imperial College London</i>
17:10	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
17:20	Panel discussion	
CLOSE DAY 1		

Day 2: FRIDAY 11th SEPTEMBER 2026**8:30 – 8:50 Coffee and registration**

8:50–9:00: Shaping the Next Decade: What the 10-Year Health Plan Means for Cardiometabolic Care Lord Ara Darzi (remotely), *Chair of Surgery at Imperial College London, the Royal Marsden Hospital and the Institute of Cancer Research, Director of the Institute of Global Health Innovation at Imperial College London and Chair of Imperial College Health Partners, Honorary Consultant Surgeon at Imperial College Hospital NHS Trust*

9:00 - 9:25: The utility of grouping cardiometabolic conditions for research, clinical practice and health systems Prof Jonathan Valabhji, *Clinical Chair in Medicine, Honorary Consultant Diabetologist at Chelsea and Westminster Hospital*

Time	Title	Speaker
Session 5: Vascular disease and imaging – Chairs TBC		
9:25 – 9:45	The future management of small vessel disease	Prof Alistair Webb, <i>Clinical Associate Professor in Stroke Medicine / NHS Honorary Consultant Neurologist, Imperial College Healthcare NHS Trust</i>
9:45 – 10:05	Advances in peripheral vascular disease	Mr Joe Shaloub, <i>Consultant Vascular Surgeon, Imperial College Healthcare NHS Trust</i>
10:05- 10:25	Risk and Rupture: Using imaging to define cardiovascular risk and assess plaque vulnerability	Dr Ben Ariff, <i>Consultant radiologist, Imperial College Healthcare NHS Trust</i>
10:25– 10:35	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
10:35 – 10:45	Panel discussion	
BREAK		
Session 6: Renal: Chairs Dr James Tomlinson and Dr Pari Avari		
11:15 - 11:35	Managing obesity in CKD	Dr Andrew Frankel, <i>Consultant nephrologist, Imperial College Healthcare NHS Trust</i>
11:35 – 11:55	Why renal transplant patients have increased CV risk and what we can do to manage it	Dr Michelle Willicombe, <i>Consultant nephrologist, Imperial College Healthcare NHS Trust</i>
11:55 – 12:10	Lipids in adults with diabetic kidney disease	Dr Sagen Zac-Varghese, <i>Consultant in Diabetes and Endocrinology, East and North Hertfordshire NHS Trust</i>
12:10 – 12:20	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
12:20 – 12:30	Panel discussion	
LUNCH		
Session 7: MASLD: Chairs Dr Chioma Izzi-Engbeaya and Prof Mark Thursz		
13:40: 14:00	Spotting Liver Fibrosis Early: Targeted Case-Finding in High-Risk Groups	TBC

14:00 – 14:20	How do we reduce CV risk in patients with MASLD?	Prof Chris Byrne. <i>Professor of Endocrinology and Metabolism Southampton</i>
14:20 – 14:35	The Future of MASLD: Breakthroughs Set to Transform Care in the Next Five Years’.	Dr Pinelopi Manousou, Consultant hepatologist, <i>Imperial College Healthcare NHS Trust</i>
14:35 – 14:45	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
14:45 – 14:55	Panel discussion	
BREAK		
Session 8: Diabetes and primary care (Chairs:TBC)		
15:25 – 15:45	Metabolic dysfunction and the use of adjunct medications in Type 1 diabetes	Prof Vicky Salem , <i>RD Lawrence Professor of Diabetic Medicine, Kings College London</i>
15:45 – 16:05	CV risk in Young onset T2	Dr Shivani Misra, <i>Associate Prof and Consultant in Metabolic Medicine ICHNT</i>
16:05- 16:15	Managing CV Risk in the community	Dr Deep Shah, <i>General practitioner</i>
16:15 – 16:25	Abstract presentation and questions (7 mins presentation + 3 mins Q)	
16:25 – 16:35	Panel discussion	
Session 9 (16:35 – 17:20 minutes): Clinical cases – How would you manage this case? Chaired by Prof Meeran with lipidologist Dr Jai Cegla, Renal Physician Dr James Tomlinson		
Liver – TBC		
Cardio – TBC		
Diabetes -		
CLOSE		