

Registration

Deadline for registration is September 20th 2019.
DZHK PI, DZHK scientists and members of the Young DZHK can attend the symposium free of charge.
Travel expenses can be reimbursed from the training budget of the respective partner site. Please contact your partner site management.
Registration via DZHK Intranet: <https://intern.dzhk.de>



Center for translational cardiovascular disease
prevention
Reduce CVD burden - RedCVD
[@redCVD](https://twitter.com/redCVD)

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CME

CME points have been applied for at the Medical Association of Mecklenburg-Vorpommern for this event.

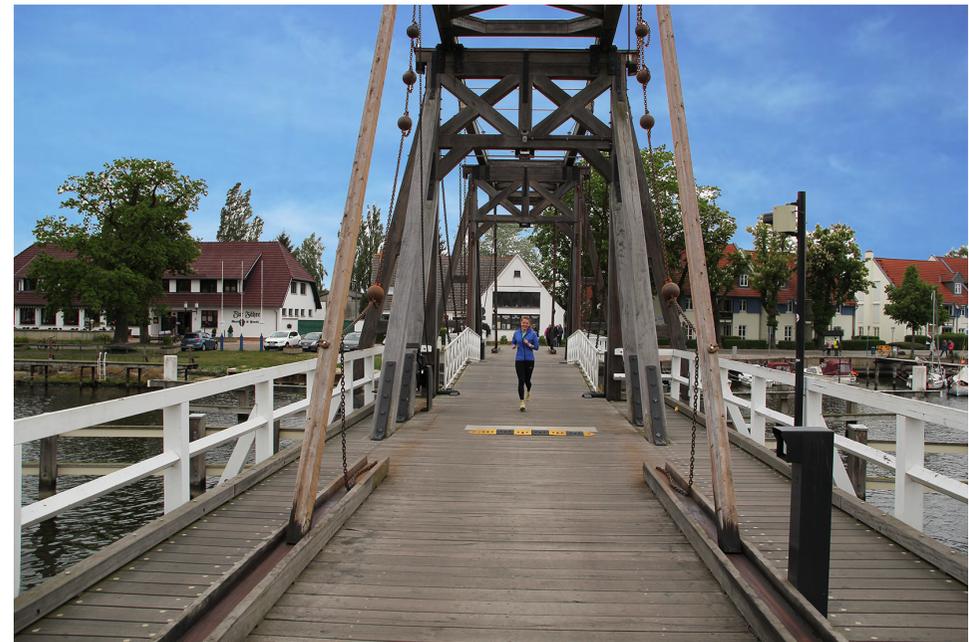
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DZHK
DEUTSCHES ZENTRUM FÜR
HERZ-KREISLAUF-FORSCHUNG E.V.

1st DZHK Symposium Current aspects of translational cardiovascular disease prevention with exercise

September 30th and October 1st 2019
at MAJUWI, Greifswald, Germany



Location:

MAJUWI - Maritimes Jugenddorf Wieck
Yachtweg 3,
17493 Greifswald, Germany



Day 1: Monday, September 30th 2019

REGISTRATION, WELCOME AND INTRODUCTION

11:00 – 12:00	Registration
12:00 – 12:15	Welcome (Marcus Dörr, Greifswald)
12:15 – 13:00	Welcome lecture: Vascular effects of exercise training (Emeline van Craenenbroeck, Antwerpen)

EXERCISE AS A THERAPEUTIC OPTION IN CVD PATIENTS

Chair: Frank Edelmann (Berlin)

13:00 – 13:30	Exercise training in patients with LVAD: Is it safe? Does it work? (Anna Bobenko, Berlin)
13:30 – 14:00	Patients with heart failure with reduced ejection fraction: How much can we achieve with exercise training? (Michael Schindler, München)
14:00 – 14:30	How much and how long? Exercise training in patients with heart failure with preserved ejection fraction (Rolf Wachter, Leipzig/Göttingen)

Coffee Break

IMMUNITY AND VASCULAR RESPONSE TO EXERCISE TRAINING

Chair: Nicole Kränkel (Berlin)

15:00 – 15:30	Interaction of statins and exercise training in adipose rats (Ines Urbaneck, Greifswald)
15:30 – 16:00	Leukocyte response to acute exercise in patients with heart failure (Aycen Koc, Berlin)
16:00 – 16:30	Mechanisms of exercise-induced retinal microvascular function (Henner Hanssen, Basel)

EXERCISE-BASED REHABILITATION AND SECONDARY PREVENTION OF CVD - WHAT FOR WHOM?

Chair: Rainer Hambrecht (Bremen)

16:30 – 17:00	Targeting all heart failure patients with exercise training: is it safe and efficacious? (Harm Wienbergen, Bremen)
17:00 – 17:30	Exercise-based rehabilitation after valve correction (Heinz Völler, Potsdam)
17:30 – 18:00	Biomarkers and perfusion – exercise training-induced changes after stroke: BAPTISE (Agnes Flöel, Greifswald)

Break

EXERCISE AS A THERAPEUTIC OPTION IN CVD PATIENTS

19:00	Dinner & lecture: When the time is right - circadian rhythms, nutrition and exercise (John Hawley, Melbourne)
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Day 2: Tuesday, October 1st 2019

08:30 – 09:00	Sex-specific aspects of exercise-based prevention (Trine Moholdt, Trondheim)
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EFFECTS OF SEDENTARISM AND EXERCISE TRAINING ON SKELETAL MUSCLE

Chair: Jens Fielitz (Greifswald)

09:00 – 09:30	Mechanisms of skeletal muscle atrophy in heart failure – What can we address by exercise? And where? (Volker Adams, Dresden)
09:30 – 10:00	How is VO ₂ max determined? Is it vascularisation? Mitochondria? (Carsten Lundby, Copenhagen)
10:00 – 10:30	Mechanisms of muscular adaptation to immobilization and recovery during and after bed rest (Michael Boschmann, Berlin)

Coffee Break

GENETICS AND EPIGENETICS OF EXERCISE

Chair: Johannes Backs (Heidelberg)

10:30 – 11:00	Genomics and genetics in the biology of adaptation to exercise (Martin Bahls, Greifswald)
11:00 – 11:30	Cardioprotective mechanisms of exercise: histone deacetylase signalling (Lorenz Lehmann, Heidelberg)
11:30 – 12:00	Differential effects of endurance, interval, and resistance training on telomerase activity and telomere length (Ulrich Laufs, Leipzig)

Lunch

eHEALTH AS A TOOL FOR TRANSLATIONAL PREVENTION

Chair: Marcus Dörr (Greifswald)

13:00 – 13:30	My personal cardiologist on the smart device – where is the limitation? (Jens Eckstein, Basel)
13:30 – 14:00	Diagnosis within minutes - a pathophysiology-based diagnostic decision support system in your hands (Martin Hirsch, Berlin)
14:00 – 14:30	Identifying individual opportunities for increased daily physical activity (Jasper Schipperijn, Odense)

FAREWELL

14:30 – 15:00	Exercise training in neurodegenerative diseases: What can we achieve? What do we want to achieve? (Andre Fischer, Göttingen)
15:00	Summaries and Farewell (Nicole Kränkel, Berlin; Martin Bahls, Greifswald)

Departure