



Host Organization



香港心臟專科學院
Hong Kong College of Cardiology

7th Asian Preventive Cardiology & Cardiac Rehabilitation Conference Cum 11th Certificate Course in Cardiac Rehabilitation

8-11 November 2018

In Conjunction with

22nd Annual Scientific Meeting of the Institute of Cardiovascular Science and Medicine

10 November 2018

Hong Kong Convention and Exhibition Centre

**Towards Further Risk Reduction:
Novel Risk Factors, Novel Targets
and Novel Tools**

FINAL ANNOUNCEMENT

Early-Bird Registration extended to 5 October

Supporting Organizations



 Asian Pacific Society of Cardiology	 關心您的心 Care For Your Heart	 香港大學行為健康研究中心 Centre for Behavioral Health, HKU	 China Society of Cardio-pulmonary Prevention and Rehabilitation	 香港護理學院 College of Nursing, Hong Kong	 衛生署 Department of Health
 Ganbarum Hospital	 Hong Kong Association of Rehabilitation Medicine	 香港心臟護理學會 香港心臟護理學會	 香港預防醫學協會 HONG KONG PREVENTIVE MEDICINE ASSOCIATION	 Hong Kong Heart Foundation Limited	 Hong Kong Occupational Therapy Association
 Hong Kong Physiotherapy Association Limited	 劉錫賢醫學院 THE UNIVERSITY OF HONG KONG 香港大學中文學院醫學院	 聖母醫院 Our Lady of Maryknoll Hospital	 PCNA PHYSIOTHERAPY COUNCIL OF NORTHERN AUSTRALIA	 THE HONG KONG INSTITUTE FOR REHABILITATION	 香港復康學院 The Hong Kong Institute for Rehabilitation

 **EAPC**
European Association of Preventive Cardiology

Scientific Programme endorsed by EAPC

 **Real Time Online Broadcast**

For up-to-date information, please visit our website at:
<http://www.apccrc.com>

APCCRC 2018 Conference Secretariat
c/o International Conference Consultants Ltd
Tel: (852) 2559 9973
Fax: (852) 2547 9528
Email: apccrc@icc.com.hk



Invitation

Cardiovascular disease, together with the control of its various risk factors, is a global challenge. It is associated with significant morbidity, mortality and economic loss. It is thus one of the goals of public health to reduce the incidence and prevalence, and manage the problems of cardiovascular disease in different parts of the world, including Asia.

To continue accomplishing this goal, we are most pleased to extend our warmest invitation to you to join the 7th Asian Preventive Cardiology and Cardiac Rehabilitation Conference cum 11th Certificate Course in Cardiac Rehabilitation (APCCRC) which will be held on 8-11 November 2018 at the Hong Kong Convention and Exhibition Centre. Despite remarkable advances in the science of preventive cardiology and cardiac rehabilitation in recent years, residual risks causing prevalent cardiovascular diseases remain. Therefore, the central theme of our upcoming conference is "Towards Further Risk Reduction: Novel Risk Factors, Novel Targets and Novel Tools". We are honoured to gather a group of dedicated experts again to present a 4-day program which covers a wide spectrum of topics of interest, latest advances and technologies and controversies in the field of cardiovascular prevention and rehabilitation.

With a 2-day Certificate Course in Cardiac Rehabilitation which facilitates the establishment or optimisation of cardiac rehabilitation programs in the participants' centres, we are confident that participants will gain skills and knowledge through learning from the experts and exchanging of ideas during the conference.

Furthermore, we would like to make our conference a platform of collaboration in combating the increase in the burden of cardiovascular diseases in Asia. We shall co-organize joint sessions with professional societies of Cardiology and Prevention in different Asian countries. We shall then share our experience with each other via this platform. A public conference will be held at the same time to educate and empower patients, their carers and the general public.

May we welcome you all to join us in this very educational biennial conference and collaborate in the global action in reducing the burden of cardiovascular diseases. For those overseas delegates, we are sure that you will find time to explore and discover our beautiful city where the Chinese and Western culture meet each other !

Honorary Advisory Board:

Dr. CHAN Kam-Tim
Dr. CHENG Chun-Ho
Dr. CHIANG Chung-Seung
Dr. KO Tak-Him, Patrick
Prof. LAU Chu-Pak
Dr. LAU Suet-Ting
Dr. LEUNG Kei-Pui
Dr. LI Shu-Kin
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Dr. WONG Kwok-Yiu, Chris
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Dr. CHAN Ngai-Yin
Prof. LI Sheung-Wai, Leonard

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Dr. LEUNG Wai-Suen, Albert
Dr. LI Ying-Wah, Andrew
Ms. LIU Kit-Han



Dr. Ngai-Yin CHAN
Co-Chairman
Executive Committee



Prof. Leonard Sheung-Wai LI
Co-Chairman
Executive Committee

International Faculty

Keynote Speaker: **Prof. Diederick E. GROBBEE**
University Medical Center Utrecht, The Netherlands

Dr. Nay AUNG
*Barts and The London School of Medicine and Dentistry,
Queen Mary University of London, United Kingdom*

Dr. Ssu-Yuan CHEN
*Division of Physical Medicine & Rehabilitation, Fu Jen
Catholic University Hospital, Taiwan*

Dr. Mohammad FALLAH
*"Aviation Medicine" Department, Iran Air Medical Center,
Iran*

Prof. Roy GARDNER
University of Glasgow, United Kingdom

Dr. Visal KANTARATANAKUL
*Rehabilitation Medicine Center Samitivej Srinakarin
Hospital, Thailand*

Prof. Tony KEECH
School of Medicine, The University of Sydney, Australia

Dr. Yutaka KIMURA
*Health Science Center, Kansai Medical
University, Japan*

Dr. Shintaro KINUGAWA
*Department of Cardiovascular Medicine, Faculty of
Medicine and Graduate School of Medicine, Hokkaido
University, Japan*

Prof. Patrick MARK
University of Glasgow, United Kingdom

Dr. Mohamad Yatim SAARI
*Department of Rehabilitation Medicine, Hospital Serdang,
Malaysia*

Dr. Hirokazu SHIRAISHI
*Department of Cardiovascular Medicine, Kyoto Prefectural
University of Medicine, Japan*

Dr. Swee Yaw TAN
*Department of Cardiology, National Heart Centre,
Singapore*

Dr. Farzaneh TORKAN
*Physical and Rehabilitation Medicine Department, Shefa
Research Center, Iran*

Dr. Tee Joo YEO
*Department of Cardiology, National University of Heart
Centre, Singapore*

Local Faculty

Dr. Ronnie Hiu-Lam CHAN

Prof. Apple CHENG

Prof. Bernard CHEUNG

Dr. Angus CHU

Dr. Katherine FAN

Dr. Man-Kam HO

Prof. Chu-Pak LAU

Ms. Vivien LAU

Dr. Victor Kar-Fai LEE

Dr. Godwin LEUNG

Prof. Leonard Sheung-Wai LI

Prof. Judith MACKAY

Dr. Gary MAK

Dr. Siu-Man NG

Prof. David SIU

Dr. Chor-Cheung TAM

Mr. Jeffrey Hok-Cheung TSE

Dr. Willy Chung-Hin WONG

Prof. Cheuk-Man YU

Programme

(A) 11th Certificate Course in Cardiac Rehabilitation (8-9 November)

Thursday, 8 November 2018

0800	Registration	
0900-1030	Workshop I: Advance in Evidence	
	1. TBA	TBA
	2. Aquatic Therapy in Cardiac Rehabilitation	Dr. Mohamad Yatim SAARI
	3. TBA	TBA
1030-1100	Tea Break	
1100-1230	Workshop II: Quality of Life	
	1. Sexual Health among Cardiac Survivors	Dr. Mohamad Yatim SAARI
	2. Driving	Dr. Angus CHU
1230-1400	Lunch Break	
1400-1530	Workshop III: Diet and Cardiovascular Health	Ms. Vivien LAU
1530-1600	Tea Break	
1600-1730	Workshop IV: Psychological Approach in Managing Cardiac Anxiety	Dr. Willy Chung-Hin WONG

Friday, 9 November 2018

0830	Registration	
0900-1030	Workshop V: Advance in Evidence II	
	1. High-intensive Interval Training in Cardiac Rehabilitation	Prof. Leonard LI
	2. Bedside Exercise Device for Organ Transplantation Rehabilitation in Early Postoperative Period	Dr. Ssu-Yuan CHEN
	3. What to Expect during Cardiac Rehabilitation?	Dr. Farzaneh TORKAN
1030-1100	Tea Break	
1100-1230	Workshop VI: Work and Challenging Situations	
	1. Cardiac Rehabilitation for Athletic Individuals	Dr. Tee Joo YEO
	2. Flying - Aviation Medicine	Dr. Mohammad FALLAH
	3. Challenge in High Altitude related Medical Emergency – Recognise, Remedy and Risk Reduction	Dr. Man-Kam HO
1230-1400	Lunch Break	
1400-1530	Workshop VII: Exercises	
	1. TBA	Dr. Visal KANTARATANAKUL
	2. Physical Activity in Cardiac Patients (Aerobic, Resistance Activities)	Dr. Farzaneh TORKAN
	3. Cardiovascular Impacts of Long Term Endurance Exercise: Implications of the Athletes's Heart	Dr. Gary MAK
1530-1600	Tea Break	
1600-1730	Workshop VIII: Practical Session	Cardio-Pulmonary Special Group of Hong Kong Physiotherapy Association

(B) 7th Asian Preventive Cardiology and Cardiac Rehabilitation Conference (10-11 November)

Saturday, 10 November 2018

0730	Registration
0800-0920	Breakfast Symposium
	1. The Amazing Heart Failure Journey over the Last 30 Years: From Digoxin to Devices Prof. Roy GARDNER
	2. Navigating into New Era of LDL-C Lowering with Novel Treatments Prof. Tony KEECH
	3. A Paradigm Shift in the Management of Asian Patients with Type 2 Diabetes Prof. David SIU
	4. PCSK9 Inhibition in Acute Coronary Syndrome Dr. Chor-Cheung TAM
0920-1040	Joint Session with Singapore Heart Foundation: Exercise and Cardiac Rehabilitation
	1. Physical Activity and Coronary Calcification Dr. Swee Yaw TAN
	2. The Role of Technology in Exercise Promotion Dr. Tee Joo YEO
	3. Does Low Intensity Exercise Improve Physical Performance among Cardiac Survivors? Dr. Mohamad Yatim SAARI
	4. Cardiac Exercise Self-Efficacy on Cardiac Patients Prof. Apple CHENG
0900-1030	Abstract Presentation
1040-1115	Tea Break / Exhibition / Poster Presentation
1115-1255	Joint Session with Japanese Association of Cardiac Rehabilitation: Cardiac Rehabilitation in Heart Failure
	1. Exercise Intolerance in Heart Failure Dr. Shintaro KINUGAWA
	2. Exercise Capacity and Nutritional Status in Heart Failure Patients Dr. Hirokazu SHIRAIISHI
	3. Cardiac Rehabilitation for LVAD Recipients Dr. Katherine FAN
	4. Management of Deteriorating Renal Function in Heart Failure Patients Prof. Patrick MARK
1115-1245	Abstract Presentation – Best Paper Awards
1255-1400	Lunch Break
1400-1445	Opening Ceremony
1445-1530	Symposium 1 – Hong Kong Heart Foundation Symposium
	The Global Burden of Cardiovascular Disease Prof. Diederick GROBBEE
1530-1600	Tea Break / Exhibition / Poster Presentation
1600-1730	Symposium 2: Controversies in Cardiovascular Risk Factors
	1. Anti-smoking: The Battle Continues Prof. Judith MACKAY
	2. Alcohol, Diet and Supplements: What is New? Prof. Chu-Pak LAU
	3. The Environment and Health: Exposomics Prof. Diederick GROBBEE

Sunday, 11 November 2018

0800	Registration
0900-1015	Symposium 3 : Novel Therapeutic Targets in Preventive Cardiology
	1. Innovations in Cardiovascular Prevention Prof. Diederick GROBBEE
	2. Stroke Prevention in Atrial Fibrillation in Asian Population Prof. Cheuk-Man YU
	3. New Strategies for Cardiovascular Risk Reduction in Diabetes Dr. Godwin LEUNG
1015-1045	Tea Break / Exhibition / Poster Presentation

1045-1235	Symposium 4: From Basics to Advances in Cardiac Rehabilitation	
	1. Are Wearable Technologies the Future of Cardiac Rehabilitation?	Dr. Visal KANTARATANAKUL
	2. Cardiac Rehabilitation for Cardiac Resynchronization Therapy Recipients	Dr. Hirokazu SHIRAIISHI
	3. Cardiac Rehabilitation using Wearable Sensor for Monitoring Physical Activity	Dr. Yutaka KIMURA
	4. Current Evidence of Submaximal Exercise Parameters as Surrogate Indicators for Assessing Cardiorespiratory Fitness	Dr. Ssu-Yuan CHEN
	5. Does Pharmacological Exercise Mimetics Exist?	Dr. Shintaro KINUGAWA
1235-1400	Lunch Symposium (Sponsored by AstraZeneca)	
	Oral Anti-Platelet Therapy – Key Insights & Implications	Prof. Cheuk-Man YU
1400-1510	Symposium 5: Hypertension Symposium	
	Debate on the new American Hypertension Guidelines:	
	1. European Perspective	Prof. Diederick GROBBEE
	2. Hong Kong Perspective	Prof. Bernard CHEUNG
	Panel Discussion	
1510-1540	Tea Break / Exhibition / Poster Presentation	
1540-1710	Symposium 6: Cardiac Imaging Symposium - What have we learnt from the Big Heart Data?	
	1. Advancing Health Informatics through Data Sharing in Cardiovascular Imaging	Dr. Swee Yaw TAN
	2. Influence of Ambient Air Pollution on Cardio Morpho-functional Phenotypes: Insights from the UK Biobank Population Imaging Study	Dr. Nay AUNG
	3. Harnessing the Power of Artificial Intelligence in Cardiac Imaging Analysis: How to Analysis 20,000 CMR Studies a Day?	Dr. Nay AUNG
1710-1720	Closing Remarks and Lucky Draw	
		Dr. Ngai-Yin CHAN

**Programme is subject to change without prior notice.*

(C) 公眾研討會暨工作坊 Public Conference Programme

Sponsored by:



日期及時間：2018 年 11 月 11 日 早上 9 時至下午 1 時

對象：心臟病患者及其家屬

0845		登記	
0900	S426-S427	開幕典禮	陳藝賢醫生
0900-1045	S426-S427	研討講座	
		認識心臟衰竭	陳曉藍醫生 (東區尤德夫人那打素醫院心臟科專科醫生)
		膽固醇追擊手：生物製劑	李家輝醫生 (心臟科專科醫生)
1100-1300		工作坊 (二選一)	
	S426-S427	工作坊 A - 慢活、養生、養心	吳兆文博士 (香港大學社會工作及社會行政學系副教授)
	S428	工作坊 B - 強肌、強心	謝學章先生 (香港復康會社區復康網絡物理治療師)

**The official language of Public Conference is Cantonese and separate registration is required.*

Registration Form

Please complete the form below and return it with appropriate payment to:

APCCRC 2018 Conference Secretariat, c/o International Conference Consultants Limited

Office Address: Unit C-D, 17/F, Max Share Centre, 373 King's Road, North Point, Hong Kong

Tel: (852) 2559 9973 Fax: (852) 2547 9528 Email: apccrc@icc.com.hk Website: www.apccrc.com



You are highly recommended to register online at <https://apccrc2018.iccreg.com/>

PERSONAL INFORMATION

(Please type or print in block letters and "✓" where appropriate)

Title: Prof. Dr. Mr. Mrs. Ms. Others, please specify: _____

Family Name: _____ First Name: _____

Position: _____ Department: _____

Institution/Organization: _____

Address: _____

City: _____ State: _____ Postal Code: _____ Country: _____

Tel (incl. international and area code): _____ Fax (incl. international and area code): _____

Email: _____ (Email is required for further communication.)

Special meal requests: Vegetarian Pork-free Beef-free Others, please specify: _____

Please indicate your profession:

Dietitian Doctor Nurse Occupational Therapist Physiotherapist Psychologist Social Worker

Others, please specify: _____

REGISTRATION FEE

Category	Early Bird Rate (On or before 5 October 2018)	Normal Rate (After 5 October 2018)
Certificate Course and Conference (8-11 November)		
Overseas & local participants	<input type="checkbox"/> USD300 / HK\$2,400	<input type="checkbox"/> USD400 / HK\$3,200
Conference Only (10-11 November)		
Physicians	<input type="checkbox"/> USD100 / HK\$800	<input type="checkbox"/> USD150 / HK\$1,200
Allied Professionals	<input type="checkbox"/> USD90 / HK\$720	<input type="checkbox"/> USD120 / HK\$960
Fellows / Members / Affiliates of Hong Kong College of Cardiology	<input type="checkbox"/> Waived	

*Fellows / Members / Affiliates of Hong Kong College of Cardiology (HKCC) are entitled to free registration of the conference on 10-11 November.

Cancellation:	On or before 5 October 2018	50% of the registration fee will be refunded.
	After 5 October 2018	No refund.

LETTER OF INVITATION

On request, the APCCRC 2018 Conference Secretariat will send a letter of invitation by email to participant to attend the Conference. This invitation is intended to facilitate participant's travel and visa arrangement and does not imply the provision of any financial or other support.

For Overseas Delegates: Please send me a letter of invitation for visa application.

PAYMENT DECLARATION

I hereby agree to be bound by the rules and regulations of the Conference and would like to settle the payment of HK\$_____ by

Credit Card (in Hong Kong dollars only)

*The Conference Secretariat will send you an online payment link in a separate email.

Cheque in HKD made payable to "Hong Kong College of Cardiology" and mail to the APCCRC 2018 Conference Secretariat at Unit C-D, 17/F, Max Share Centre, 373 King's Road, North Point, Hong Kong.

I hereby agree to abide by the rules and regulations of the APCCRC 2018 Conference.

Program

Scientific sessions consist of plenary lectures, international joint sessions, symposia, abstract presentations and workshops. There will also be public lectures and exhibition from the industry.

Accreditation (CME/CNE/CPD)

CME, CNE and CPD points will be applied for the Conference and will be announced later.

Best Paper Awards

Abstracts accepted for oral presentations will be shortlisted for the competition of the Dr. Chu-Pak Lau Best Paper Award (for preventive cardiology) and Dr. Suet-Ting Lau Best Paper Award (for cardiac rehabilitation). The two award winners will be awarded a certificate and cash prize of HK\$1,000.

Acknowledgments

A. Menarini Hong Kong Limited
Amgen Asia Holding Limited
AstraZeneca Hong Kong Limited
Boehringer Ingelheim (Hong Kong) Limited
Daiichi Sankyo Hong Kong Limited
Hong Kong Heart Foundation
Jump Rope For Heart
Medtronic Hong Kong Medical Limited
Mekim Limited and Terumo Corporation
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