



33. kongres Europskoga kardiološkog društva - Pariz, Francuska

33rd Congress of the European Society of Cardiology - Paris, France

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Ovogodišnji kongres Europskoga kardiološkog društva (ESC Kongres), 33. po redu, održao se u Parizu od 27. do 31. kolovoza 2011. godine. Povijesno je zanimljivo da je prošlo točno 31 godina od posljednjeg ESC Kongresa u Parizu, kada se ESC Kongres događao svake četvrte godine i bio je organiziran od strane nacionalnog kardiološkog društva te je u Parizu u radu kongresa sudjelovalo 6.800 sudionika. U pet dana trajanja Kongresa održano je više od 400 blokova predavanja, kliničkih simpozija i seminara, a nakon recenzija prihvaćeno je za objavu 4.300 sažetaka (ukupno je predano 10.881 sažetaka), što predstavlja povećanje u odnosu na sadržaj prošlog ESC Kongresa 2010. g. u Stockholmu¹. Na Kongresu je sudjelovalo 32.946 sudionika (uključuje aktivne sudionike i predstavnike industrije), i prema organizatorima riječ je o rekordno posjećenom i (do sada) najvećem ESC Kongresu. Trend koji je prošle godine započeo sa znatnim porastom prijavljenih sažetaka iz Azije, ove godine je nastavljen na način da je osnažena prisutnost delegacija izvan Europe, ponajviše iz Brazila (treći najveći broj delegata na Kongresu), Japana, Kine i Indije. Prijašnjih godina broj sudionika iz zemalja koje nisu članice ESC iznosio je oko 25%, ovo godine je po prvi put oko 30%. Posebno je naglašeno kako je najveći broj prijavljenih sažetaka bio iz Japana, više nego iz ijedne druge zemlje. Sve to pokazuje da je ESC Kongres uistinu svjetski događaj u kardiologiji koji kontinuirano iz godine u godinu privlači sve više i više sudionika.

Organizacijska novost Kongresa bila je da su tematski slične aktivnosti (ovo se osobito odnosi na blokove predavanja) bile smještene u istim odjeljcima kongresnog centra, što je olakšalo sudjelovanje.

Glavna tema ovogodišnjeg Kongresa bile su "Kontroverze u kardiologiji", posebno iz područja srčanog zatajivanja, koronarne bolesti srca, prevencije, aritmija i intervencijske kardiologije. Kontroverze u kardiologiji su odbačene kao glavna tema kongresa baš zbog brojnih novih otkrića i spoznaja u kardiologiji, a čije uvođenje u praksu sa sobom nosi brojne izazove. Jedna od važnih tema je također bilo antikoagulantno liječenje u atrijskoj fibrilaciji s novim Xa inhibitorima i antagonistima trombina.

Kliničke studije ponovno su obilježile Kongres, ove godine su se posebno nestrpljivo iščekivali rezultati studija ARISTOTLE, Dal-VESSEL i RUBY-1 koje su prvi put predstavljene tijekom Kongresa. ARISTOTLE studija, smatraju mnogi, bila je prava kruna ovog Kongresa, budući da se pokazalo da je apiksaban superiorniji od varfarina u prevenciji moždanog udara i sistemskih embolijskih događaja kod bolesnika s atrijskom fibrilacijom te da je primjena

This year's congress of the European Society of Cardiology (ESC Congress), which is the 33rd congress, took place in Paris from 27th to 31st August 2011. It is historically interesting that it has been exactly 31 years since the last ESC Congress in Paris was held, when the ESC Congress used to take place every four years and was organized by the National Society of Cardiology and some 6800 participants took part in the work of the Congress. During the period of five days that the Congress lasted, more than 400 sessions of lectures, clinical symposia and seminars were organized and after the reviews were completed, some 4,300 abstracts were accepted for publication (total of 10,881 abstracts were submitted), which represents an increase compared to the contents of the last 2010 ESC Congress in Stockholm¹. Some 32,946 participants took part at the Congress (including active participants and industry representatives) and according to organizers' opinion, this was the best visited (so far) and largest ESC Congress ever. The trend started last year by a significant increase in the submitted abstracts from Asia, this year the trend has continued in a way that the presence of non-European delegations has been strengthened, mainly from Brazil (the third largest number of delegates at the Congress), Japan, China and India. During the period of the last few years, the number of participants from the countries which are not the ESC members was around 25%, this year it has been 30% for the first time. It is especially emphasized that the largest number of submitted abstracts has come from Japan, more than from any other country. All this shows that the ESC Congress is really an international event in Cardiology which is attracting ever greater number of participants every year.

The organizational novelty of the Congress was that thematically similar activities (this is especially true for sessions of lectures) were located in the same sections of the congress center, which facilitated the attendance.

The main topic of this year Congress was "Controversies in Cardiology", especially in the field of heart failure (HF), coronary heart diseases (CHD), prevention, arrhythmias, and interventional cardiology. Controversies in Cardiology have been selected as the main topic of the Congress because of the many new discoveries and insights in cardiology, and whose introduction in the practice brings with it many challenges. One of the important topics was also anticoagulant treatment in atrial fibrillation (AF) with new Xa inhibitors and thrombin antagonists.

Clinical studies have again marked the Congress, this year we were eagerly awaiting the results of the studies



ovog lijeka povezana s manje krvarenja i nižim stopama smrtnosti. PRODIGY studija pokazala je da je šest mjeseci primjene antitrombotske terapije nakon postavljanja stenta (ovo se odnosi i na *bare metal* — BMS i na *drug eluting* — DES stentove te stabilne i nestabilne bolesnike) jednako učinkovito kao i primjena tijekom 24 mjeseca, no povezana je sa statistički značajno nižim rizikom od krvarenja. Studija EXAMINATION pokazala je ekvivalentnost DES koji izlučuje everolimus prema BMS (kobalt krom), barem što se tiče glavnih kliničkih ishoda, ali i niže stope tromboze stenta i stopa revaskularizacije u razdoblju praćenja do 1 godine.

Predsjednik ESC, prof. Michel Komajda, naglasio je činjenicu da je 2011. god. bila godina registara. Prema njegovim riječima, važnost registara sadržana je ponajviše u tome što oni omogućuju procjenu prate li liječnici Smjernice. Npr. PURE registar pokazao je zabrinjavajuće rezultate: bolesnici s prethodnom kardiovaskularnom bolesti nisu prikladno liječeni. PURE registar uključio je 154.000 odraslih osoba iz 17 zemalja te je pokazao kako u zemljama s nižim prihodima čak 80% kardijalnih bolesnika uopće ne primaju lijekove, dok u zemljama s visokim prihodima svega 11,2% ne prima adekvatnu terapiju. Iz navedenog se može zaključiti kako je još uvijek moguće ostvariti značajan napredak u prevenciji i liječenju u cijelome svijetu. I ESC je pokrenulo vlastite registre — tijekom Kongresa predstavljena su čak njih tri: za srčano zatajivanje, za ablaciju atrijske fibrilacije i za trudnoću i koronarnu bolest. Iako je važnost prva dva registra jasnija, treći je također posebno važan, budući da je dostupno relativno malo podataka o tome kakav je tijek i ishod trudnoće kod žena s od ranije prisutnom bolesti srca; komplikacije su češće i mogu biti životno ugrožavajuće. Ovo predstavlja prvi registar ove vrste, koji je od iznimne važnosti, budući da je već pokazao zabrinjavajuće rezultate: smrtnost majki i fetusa bile su veće od očekivanoga u ovoj populaciji. Već ovi rezultati ukazuju na snažnu potrebu za suradnjom između ginekologa i kardiologa u praćenju trudnoće kod žena s od ranije prisutnom bolesti srca.

Ranije započeti projekt, EurObservational registar, bit će proširen — novi registri uključivat će zatajivanje srca, atrijsku fibrilaciju i kroničnu ishemijsku bolest srca. Za Republiku Hrvatsku od posebne je važnosti, budući da su 3 centra (KBC Zagreb, KBC Sestre milosrdnice i KB Dubrava) sudjelovala već 2006. g. u istraživanju EUROASPIRE III, da će 2012. g. biti provedeno istraživanje EUROASPIRE IV.

Nije veliko iznenađenje da su posebno zapaženi bili i rezultati nekih studija koje nisu bile prikazane u okviru "Hot line" i "Clinical Trial Updates" ESC sjednica. Studije u ovoj kategoriji bile su one koje su pokazale korisne učinke konzumacije čokolade na srce i pozitivnog učinka smijeha na krvne žile, dok su druge studije pokazale da prekovremeni rad, opterećenje poslom i ljutnja imaju kardiotoksične učinke; što sve pokazuje kako psihosocijalni čimbenici sve više bivaju prepoznavana kao bitni u nastanku bolesti srca. Između ostalog, bilo je dosta govora i o problemima u prevenciji kardiovaskularnih bolesti, paradoksu debljine, konceptu i upotrebi politablete, ivabradinu, posebnostima koronarne bolesti u žena te o mnogim drugim temama, koje zbog ograničenosti prostora ovdje nismo u mogućnosti navesti.

ARISTOTLE, Dal-VESSEL and RUBY-1, which were introduced during the Congress for the first time. ARISTOTLE study, as considered by many persons, was the real crown of this Congress, as it turned out that apixaban is superior to warfarine in prevention of stroke and systemic embolic events in patients with AF and that the use of this drug is associated with less bleeding and lower mortality rates. PRODIGY study has showed that 6 months antiplatelet therapy after implantation of the stent (this applies to bare metal and drug eluting stents and the stable as well as unstable patients) is equally effective as its application during the 24 months period, but it was associated with significantly lower risk of bleeding. EXAMINATION study has shown the equivalence of everolimes DES to BMS (cobalt chrome), at least regarding major clinical outcomes, but also lower rates of stent thrombosis and revascularization rate during the follow-up of maximum 1 year.

ESC President, Prof. Michel Komajda, emphasized the fact that in 2011 it was the year of registries. According to his words, the importance of registries is to show whether physicians follow the guidelines. For example, PURE registry has shown disturbing results: patients with prior cardiovascular disease (CVD) are not properly treated. PURE registry has included 154,000 adults from 17 countries and shown that in the countries with lower income as much as 80% of cardiac patients do not receive medication at all, while in countries with high income, only 11.2% do not receive adequate therapy. From the above mentioned, it can be concluded that it is still possible to achieve significant progress in the prevention and treatment worldwide. Even ESC has initiated its own registries — during the Congress three of them were presented: registry for HF, registry for ablation for AF and registry for CHD and pregnancy. Although the importance of the first two registries is clear, the third is also particularly important, since there is relatively little information available about the course and outcome of pregnancy in women with the previously existing heart diseases; complications are more frequent and can be life threatening. This represents the first registry of this kind, which is of paramount importance, since it has already shown alarming results: the mortality of mothers and fetuses were higher than expected in this population. These results call for a strong need for cooperation between gynecologists and cardiologists in monitoring pregnancy in women with the previously existing heart disease.

The project started earlier, EurObservational registry will be expanded — the new registries will include HF, AF and chronic CHD. For the Republic of Croatia it is of particular importance, since 3 centers (University Hospital Center Zagreb, University Hospital Center Sestre milosrdnice and Clinical Hospital Dubrava) participated in the study EUROASPIRE III in 2006 as in 2012 the study EUROASPIRE IV will be conducted.

It is not very surprising that results of some studies that were not presented at the "Hot Line" and "Clinical Trial Updates" ESC meetings were particularly noted. The studies in this category were those that showed the beneficial effects of eating chocolate on the heart and the positive effect of laughter on blood vessels, while some other studies have shown that overtime work, work load and anger have cardiotoxic effects, all of which shows how psychosocial factors are increasingly identified as important factors in the occurrence of heart disease. Many other issues were



Tijekom ovog Kongresa predstavljene su četiri nove smjernice: ESC Smjernice za liječenje kardiovaskularne bolesti u trudnoći², zajedničke ESC/European Atherosclerosis Society Smjernice za liječenje dislipidemija³, ESC Smjernice za dijagnozu i liječenje periferne arterijske bolesti⁴ te osvježene ESC Smjernice za liječenje akutnog koronarnog sindroma bez elevacije ST-segmenta⁵. Cilj je novih smjernica, kao i prijašnjih godina, prenošenje osnovnih poruka na temelju rezultata novih kliničkih istraživanja. Izdana su također i džepna izdanja uz pripadajuće komplete dijapozitiva.

ESC je po prvi put izdao Smjernice za liječenje kardiovaskularne bolesti u trudnoći², kojima je prethodila ESC konsenzus izjava stručnjaka iz 2003. Sada u obliku smjernica vrlo lijepo su objedinjeni trenutno dostupni podaci i daju obilje preporuka za savjetovanje žena s bolestima srca prije trudnoće, no i za liječenje kardiovaskularnih bolesti tijekom trudnoće i porođaja te nakon porođaja.

Druge su zajedničke ESC/European Atherosclerosis Society Smjernice za liječenje dislipidemija³, a na čelu Radne skupine koja ih je izradila su akademik Željko Reiner i prof. Alberico Catano. Iako oba društva surađuju već od 1994. g. ovo je prvi put da su oba društva zajednički napravila preporuke za liječenje dislipidemija. Poseban naglasak je bio na pregledu svih dostupnih dokaza iz struke kako bi se uzela u obzir ne samo učinkovitost, već i sigurnost liječenja koje uključuje i promjenu životnih stilova i lijekove unutar proširenog okvira kardiovaskularne prevencije.

Treće ESC Smjernice za dijagnozu i liječenje periferne arterijske bolesti⁴, bave se aterosklerotskim promjenama u karotidnim, vertebralnim, bubrežnim, mezenteričkim te arterijama gornjih i donjih ekstremiteta, no ne i bolestima aorte. Od posebne je važnosti što smjernice predlažu strategije liječenja za bolesnike s bolesti arterija koja zahvaća više mjesta, što uključuje i koronarne arterije. Nastale su zajedničkom suradnjom brojnih stručnjaka iz područja kardiologije, vaskularne kirurgije, radiologije, neurologije i angiologije.

Četvrte su osvježene ESC Smjernice za liječenje akutnog koronarnog sindroma bez elevacije ST-segmenta⁵. Glavne novosti u ovim smjernicama odnose se na korištenje visoko osjetljivih metoda određivanja troponina, farmakološkog liječenja (posebno mjesto pridano je novim lijekovima, ticagreloru i prasugrelu) te načinu liječenja uz vrlo pregledne postupnike.

Javni događaji održani su 28. i 29. kolovoza 2011. g. ispred Gradske vijećnice u Parizu kako bi se javnosti prenijele ključne poruke ESC — važno je jesti kvalitetno, ne pušiti, pokušavati smanjiti stres i pokušati se pokrenuti i vježbati. Javnost su savjetovali brojni kardiolozi te je više od 3.000 stanovnika Pariza i turista posjetilo za tu prigodu postavljene štandove i sudjelovalo u različitim aktivnostima poput "baby gym", "zumba fitness" i radionicama o zdravom kuhanju.

Nažalost, ove godine (za razliku od prijašnjih) sudionici kongresa nisu imali priliku besplatno preuzeti novo tiskano izdanje Zbirnih smjernica (*ESC Guidelines Compendium 2011*), koje se inače može nabaviti na mrežnim stranicama Europskoga kardiološkog društva po cijeni od 79,99 EUR. No, sve smjernice Europskoga kardiološkog društva i dalje su dostupne za preuzimanje.

also discussed such as problems in the prevention of CVD, obesity paradox, the concept and use of polypills, ivabradine, peculiarities of CHD in women and many other topics, which we cannot mention fully because of limited space here.

During the Congress there are four new Guidelines that were presented: ESC Guidelines for the treatment of CVD in pregnancy², common ESC/European Atherosclerosis Society Guidelines for the treatment of dyslipidemias³, ESC Guidelines for diagnosis and treatment of peripheral arterial disease⁴ and updated ESC Guidelines for the treatment of non-ST-segment elevation acute coronary syndrome⁵. The purpose of these Guidelines and those in previous years is communicating the basic messages on the basis of results from new clinical studies. Pocket editions with accompanied sets of slides have been published.

ESC has for the first time published Guidelines for the treatment of CVD in pregnancy², which was preceded by ESC consensus statement by experts in 2003. Now, in the form of the Guidelines the currently available data is very nicely summarized giving numerous recommendations as advice to women with heart diseases before pregnancy as well as for the treatment of CVD during pregnancy, childbirth and following the childbirth.

Other guidelines are the common ESC/European Atherosclerosis Society Guidelines for the treatment of dyslipidemias³, and the heads of the Working Group who has developed them are Academic Željko Reiner and Prof. Alberico Catano. Although the both Societies have cooperated since 1994, this is the first time that both Societies jointly created recommendations for the treatment of dyslipidemias. Particular emphasis was placed on examination of all available evidence by the professional staff in order to take into account not only the efficiency, but also the safety of the treatment itself, which includes a change to lifestyles and medications within the expanded framework of cardiovascular prevention.

The third ESC Guidelines for the diagnosis and treatment of peripheral arterial diseases⁴ deal with the atherosclerotic changes in carotid, vertebral, renal, mesenteric arteries and arteries of the upper and lower extremities, but not aortic diseases. The Guidelines are of particular importance because they suggest treatment strategies for patients with artery diseases that affect multiple spots, including the coronary arteries. They were created in cooperation of a number of experts in the field of cardiology, vascular surgery, radiology, neurology and angiology.

The fourth guidelines are the updated ESC Guidelines for the treatment of acute coronary syndrome without ST-segment elevation⁵. The main novelties in these guidelines apply to the use of highly sensitive methods for determination of troponin, pharmacological treatment (a special importance is given to new drugs, ticagrelor and prasugrel) and the method of treatment with clear algorithms.

Public events were held on 28th and 29th August 2011 in front of the City Hall in Paris in order to get across ESC crucial messages to the public — it is important to eat well, not to smoke, try to reduce stress and try to start moving and exercise. The public were advised by numerous cardiologists and more than 3,000 Parisians and tourists visited the stands on this occasions and participated in various activities such as "baby gym", "Zumba Fitness" and workshops on healthy cooking.



Napomenimo i to da su u svojstvu Faculty-a ovog ESC Kongresa sudjelovali u organizaciji i radu kao voditelji pojedinih sjednica kongresa i predavači predsjednik Hrvatskoga kardiološkog društva (HKD) i dekan Medicinskog fakulteta Sveučilišta u Zagrebu prof. dr. sc. Davor Miličić, i akademik Željko Reiner, a prof. dr. sc. Mijo Bergovec sudjelovao je u radu nadzornih odbora kliničkih istraživanja SIGNIFY, ENGAGE-AF i ATLAS-2. Prof. Bergovec je zajedno sa dr. Skorićem sudjelovao u radu Odbora ESC za prijevode ESC Smjernica na nacionalne jezike.

Članovi HKD ove godine su na radu Kongresa, kao i prošle godine, sudjelovali s tri prihvaćena rada u obliku postera — po jedan iz Kliničke bolnice Dubrava, Specijalne bolnice za medicinsku rehabilitaciju u Krapinskim Toplicama i Medicinskog fakulteta u Splitu. Također je vrijedno napomenuti da su za vrijeme kongresa hrvatski kardiolozi kao istraživači aktivno sudjelovali na više sastanaka istraživača i glavnih istraživača velikih svjetskih kliničkih studija iz područja kardiologije, a koje su upravo završene ili još uvijek u tijeku (npr. TAO, TRILOGY, ENGAGE-AF TIMI 48, ATLAS-2 ACS TIMI 51, SIGNIFY, itd.). Tijekom Kongresa dodijeljene su i brojne nagrade i stipendije (npr. nagrade za najbolji sažetak u nizu kategorija, stipendije za istraživačke projekte, i dr.), no nažalost i ove godine nitko od kolegica i kolega iz Hrvatske nije među nagrađenima. Sve navedeno nam treba poslužiti kao poticaj za možebitna buduća veća postignuća, a nikako kao razočaranje.

Tijekom kongresa HKD je, kao i svake godine, imalo bogato opremljen izložbeni prostor, s materijalima o nadolazećim događajima koje organizira, *Kardio listom* te promotivnim turističkim materijalima. Na samom štandu prikazana je i kronologija ESC Smjernica prevedenih u raz-

Unfortunately, this year (unlike during the previous years) the Congress participants had no opportunity to receive new free printed edition of ESC Guidelines Compendium 2011, which, can be purchased on the ESC website at a price of EUR 79.99. However, all the ESC Guidelines are still freely available for download at the ESC website.

We should also mention that even lecturers, namely President of the Croatian Cardiac Society (CCS) and Dean of the School of Medicine of the University of Zagreb, Prof. Davor Miličić, PhD as well as Academic Željko Reiner participated in the organization and work of this ESC Congress as members of Faculty and chairmen of some Congress sessions, while Prof. Mijo Bergovec PhD participated in the work of steering committees of clinical studies SIGNIFY, ENGAGE-AF and the ATLAS-2. Prof. Bergovec has together with Dr. Skorić participated in the work of the ESC Committee for translation of ESC Guidelines into national languages.

Members of the CCS have participated in the work of the ESC Congress this year, like in the last year, with a total of 3 accepted abstracts in the form of posters — one from the University Hospital Dubrava, Special Hospital for Medical Rehabilitation in Krapinske Toplice and School of Medicine in Split. It is also worth noting that during the Congress, the Croatian cardiologists as investigators actively participated in several meetings of investigator and principal investigator of large international clinical trials in the area of cardiology, which have just been finished or are still underway (e.g. TAO, TRILOGY, ENGAGE-AF TIMI 48, ATLAS-2 ACS TIMI 51, SIGNIFY, etc.). During the Congress, numerous prizes and scholarships (e.g. prizes for the best abstract in a series of categories, scholarships for research projects, etc.) were awarded, but unfortunately, this year none of the colleagues from Croatia were among the





doblju od 1999. do 2011. g. od strane članova Hrvatskoga kardiološkog društva⁶.

Na kraju, napominjemo kako je ovo samo pregled najvažnijih vijesti prema sudu autora, za sve novosti, ali i više detalja čitatelje upućujemo na mrežne stranice ESC (<http://www.escardio.org>) gdje se mogu naći opširnije informacije, a od ove godine, po prvi put i datoteke dnevnih novina Kongresa "ESC Congress News", što je hvalevrijedan potez, budući da sada i kolegice i kolege koji nisu bili nazočni na Kongresu mogu vidjeti njihov sadržaj.

Idući 34. ESC Kongres održat će se u Münchenu u Njemačkoj, od 25. do 29. kolovoza 2012. g., glavna tema Kongresa je "Od bazične znanosti do prakse".

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prize winners. All of the above should stimulate potential future greater achievements, rather than disappoint the participants.

During the Congress, similarly as every year, CCS had a well equipped exhibition space with materials about upcoming events organized by CCS, *Kardio list* and promotional tourist materials. The chronology of ESC Guidelines translated during the period from 1999 to 2011 by the CCS members was presented at the stand.

Finally, we note that this is only the overview of the most important news in the authors' opinion, for all novelties and details we advise readers to refer to ESC website (<http://www.escardio.org>) where they can find detailed information, from this year, downloadable files of Congress daily newspapers (*ESC Congress News*) which is commendable move, since the colleagues who were not present at the Congress may see their contents.

34th ESC Congress will be held in Munich, Germany from 25 to 29 August 2012 and the main topic of the Congress will be "From Basic Science to Practice".

