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In Scientific Collaboration with



# INDIA HEART SYMPOSIUM 2026 7<sup>th</sup> EDITION



**Sat, 6<sup>th</sup> June 2026**



**14:00 – 20:30 IST**



**The Leela Bhartiya, Bengaluru**

Scientific Initiative by



Academic Partner



Digital Partner



## International Faculty



### **Prof. Bryan Williams**

President, International Society of Hypertension, Chief of Medicine, University College London, Director & Board Member, UCL Hospitals, United Kingdom



### **Dr. Steve Nissen**

Chief Academic Officer Heart, Vascular & Thoracic Institute Lewis and Patricia Dickey Chair Cardiovascular Medicine, Cleveland Clinic, United States



### **Prof. Neil Poulter**

Professor, Preventive Cardiovascular Medicine, Co-Director, ICCH, Imperial College, London, United Kingdom



### **Prof. Giuseppe M.C. Rosano**

Consultant Cardiologist & Professor of Cardiology, St. George's University Medical School  
President, Heart Failure Association, United Kingdom



### **Prof. Mark Petrie**

Professor/Honorary Consultant, Institute of Cardiovascular & Medical Sciences, University of Glasgow, United Kingdom

## Chairpersons



**Dr. Kiron Varghese**  
Consultant Interventional  
Cardiologist, St. John's Medical  
College & Hospital,  
Bengaluru



**Dr. Nagamalesh U M**  
Lead Consultant - Cardiology &  
Interventional Cardiology  
Aster CMI Hospital,  
Bengaluru



**Dr. Arup Das Biswas**  
Sr. Consultant Cardiologist  
Ruby General Hospital &  
Apollo Gleneagles Hospital,  
Kolkata



**Dr. B Prasanna Kumar**  
Founder & Director,  
Centre for Diabetes &  
Endocrine Care,  
Bengaluru

## Case Presenters



**Dr. S N Narasingan**  
Managing Director,  
SNN Specialities Clinic  
& SNN Diagnostic Centre,  
Chennai



**Dr. T Govindan Unni**  
Professor & Medical Director,  
Jubilee Mission Medical College  
& Research Institute,  
Thrissur



**Dr. Girish Navasundi**  
Sr. Consultant Interventional  
Cardiologist, Director of the  
Cath Lab, Apollo Hospitals,  
Bengaluru

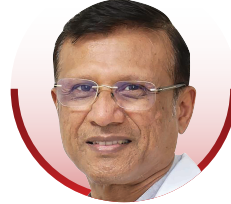


**Dr. T K Venkatesh**  
Sr. Consultant & Interventional  
Cardiologist, Apollo Hospitals,  
Bengaluru

## Panelist



**Dr. S Manoj**  
Sr. Consultant Interventional  
Cardiologist, Kauvery Hospital,  
Chennai



**Dr. Gopi Aniyathodiyil**  
Head, Department of Cardiology,  
Fortis Hospital,  
Bengaluru



**Dr. N Sridhara**  
Sr. Consultant & Interventional  
Cardiologist, Fortis Hospital,  
Bengaluru



**Dr. T Shashikant**  
Sr. Consultant Interventional  
Cardiologist,  
Director of the Cath Lab,  
Yashoda Hospitals,  
Secunderabad



**Dr. G G Shetty**  
Sr. Consultant Cardiologist &  
Interventional Cardiologist  
Narayana Health City,  
Bengaluru

## Panelist



**Dr. S. Shanmugasundaram**  
Sr. Consultant Cardiologist  
& Interventional Cardiologist,  
Billroth Hospitals,  
Chennai



**Dr. Abhijit Bhograj**  
Consultant Endocrinologist &  
Diabetologist,  
Manipal Hospital,  
Bengaluru



**Dr. D Ramesh**  
Sr. Consultant Interventional  
Cardiologist,  
Fortis Hospital,  
Bengaluru



**Dr. Sanjeev Hiremath**  
Consultant-Nephrologist,  
Sagar Hospitals,  
Bengaluru



**Dr. Pramila Kalra**  
Sr. Consultant - Department of  
Endocrinology,  
Ramaiah Medical College &  
Hospitals,  
Bengaluru

# AGENDA

## Cardio - Metabolic Continuum: From Risk to Outcomes

14:00 - 14:05 The Future of Cardiology: Integrating Risk, Disease & Outcomes Bryan Williams

### Track 1: Hypertension | Chairperson: Bryan Williams | Moderator & Co-Chair: Kiron Varghese

14:05 - 14:30 **Talk 1:** Redefining Hypertension in 2026 - What has Changed as per Recent Evidence & in Recent Guidelines? Bryan Williams  
Case Discussion with Polling

14:30 - 14:55 **Talk 2:** Personalizing Hypertension Care - Do All Patients Need the Same Approach? Neil Poulter  
Case Discussion with Polling

14:55 - 15:10 Panel Discussion  
• Kiron Varghese • Bryan Williams  
• Neil Poulter • S Manoj

### Indian Clinical Cases: Hypertension in Clinical Practice

15:10 - 15:24 **Case Presentation 1:** The Hypertension - Kidney Conundrum: Are Standard BP Control Strategies Enough in CKD? S N Narasingan

**Case Presentation 2:** The Rise of Low dose Dual and Triple Therapy in Hypertension T Govindan Unni

15:24 - 15:34 Panel Discussion  
• Kiron Varghese • Bryan Williams  
• Neil Poulter • S N Narasingan  
• T Govindan Unni • S Manoj

### Track 2: Heart Failure & Clinical Outcomes | Chairperson: Giuseppe Rosano Moderator & Co-Chair: Nagamalesh U M

15:35 - 16:00 **Talk 3:** What's Hot and What's Practical in HFrEF Management Today? Mark Petrie  
Case Discussion with Polling

16:00 - 16:25 **Talk 4:** A Titration Guide to Heart Failure Medications: All at Once or Personalize? Giuseppe Rosano  
Case Discussion with Polling

16:25 - 16:40 Panel Discussion  
• Nagamalesh U M • Giuseppe Rosano  
• Mark Petrie • Gopi A • N Sridhara  
• S. Shanmugasundaram

### Indian Clinical Cases: Heart Failure in Clinical Practice

16:40 - 16:54 **Case Presentation 3:** Evidence Vs. Experience: How Do We Treat HFrEF in the Frail? Girish Navasundi

**Case Presentation 4:** Thyroid Dysfunction in HFrEF: Do We Manage Differently? T K Venkatesh

16:55 - 17:05 Panel Discussion  
• Nagamalesh U M • Giuseppe Rosano  
• Mark Petrie • Girish Navasundi  
• T K Venkatesh • Gopi A • N Sridhara  
• S. Shanmugasundaram

17:05 - 17:15

Tea Break

# AGENDA

## Cardio - Metabolic Continuum: From Risk to Outcomes

### Track 3: Integrated Cardiology Practice - India Perspective | Chairperson: Bryan Williams Moderator & Co-Chair: Arup Das Biswas

17:15 - 17:40	<b>Talk 5:</b> Stage I Hypertension (>130/80 mm Hg): Is the Evidence Strong Enough to start Pharmacotherapy?  Case Discussion with Polling	Neil Poulter
17:40 - 18:05	<b>Talk 6:</b> Metabolic Syndrome & Hypertension: Do We Need A Different Approach? Translating Guidelines into Clinical Practice  Case Discussion with Polling	Bryan Williams
18:05 - 18:20	Panel Discussion	<ul style="list-style-type: none"><li>• Arup Das Biswas • Bryan Williams</li><li>• Neil Poulter • T Shashikant • G G Shetty</li></ul>

### Track 4: Obesity & Cardiometabolic Disease | Chairperson: Mark Petrie Moderator & Co-Chair: B Prasanna Kumar

#### Part A: Understanding the Disease

18:20 - 18:35	<b>Talk 7:</b> Successes in GLP-1 RA Outcome Trials	Mark Petrie
18:35 - 18:50	<b>Talk 8:</b> Can GLP-1 RA be regularly used in Cardio-Metabolic practice: The barriers in decision making	Giuseppe Rosano
18:50 - 19:10	Panel Discussion	<ul style="list-style-type: none"><li>• Mark Petrie • Giuseppe Rosano</li><li>• B Prasanna Kumar • D Ramesh</li><li>• Abhijit Bhograj • Sanjeev Hiremath</li></ul>

#### Part B: Management & Clinical Practice

19:10 - 19:30	<b>Talk 9:</b> Practical Issues Around GLP-1 RAs - How to Optimise Adherence	Mark Petrie
19:30 - 19:50	Panel Discussion: Integrating Obesity Management into Cardio-Metabolic Practice	<ul style="list-style-type: none"><li>• B Prasanna Kumar • Mark Petrie</li><li>• Giuseppe Rosano • Kiron Varghese</li><li>• Pramila Kalra</li></ul>

### Satellite Session | Chairperson: Mark Petrie | Moderator & Co-Chair: Arup Das Biswas

20:00 - 20:10	Update on Obesity and Cardiovascular Disease: New Clinical Trials	Steve Nissen
20:10 - 20:30	Panel Discussion	<ul style="list-style-type: none"><li>• Mark Petrie • Arup Das Biswas</li></ul>



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