

14th IMBMC MEDICAL CONGRESS, Nov 19th- 21st, 2026

Under the auspices of the Presidency and
the Ministry of Health

Thursday 19-11-2026

14th International Multithematic Medical Congress (IMBMC) "Scientific Cyprus"

Organized by:

**Cyprus Medical Association (CYMA) and the School of Medicine, European
University Cyprus**

**Accredited by Cyprus Medical Association (CYMA) with 23 Continued
Medical Education (C.M.E) Credits**

Accredited with 23 C.P.D by the Cyprus Biological Society (CBS)

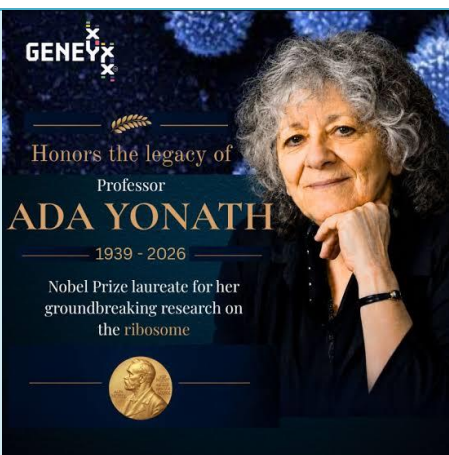
8:00 - 8:55 Registration / Coffee

8:50 – 8:55 EUC School of Medicine

**8:55 – 9:00 Masters of Ceremony
Short Introduction and Kick-off**



Prof. Dr. Ioannis Patrikios
Founder and Organizing/Scientific Committee Chairman



In Memoriam: Ada Yonath
Nobel Laureate
"Doctor Honoris Causa",
School of Medicine EUC
(1939 – 2026)

Session I:
**New Environmental Realities and Public Health - Global
Warming**

Environmental and habitual factors jeopardize health: Are we really protected?

Chairs: Prof. Dr. Anastasis Stephanou, Prof. Dr. Christos Dimopoulos

9:00 – 9:15



Dr. Christos Dimopoulos

Associate Professor of Computer Science & Engineering, European University Cyprus; Director of Science in Civil Protection, CERIDES

Lecture Title: "Global Warming and its effect on the Occupational Safety & Health of Workers".

9:15 – 9:30



Professor Giorgos Boustras

Professor in Risk Assessment, European University Cyprus

Lecture Title: "Disaster Risk Reduction in the New Environmental Realities."

9:30 – 9:45



Dr. Prodromos Kaplanis

Medical Physics and Radiation Protection Expert
Visiting Professor, School of Medicine European University Cyprus,
Frankfurt Branch

Lecture Title: "Nuclear Accidents: Risks, Realities and self-protection"

09:45 – 10:00



Dr. Timo Kehl

Head, Staff Unit Biological Safety and Research Security
German Cancer Research Center (DKFZ)
Heidelberg, Germany

	Lecture Title: "Emerging Biohazards and Future Public Health Challenges: A Biosafety Perspective"
10:00 – 11:00	Session II: Medical Genetics, Proteomics, Metabolomics and Bioinformatics as tools for new therapies Blood Malignancies, Toxins, Chronic and Rare Diseases and Novel Approaches: What else is yet to come?

Chairs: Dr. Pavlos Neophytou, Assoc. Prof. Dr. Charalambos Michaeloudes

10:00 – 10:15

Assoc. Prof. Dr Carsten Werner Lederer



Senior Scientist, Head of Department, Blood Disorder Genetics & Thalassemia, The Cyprus Institute of Neurology & Genetics (CING)
 Assoc. Prof. and Program Coordinator, CING Postgraduate School

Lecture Title: "The role of genetic disease modifiers in prognosis, therapy and equity of treatment for rare diseases"

10:15 - 10:30

Professor Dr. Antonis Kirmizis



Professor of Epigenetics and Cancer Biology
 Department of Biological Sciences
 University of Cyprus, Cyprus

Lecture Title: "Epigenetics in cancer: New mechanistic insights from chromatin proteomics"

10:30 – 10:45

Dr. Savvas Telonis

Molecular Virology Department
 The Cyprus Institute of Neurology & Genetics
 Nicosia, Cyprus

Lecture Title: "Persistent Viral Infection as a Potential Driver of Intestinal Ageing and Tumour Initiation: Insights from *Drosophila*"



10:45 – 11:00



Sponsored by the Cyprus Biological Society (CBS)



CYPRUS
BIOLOGICAL
SOCIETY

Professor Dr. Karsten Kristiansen

Laboratory of Integrative Biomedicine
Department of Biology, University of Copenhagen,
Denmark and Institute of Metagenomics,
BGI-Research, Shenzhen, China
And Institute of Metagenomics, Qingdao-Europe
Advanced Institute for Life Sciences, Qingdao, China

Lecture Title: "Integrating culturomics, multi-omics, and AI-based approaches on the oral and gut microbiomes for the discovery of potential novel probiotics and bioactives"

11:00 – 11:45

Session III:

**Neurology, Neurogenetics, Neurophysiology,
Neuroimmunology, Neuropharmacology and Spinal Cord
Injury.**

Chronic Diseases

**New Therapeutic Tools, Novelties and Emerging Targets,
Repurposing drugs**

**Chairs: Assoc. Prof. Dr. Dimitris Papadopoulos, Vis. Prof. Apostolos
Papalois, Vis. Prof. Tasos Karandreas**

11:00 – 11:15

Dr. Costas Michaelides



Consultant Neurologist
American Medical Center/American Heart Institute Cyprus

Lecture Title: “Amyloid-Targeting Therapies in Alzheimer’s Disease: From Pathophysiological Rationale to Clinical Practice”

11:15 – 11:30



Prof. Dr. Marios Pantzaris

Senior Consultant Neurologist, Head of Neuroimmunology Department
Cyprus Institute of Neurology and Genetic

Lecture Title: “Vaccines and New Treatment therapies for Neurological Autoimmune Diseases: Are we There Yet?”

11:30 – 11:45



Dr. Patrick Pallier

Senior Lecturer in Neuroscience
Barts and The London School of Medicine and Dentistry
Centre for Neuroscience, Surgery and Trauma
Queen Mary University of London, The Blizard Institute

Lecture Title: “Development of novel differentiation-inducing and pro-regenerative angiotensin II receptor ligands for the treatment of brain tumours and neurorepair”

11:45 – 12:15

**LUNCH BUFFET
Poster Session**

12:15 – 13:00

**Session IV:
Preventive Cardiology
Fats that Heal, Fats that Kill, Coronary artery disease,
Focus on today to enlighten the Future.**

"Navigating Lipid Labyrinth: Key Questions on LDL and HDL for Cardiovascular Wellness"

Chairs: Dr. Giorgos Miltiadous, Dr. Fivos Symeonides	
12:15 – 12:30 	Dr Vicky Zeniou Cardiology Consultant Nicosia Polyclinic Lecture Title: “Building Cardiovascular Resilience: Lifestyle Medicine and the Prevention of Cardiomyopathy”
12:30– 12:45 	Professor Dr. Kyriakos Kypreos University of Patras School of Health Sciences, Department of Medicine, Pharmacology laboratory. Lecture Title: “Redefining HDL in Residual Cardiovascular Risk: A Nuanced Paradigm Shift in APOA2 and ASCVD Risk Stratification”
12:45 – 13:00 	Dr. Dimitris Richter Consultant Cardiologist Euroclinic Hospital, Athens, Greece Lecture Title: “Lipid Management in Clinical Practice: Achievements and failures in 30 years of Hypolipidemic treatment”
13:00 – 14:35	Session V: "Innovations and Challenges in Pulmonology: Sleep Apnea, Advancing COPD and Severe Asthma Management, Emerging Therapies for Interstitial Lung Disease, and Addressing Environmental Influences on Lung Health"
	Chairs: Clin. Assist. Prof Dr. Andreas Zachariades, Dr. Panos Hountis, Dr. Tonia Adamides

13:00– 13:15 	Dr. Dimitrios Grassos NHS Director, Pulmonology Clinic Panarcadian Hospital Tripolis Certified Somnologist Expert Vice President of the Greek Association of Pulmonologists. Ε.Πν.Ελ Lecture Title: “Sleep Apnea: Beyond the Airway – A Systemic Disease Hidden in Plain Sight”
13:15– 13:30 	Dr. Stamatoula Tsikrika Chest Physician at SOTIRIA Hospital President of the Union of Pulmonologists of Greece, Scientific Associate of EODY, Board Member of the Mediterranean Institute for Study & Education in the Prevention & Treatment of Infections Lecture Title: “Frontline Pulmonology in the Emergency Department: Acute Respiratory Disease and the Enduring Challenge of Tuberculosis”
13:30– 13:45 	Dr. Alexis Papadopoulos Consultant in Respiratory Medicine Fellowship in Interstitial Lung Disease Lecture Title: “Connective Tissue Disease-associated ILD: Current challenges and emerging opportunities”
13:45– 14:00	Professor Dr. Argyris Tzouvelekis Respiratory Medicine Professor of Respiratory Medicine University of Patras Greece and Yale University USA

	Lecture Title: "Novel Unified Approaches for the Management of Chronic Obstructive Pulmonary Disease (COPD) and Asthma"
14:00 – 14:20 	Keynote Speaker Professor Sir Peter Barnes Professor of Thoracic Medicine National Heart & Lung Institute Lecture Title: "Accelerated lung ageing as a key mechanism of COPD"
14:20 – 14:35 	Exception - IN GREEK LANGUAGE with available auto TRANSLATOR Please download (Auto translator QR) Professor Dr. Ioannis Pnevmatikos Professor of Intensive Care Medicine, University of Cyprus, Cyprus Lecture Title: "Ethical Dilemmas and end-life Decisions - A Critical challenge for modern Medicine"
	Session VI INTERACTIVE WORKSHOP I Current trends in the management of Thrombosis and Cardiovascular Surgery
	Chair: Prof. Dr. Miltiadis (Miltos) Matsagkas, Prof. Dr. Konstantinos Toutouzas (Hybrid)
14:40 – 15:00	Prof. Dr. Grigoris Gerotziafas Director of the CaVITE Research Department (Cancer, Vessels, Biology and Therapeutics), Sorbonne University, Paris and Head of the Center for Cancer–

	Angiogenesis–Thrombosis and Haemostasis research group Saint Antoine University Hospital AP-HP, Paris France. Professor at the Center for Translational Research and Education, Loyola University Chicago Stritch School of Medicine, and at the Thrombosis and Hemostasis Center, Sechenov University, Moscow, Member of the Russian Academy of Sciences – Thrombosis and Hemostasis Sector,
	Lecture Title: Cancer-Associated Arterial Thrombosis: The Next Frontier in Precision Thrombosis in Oncology—The COMPASS-ARTeCAT Breakthrough
	Session Coordinator: Prof. Dr. Miltiadis (Miltos) Matsagkas, Professor of Vascular Surgery and Chair, Department of Vascular Surgery, Faculty of Medicine, University of Thessaly, Larissa University Hospital
	Chairs: Prof. Dr. Miltiadis (Miltos) Matsagkas, Clin. Assoc. Prof. Dr. Neophytos Zambas, Dr. Konstantinos Vasilas Format: 10-minute "flash" presentations followed by 10min Interactive discussion.
15:05 – 15:15 	Professor Dr. Eleni Arnaoutoglou Professor of Anesthesiology and Chair, Department of Anesthesiology, Faculty of Medicine, University of Thessaly, Larissa University Hospital Lecture Title: "Managing anticoagulant-related bleedings in surgery"
15:15 – 15:25 	Clinical Professor Dr. Ioannis Tzanavaros Adult and Pediatric Cardiac Surgeon; Director Cardiac Innovation Center University of Nicosia Medical School Apolloneio Private Hospital, Nicosia Cyprus Lecture Title: “Hybrid Aortic Arch Replacement with Frozen Elephant Trunk (FET) Technique: Surgical Considerations, Pearls, and Pitfalls”

15:25– 15:35

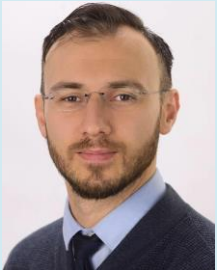


Dr. Triantafyllos Giannakopoulos

Vascular Surgeon, Co-Director of the Vascular Surgery Department,
Mediterranean Hospital, Cyprus

Lecture Title: “Current trends in the management of Carotid Artery Stenosis”

15:35 – 15:45



Dr Achilleas Toursidis

Vascular Surgeon
Ygia Polyclinic, Limassol, Cyprus

Lecture Title: “Management of Peripheral Artery Disease: where do we stand today?”

15:45– 16:00

15 Min Interactive Discussion

16:00 – 16:25

BREAK

16:30 - 16:45

Opening Ceremony

School of Medicine – Virtual

Vocal Ensemble

“Amalgamatio Choir”

16:45– 17:00

Welcome Addresses

Prof. Dr Ioannis Patrikios
Congress founder and Scientific Committee Chairman

Assoc. Prof. Dr Konstantinos Tsioutis
Dean, School of Medicine, European University Cyprus

Prof. Loizos Symeou
Rector, European University Cyprus

Clin. Prof. Dr. Petros Agathaggelou
President, Cyprus Medical Association &
Congress Scientific Committee Vice Chairman

Ministry of Health
Mr. Neophytos Charalambides

17:00 – 17:30



Inauguration Ceremony “Doctor Honoris Causa”

Prof. Emmanuelle Charpentier
Nobel Laureate 2020

Friday 20-11-2026

8:00 – 8:45 Registration / Coffee

8:45 – 10:00 School of Medicine

(8 min each
presentation)

Selected Abstracts

Oral Presentations

The Presenting Authors are underlined.

Identifying novel and effective treatments to prevent negative affect and relapse during opioid abstinence

Andria Michael^{1,2}, Anna Onisiforou^{1,2}, Polymnia Georgiou³, Morfeas Koumas⁴,
Andrea N. Georgiou^{1,2}, Panos Zanos^{1,2}

¹ Department of Psychology, University of Cyprus, Cyprus; ² Center for Applied Neuroscience (CAN), University of Cyprus, Cyprus; ³ Department of Psychology, University of Wisconsin-Milwaukee, U.S.A.; ⁴ Department of Biological Sciences, University of Cyprus, Cyprus

Chairs: Dr. Panayiota Christodoulou, Dr. Charalambos Michaeloudes
Dr. Andreas Yiallouris, Dr. Katerina

Session VII

INTERACTIVE WORKSHOP II



Satellite Session

Wellbeing Futures

Mental Health & Healthy Ageing for 2050 and Beyond

By

*Nordic Wellbeing Academy (NWA) · European Health
Futures Forum (EHFF) · Cambridge Medical Academy*

A one-day futures-oriented roundtable within the 14th IMBMC

Chairs: CEO Cambridge Medical Academy, Takis Kotis

Format: Three keynote presentations of 10 minutes each, followed by a 5-minute Q&A with the audience.

This session sets the intellectual and emotional frame for the full day — each speaker offering a distinct disciplinary or institutional lens on the central question:

what does it mean to build genuinely healthy, resilient, and connected societies by 2050?

Total

Session time

10.00 – 10.45



Dr Irshad Shaikh (tbc)
WHO Europe, Cyprus Country Office

Lecture Title: “The WHO lens on mental health systems in the Eastern Mediterranean, Cyprus’s National Mental Health Strategy

2025–2028, and the global healthy ageing agenda.”



Mr. Javier Burgos
Project Manager and Hub Coordinator - EU-PROMENS

Lecture Title: “Insights from the EU4Health-funded capacity-building programme on mental health, reaching over 3,600 professionals across 27 EU member states, Norway, Iceland, and Ukraine.”



Mr. Lars Münter
International Director, Nordic Wellbeing Academy; Network Director, European Health Futures Forum. Chair, WHO/Europe Public Health Innovation Platform (Domain 4: Public Health Communication & Trust).

Lecture Title: “Transforming the landscape of mental health - a salutogenic approach”

	Chairs: Prof. Dr. Konstantinos Dimas, Dr. Anastasis Stephanou

10:45 – 11:00



FROM THE NEWS

The “Elpida” Foundation Cyprus is aiming to unite global efforts for a healthier future for all



Lecture Title: “Can a small country make a global health difference? From national evidence to international action in childhood cancer”

By: Professor Dr. Loizos Loizou

Clinical Professor of Pediatrics, Pediatric Oncology – Hematology, Medical School, University of Nicosia. Frm. Director of the Pediatric Oncology - Hematology Clinic, Archbishop Makarios III Hospital, Nicosia. President of the ELPIDA Foundation for children and adolescents affected by cancer or leukemia.

Session VIIla NEW FRONTIERS in ONCOLOGY

Chronic Diseases and Integrated Medicine

Therapeutic Tool, Novelties and Emerging Targets, Natural products and repurposing drugs

From Genetics to Clinical Trial to Clinical Practice: Novel and Pioneer Strategies for New Therapeutic, Surgical and Holistic Approaches

	Chairs: Prof. Dr. Konstantinos Dimas, Dr. Anastasis Stephanou
11:00 – 11:15	 Satellite Lecture by EPOS-Iasis



Dr. Andreani Odysseos,
Director of Biomedical Research
EPOS-lasis, R&D

Title: “Patient-Enabled Personalised Cancer Monitoring: Living Nodes in the Internet of BioThings:

11:15 – 11:30



Dr. Philippos Demetriou
The Center for the Study of Haematological
and Other Malignancies (CSHM)
Nicosia, Cyprus

Lecture Title: “Endothelin Receptor Blockade Potentiates Adoptive T-Cell and CAR T-Cell Therapies”

11:30 – 11:45



Assist. Prof. Dr. Nikolaos Dietis
University of Cyprus Medical School and the Head of the Experimental
Pharmacology Laboratory at UCY
University of Cyprus

Lecture Title: "Zebrafish Avatars: A Translational Model for Cancer Pharmacology & Precision Oncology"

**Surgical and other Novel Molecular Approaches for
Different Difficult Dysplasia, Haematological and
Oncological Cases**

Encounter with the Pioneers

**Chairs: Assoc. Prof. Dr. Athanasios Petrou, Assist. Prof. Dr.
Periklis Zavrides**

11:45– 12:00

Clin. Assoc. Prof. Dr. Dimitrios Kyparissopoulos

	IASO Medical center; Harefield Hospital, Royal Brompton and Harefield NHS Foundation Trust, London, UK; Head of Thoracic Department, IASO Hospital, Athens, Greece, and Adj. Ass. Prof. in Robotic Surgery, European University Cyprus. Lecture Title: “Which are the boundaries in using Robotic System DaVinci on a challenging oncological case”
12:00 – 12:15 	Clin. Prof. Dr. Manolis Nikolousis Consultant Hematologist and Bone Marrow Transplantation Program Director for Acute Leukemia and stem cell transplantation at Yas Clinic. Abu Dhabi Lecture Title: "Modern Bone Marrow Transplantation: Breakthroughs Improving Survival and Quality of Life"
12:15 – 12:30 	Clin. Assoc. Prof. Dr Marios Hadjipavlou Consultant Urological Surgeon, El Greco Medical Centre, Nicosia, The Princess Grace Hospital, London UNIC School of Medicine King’s College London School of Medicine Lecture Title: HoLEP (Holmium Laser Enucleation of the Prostate) for benign prostatic hyperplasia.
	Session VIIIb Latest News in Oncology. Is there any light at the end of the tunnel?
	Chairs: Prof. Dr. Pavlos Kosteas, Dr. Charis Charalambous, Dr. Elena Andreou
12:30 – 12:50	Keynote Speaker (Hybrid)



Prof. Dr George Vasiliou

Professor of Haematological Medicine
Cambridge Stem Cell Institute, Jeffrey Cheah Biomedical Centre
Leukemic hemopoietic stem cells
University of Cambridge, UK

Lecture Title: “Understanding clonal haematopoiesis for myeloid cancer prevention”

12:50– 13:05



Prof. Dr. Konstantinos Dimas

Department of Pharmacology, Medical School of the University of Thessaly,
Greece

Lecture Title: “P90 ribosomal S6 kinases: A bona fide target for novel targeted anticancer therapies?”

13:05 – 13:20



Assoc. Prof. Dr. Efterpi Zafeiriou

Assoc. Professor of Dermatology
Head of Dermatology Department
University of Thessaly
University Hospital of Larissa
Greece

Lecture Title: “Modern Approaches to Non-Melanoma Skin Cancer: Traditional and New Advances in Basal (BCC) and Squamous Cell Carcinoma (SCC) Treatment”

13:20 – 13:40



Keynote Speaker

Prof. Dr. Vasso Apostolopoulos

Distinguished Professor, School of Health and Biomedical Sciences, RMIT
University, Melbourne VIC Australia
Expertise in development of drugs and vaccines

Lecture Title: “From Bench to Bedside: Translating Cancer Vaccine Research into the Clinic”

13:40– 14:00



Keynote Speaker (Hybrid)

Prof. Dr. Evanthia Galanis

Professor of Oncology and Executive Dean of Development,
Mayo Clinic Comprehensive Cancer Center
Rochester, Minnesota, USA

Lecture Title: "Next-Generation Cancer Immunotherapy: from Mechanism to Medicine"

14:00– 14:40

LUNCH BUFFET Poster Session

14:40 – 17:30

Session IX

SATELLITE BY PAIN CLINIC, Nicosia Cyprus

INTERACTIVE WORKSHOP III

"CANCER PAIN"

**Session Coordinator: Assist. Professor Dr. Periklis Zavrdes,
School of Medicine, EUC**

**Format: 10-minute "flash" presentations followed by 20-minute
moderated debate (interactive discussion).**

**Chairs: Prof. Dr. Marios Pantzaris, Dr. Alexis Papadopoulos, Dr.
Dimitrios Vomvas**

14:40 – 14:50

Assistant Prof. Dr. Periklis Zavrdes

Anesthesiologist, Algologist,
School of Medicine, European University Cyprus
Cyprus Pain Clinic

	Lecture Title: "Interventional Cancer Pain Management: Beyond Opioids, Beyond Boundaries"
14:50 – 15:00 	Dr. Marouli Diamantina Anesthesiologist, Intensivist, German Oncology Center Limassol, Cyprus Lecture Title: "A Practical Approach to Pharmacological Management of Cancer Pain"
15:00 – 15:10 	Dr. Pantelis Kountourakis Director of the Oncology Department Mediterranean Hospital Limassol, Cyprus Lecture Title: "Optimal cancer pain management: let's collaborate. A medical oncologist's perspective"
15:10 – 15:30	20-minute moderated debate (interactive discussion).
	Session Xa Endocrinology, Diabetes, Internal Medicine: The Magnitude of an unresolved Problem Advances and New Treatment Approaches

Chairs: Dr. Giorgos Moustras, Dr. Argyrios Tsakalis, Dr. Ioannis Kyriazis (Hybrid)	
15:30 – 15:45 	Dr. Nantia Othonos specialist in Endocrinology and Diabetes The Care Medical Institute. Lecture title: “GLP-1, SGLT2, and Beyond: Redefining Diabetes Care in Internal Medicine”
15:45– 16:00 	Professor Dr. Erifili Hatziagelaki Professor Erifili Hatziagelaki, MD, PhD; Professor of Internal Medicine and Metabolic Diseases, School of Medicine, National and Kapodistrian University of Athens, Greece Clinical Professor of Internal Medicine and Metabolic Diseases, European University Cyprus, Nicosia, Cyprus Visiting Professor, German Diabetes Center (DDZ), Heinrich Heine University Düsseldorf, Germany Lecture title: “clinical and pathophysiological relevance of thyroid dysfunction to the development and progression of MASLD: The role of Resmetirom”
16:00 -16:15 	Assoc. Prof. Dr. Polys Evripidou Consultant Diabetologist Limassol, Cyprus Lecture Title: “The Future of Endocrinology: Obesity, Diabetes and the Quest for Healthy Longevity”
16:15 – 16:30	Dr. Christos Savvopoulos (Hybrid) Prof. of Internal Medicine, Aristotle University of Thessaloniki,



Director of 1st Medical Propedeutic Dept of Internal Medicine & Stroke Unit, Excellence Center of Hypertension, AHEPA University Hospital

Lecture title: "D-dimer assay: over-testing in Venous thromboembolism (VTE)?"

Session Xb

Chairs: Dr. Panayiotis Economides, Dr. Doros Loizou, Dr. Michalis Hiniis

16:30 – 16:50



Keynote Speaker (Hybrid)

Prof. Dr. Arne Astrup

Obesity Specialist
University of Copenhagen

Lecture title: "From discovery of GLP-1 as a satiety hormone to GLP-1-based medications in the clinical management of cardiometabolic diseases and cancer"

16:50 – 17:05



Assoc. Prof. Dr. Stavroula A. Paschou

Assistant Professor of Endocrinology, Head of Endocrine Unit and Diabetes Center, Department of Clinical Therapeutics, Alexandra Hospital, School of Medicine, National and Kapodistrian University of Athens, Athens, Greece

Lecture title: "Anti-Obesity Medications: Current Options and Future Developments"

17:05 – 17:25 	Keynote Speaker Prof. Dr. Peter Rossing Head of Clinical Translational Research, Steno Diabetes Center Copenhagen (SDCC) Herlev, Professor of Endocrinology, University of Copenhagen, Denmark Lecture title: “Bridging Kidney and Cardiac Health from Type 2 Diabetes to Type 1 Diabetes: Semaglutide as the New Pillar of Diabetic Kidney Disease Treatment”
	Announced: Prof. Dr. Ioannis Patrikios
17:25 – 18:05 	HONORARY Keynote Speaker Prof. Dr. Drs. h.c. Emmanuelle Charpentier, ForMemRS Nobel Laureate 2020 Max Planck Unit for the Science of Pathogens, Nobel in Chemistry 2020 Lecture title: “The bacterium as inventor: microbial biology as an innovation pipeline”
18:05 – 18:30	Coffee and refreshments

Saturday 21-11-2026

08:00 – 08:30 Registration

	Cardiology sessions are offered in Memory of the cardiology legend Professor Dr. Eugene Braunwald who passed away on April 22, 2026.
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10:30 Room: OMEGA	Go to APENDIX I for the hands-on Workshop :
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Highly Specialized ADVANCED ECHOCARDIOGRAPHIC TECHNIQUES

Coordinator: Clin. Prof. Dr. Constantinos Papadopoulos

SESSION XI

Satellite By KOA Workshop I PRE-ATHLETICS MEDICAL & CARDIOLOGICAL CHECKUP

09:00 - 12:15



**ΚΥΠΡΙΑΚΟΣ ΟΡΓΑΝΙΣΜΟΣ ΑΘΛΗΤΙΣΜΟΥ
ΑΝΩΤΑΤΟ ΣΥΜΒΟΥΛΙΟ ΥΓΕΙΑΣ ΑΘΛΗΤΩΝ
ΠΑΓΚΥΠΡΙΟΣ ΙΑΤΡΙΚΟΣ ΣΥΛΛΟΓΟΣ**

5^ο ΕΚΠΑΙΔΕΥΤΙΚΟ ΣΕΜΙΝΑΡΙΟ ΓΙΑ ΤΟΝ ΠΡΟΑΘΛΗΤΙΚΟ ΙΑΤΡΙΚΟ & ΚΑΡΔΙΟΛΟΓΙΚΟ ΕΛΕΓΧΟ ΓΙΑ ΤΗΝ ΕΚΔΟΣΗ ΤΟΥ ΔΕΛΤΙΟΥ ΥΓΕΙΑΣ



Ημερομηνία εκδήλωσης: Σάββατο 21 Νοεμβρίου 2026, Ώρα: 9:00-12:40
Τόπος εκδήλωσης: Λευκωσία, Αμφιθέατρο Ευρωπαϊκού Πανεπιστημίου Κύπρου
Γλώσσα Σεμιναρίου: Ελληνική



Υψηλή Εποπτεία: Κυπριακός Οργανισμός Αθλητισμού (ΚΟΑ), Ανώτατο Συμβούλιο Υγείας Αθλητών (ΑΣΥΑ), Παγκύπριος Ιατρικός Σύλλογος (ΠΙΣ)

Επιστημονική Οργάνωση: Επιστημονική Επιτροπή ΑΣΥΑ & Επιστημονική Επιτροπή ΠΙΣ

Δρ. Πέτρος Αγαθαγγέλου: Πρόεδρος Επιστημονικής Επιτροπής ΑΣΥΑ & Πρόεδρος ΠΙΣ

Δρ. Λοΐζος Αντωνιάδης: Μέλος Επιστημονικής Επιτροπής ΑΣΥΑ, Πρόεδρος Κυπριακού Ινστιτούτου Καρδιολογίας Έρευνας και Μελέτης Κληρονομικών Καρδιαγγειακών Νοσημάτων (KIKEMM).



**Δρ. Ηρα
Μούστρα**

Χορηγούνται 3 μονάδες Συνεχιζόμενης Ιατρικής Εκπαίδευσης από την Επιτροπή ΣΙΕ/ΣΕΑ του ΠΙΣ.

ΠΡΟΓΡΑΜΜΑ ΣΕΜΙΝΑΡΙΟΥ

8:30-9:00 ΠΡΟΣΕΛΕΥΣΗ - ΕΓΓΡΑΦΕΣ (συστήνεται προεγγραφή στην ηλεκτρονική διεύθυνση: mesiti.n@sportskoa.org.cy)



**Δρ.Γεωργία
Δανιήλ**



**Δρ.Πέτρος
Αγαθαγγέλου**



**Δρ. Λοΐζος
Αντωνιάδης**



**Δρ. Μαργαριτα
Παρτσοτα**

ΠΡΩΤΗ ΕΝΟΤΗΤΑ: 9:00-11:00

Προεδρείο: Δρ. Ήρα Μούστρα Ηρακλέους, π. Πρόεδρος Καρδιολογικής Εταιρείας Κύπρου

Δρ. Ελευθέριος Νικολαΐδης - Καρδιολόγος

Δρ. Φοίβος Χριστοφίδης - Παθολόγος

9:00 - 9:20 ΠΡΟΣΦΩΝΗΣΕΙΣ

Δρ. Πέτρος Αγαθαγγέλου, Πρόεδρος Ανώτατου Συμβουλίου Υγείας Αθλητών (ΑΣΥΑ), Πρόεδρος ΠΙΣ

Κος Γιάννης Ιωάννου, Πρόεδρος Κυπριακού Οργανισμού Αθλητισμού (ΚΟΑ)

9:20-9:45 (15 λεπτά παρουσίαση, 10 λεπτά σχόλια & ερωτήσεις)
Δελτίο Υγείας, Πληροφορίες που λαμβάνονται από το Ατομικό, το Κληρονομικό Ιστορικό και την Κλινική εξέταση. Πρακτικά παραδείγματα από την αξιολόγηση των ΔΥ του ΚΟΑ

Εισηγητής: Δρ. Λοΐζος Αντωνιάδης MD PhD, Αν. καθηγητής Καρδιολογίας Ευρωπαϊκού Πανεπιστημίου Κύπρου.

Σχολιαστές: Δρ. Λευτέρης Καλλέργης Επεμβατικός Καρδιολόγος Πανεπιστημιακό Νοσοκομείο Κρήτης,
Δρ. Σωτήρης Αντύπας Καρδιολόγος, Δρ.Κωνσταντίνος Μακρίδης Καρδιολόγος, Δρ. Πρόδρομος Μιχαήλ Καρδιολόγος, Δρ. Τατιάνα Μιχαηλίδου Καρδιολόγος, Δρ. Ιωάννης Στεφάνου Καρδιολόγος, Δρ.Παναγιωτίδης Ιωάννης Καρδιολόγος

9:45-10:10: (15 λεπτά παρουσίαση, 10 λεπτά σχόλια & ερωτήσεις)
Ποια είναι τα Κληρονομικά Καρδιαγγειακά Νοσήματα και πώς σχετίζονται με τον Αιφνίδιο Θάνατο των Νέων και Αθλητών.

Εισηγητής: Δρ. Άρης Αναστασάκης MD PhD, Consultant Cardiologist, Scientific Director Unit of Inherited and Rare Cardiovascular Diseases. Onasis Cardiac Surgery Center, Athens.

Σχολιαστές: Δρ. Μάριος Ιωαννίδης Καρδιολόγος ΓΝΛευκωσίας, Δρ. Βιολέττα Αναστασιάδου Ιατρός Γενετικής, Καραϊσκάκιο Ίδρυμα, Δρ.Μαρία Καρακύριου Καρδιολόγος π. Γ.Γ.ΚΕΚ, Δρ.Ηλίας Παπασσάβας Καρδιολόγος Αρρυθμιολόγος, Δρ.Βίκη Ζένιου Καρδιολόγος, Δρ.Σαββίδης Κώστας Καρδιολόγος, Δρ.Πούλλος Μιχαήλ Καρδιολόγος.

10:10-10:35 (15 λεπτά παρουσίαση, 10 λεπτά σχόλια & ερωτήσεις)
Αξιολόγηση του ΔΥ από την σκοπιά του Παθολόγου και του Ιατρού Γενικής Ιατρικής
Παρουσίαση περιστατικών από το αρχείο του ΚΟΑ.

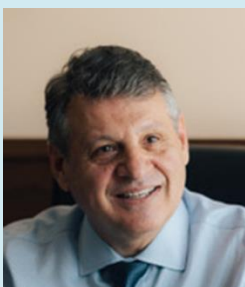
Εισηγητής: Δρ Γεώργιος Μιλτιάδους Ειδικός Παθολόγος, Πρόεδρος Ιατρικού Συλλόγου Λευκωσίας Ιπποκράτης



**Δρ. Άρης
Αναστασιάκης**



**Δρ.Γιώργος
Ανδρικόπουλος**



**Δρ. Σπύρος
Παπαϊωάννου**



**Δρ. Ελευθέριος
Καλλέργης**

Σχολιαστές: Δρ. Σπύρος Παπαϊωάννου Δ/ντής Καρδιολογίας Ναυτικό Νοσοκομείο Αθηνών, Δρ. Κώστας Σχίζας Παθολόγος, Δρ. Κυριάκος Παναγή Παθολόγος, Δρ. Ανδρέας Ιωάννου Παθολόγος, Δρ. Ευρυπίδης Λοιζίδης Καρδιολόγος, Δρ. Αριάδνη Στυλιανού Καρδιολόγος, Δρ. Νίκος Μαρκαντώνης Καρδιολόγος, Δρ. Μάριος Λεμονιάτης Καρδιολόγος, Δρ. Παντελής Γεωργίου Καρδιολόγος, Δρ. Ανδρέας Καλλής Παθολόγος

ΔΙΑΛΕΙΜΜΑ: 10:35-11:00

ΔΕΥΤΕΡΗ ΕΝΟΤΗΤΑ: 11:00-12:15

Προεδρείο: Δρ. Γεωργία Δανιήλ Καρδιολόγος, Πρόεδρος Ο.Ε. Καρδιολογικής Εταιρείας Κύπρου

Δρ. Αργύρης Κυθρεώτης Καρδιολόγος-Παιδοκαρδιολόγος

Δρ. Πατρίκιος Ιωάννης, Καθηγητής Ιατρικής Σχολής

Ευρωπαϊκού Πανεπιστημίου Κύπρου

11:00-11:35 (25 λεπτά παρουσίαση, 10 λεπτά σχόλια & ερωτήσεις)
Αξιολόγηση του ΗΚΓ στα μικρά παιδιά και εφήβους. Παρουσίαση περιστατικών.

Εισηγητής: Δρ. Μαργαρίτα Μπαρτζώτα, Παιδοκαρδιολόγος

Σχολιαστές: Δρ. Ανδρέας Ρουσούνιδης Παιδοκαρδιολόγος, Δρ.

Παναγιώτης Ζαβρός Παιδοκαρδιολόγος,

Δρ. Αντώνιος Ιωσήφ Παιδοκαρδιολόγος, Δρ. Μαρία Παπαφυλακτού

Παιδοκαρδιολόγος, Δρ. Στέλιος Καρβουνάρης Καρδιολόγος, Δρ.

Χριστόδουλος Κοντός Καρδιολόγος, Δρ.Χατζησάββα Ουρανία Καρδιολόγος

11:35 -12:10 (25 λεπτά παρουσίαση, 10 λεπτά σχόλια & ερωτήσεις)
Ηλεκτροκαρδιογραφικός (ΗΚΓ) έλεγχος στους αθλητές. Ποια ΗΚΓγραφικά ευρήματα είναι φυσιολογικά και ποια χρήζουν περαιτέρω αξιολόγησης. Παγίδες στην αξιολόγηση του ΗΚΓ. Παρουσίαση περιστατικών

Εισηγητής: Δρ. Άρης Αναστασιάκης MD PhD, Consultant Cardiologist, Scientific Director Unit of Inherited and Rare Cardiovascular Diseases. Onasis Cardiac Surgery Center, Athens

Σχολιαστές: Δρ. Γεώργιος Ανδρικόπουλος Δ/ντής Καρδιολογίας Νοσοκομείο Ερρίκος Ντυνάν Αθήνα,

Δρ. Ευαγόρας Νικολαΐδης Καρδιολόγος, Δρ. Μάρκος Αγαθαγγέλου

Καρδιολόγος, Δρ. Παντελής Κουρτελλάρης, Ηλεκτροφυσιολόγος, Δρ.

Νίκος Καρπέττας Καρδιολόγος, Δρ. Ιωσήφ Μουτήρης Καρδιολόγος π.

Δ/ντής Γ.Ν.Πάφου. Δρ. Ανδρέας Ανδρέου Επεμβατικός Καρδιολόγος, Δρ.

Αντρέας Τρύφωνος π. Δ/ντής Καρδιολογίας Γ.Ν.Λεμεσού.

12:15 ΤΕΛΟΣ ΣΕΜΙΝΑΡΙΟΥ

	Τα Πιστοποιητικά Παρακολούθησης και οι Μονάδες Συνεχιζόμενης Ιατρικής Εκπαίδευσης από την Επιτροπή ΣΙΕ/ΣΕΑ του ΠΙΣ θα αποσταλούν ηλεκτρονικά στους συμμετέχοντες .
12:15 – 12:45	LUNCH BUFFET Poster Session
	Session XII
	INTERACTIVE WORKSHOP IV "Amyloidosis: The Multidisciplinary Front" Coordinated By: Vis. Prof. Dr. Filippos Triposkiadis and Clin. Prof. Dr. Petros Agathaggelou, Georgios M. Georgiou
12:45 – 14:00	Chairs: Prof. Dr. Panagiotis Avraamides, Prof. Dr. Filippos Triposkiadis, Clin. Assist. Prof. Dr. Constantinos Economides Format: 10-minute "flash" presentations followed by 2 x 20-minute moderated debate on a difficult case study.
12:45– 12:55 	Clinical Professor Dr. Manolis Nikolousis Consultant Hematologist and Bone Marrow Transplantation Program Director for Acute Leukemia and stem cell transplantation at Yas Clinic. Abu Dhabi Lecture title: "Amyloidosis Without Borders: Lessons for Haematologists, Cardiologists and Beyond"
12:55 – 13:05	Clin. Assoc. Prof. Dr Andreas Synetos School of Medicine, European University Cyprus Interventional Cardiologist at Hippokrateion Hospital and Consultant at the First Department of Cardiology at the Medical School of Athens, Greece

	Lecture Title: "Guiding Treatment Decisions in Cardiac Amyloidosis: Evidence-Based Approaches and Emerging Therapies"
13:05– 13:20 	Prof. Dr. Konstantinos Toutouzas National and Kapodistrian University of Athens Head of the Department of Structural Cardiopathies and Cardio-oncology, First University Cardiology Clinic, Hippocrates Hospital Lecture title: "Role of Invasive Cardiology in Cardiac Amyloidosis: Novel Techniques, Device Therapy, and Procedural Considerations. When and How to Intervene?"
	Hospital Case Presentations Format: 10-minute "flash" presentations followed by a 2 x 10-minute moderated debate on difficult cases studies. Commendatores: Clin. Prof. Dr. Evagoras Economides, Dr. Theodoros Christodoulides and all session speakers
13:20 – 14:00 	CASES FOR PRESENTATION AND DISCUSSION Case study in Larissa' s University Hospital Assist. Prof. Dr. Andreas Xanthopoulos University General Hospital of Larissa, Larissa, Greece Lecture title: "Difficult Case Presentation by Larissa' s University Hospital"



Case study in Nicosia's General Hospital

Dr. Marios Ioannides

Consultant Cardiologist and Assistant Director of the Cardiology Department, Nicosia General Hospital, Cyprus

Lecture title: Case Presentation by Nicosia's General Hospital: delayed diagnosis for otherwise not that difficult incident

Session XIII:

"Precision Medicine in Cardiomyopathy"

coordinated by:

Prof. Dr. Filippos Triposkiadis

Encounter with the Pioneers

Methods & Case Studies

Chairs: Dr. Nicos Eteokleous, Clin. Ass. Prof. Dr. Hera Heracleous, Clin. Prof. Dr Petros Agathaggelou.

A Last Min Insert: A NOTE For PREVENTION

14:00 – 14:15



Professor Dr. Haralampos Milionis

Professor of Internal Medicine

Head of the 1st Division of Internal Medicine; Department of Internal Medicine; Faculty of Medicine, School of Health Sciences
University of Ioannina

Lecture Title: "Lipid Management After Stroke: From LDL-C Lowering to Emerging Cardiometabolic Risk Factors."

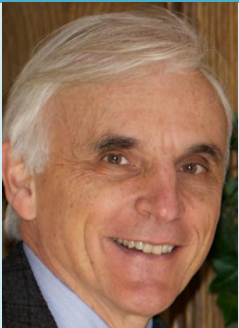
"Precision Medicine in Cardiomyopathy"

14:15 – 14:30 	Clin. Assoc. Prof. Dr Andreas Synetos School of Medicine, European University Cyprus Interventional Cardiologist at Hippokrateion Hospital and Consultant at the First Department of Cardiology at the Medical School of Athens, Greece Lecture Title: "Targeting the Sarcomere: Do Myosin Inhibitors End the Need for Septal Myectomy"
14:30– 14:45 	Dr. Aikaterini Christidi (Hybrid) EACVI Level 3 Certified in Cardiovascular Magnetic Resonance (CMR); Head of the Cardiovascular Magnetic Resonance Department General Clinic of Thessaloniki, Greece Lecture Title: "Digital Twins and AI Mapping: The Future of Non-Invasive Tissue Biopsy"
14:45– 15:00 	Keynote Speaker (Hybrid) Prof. Dr. Antonio Pelliccia Expert in Sports Medicine School of Sport Medicine. University of Rome and L'Aquila. Lecture Title: "Exercise and Sport in patients with hypertrophic cardiomyopathy"
15:00 – 15:15 	Professor Dr. Filippas Triposkiadis Ex. Director of the Dept. of Cardiology of the Larissa University Hospital; School of Medicine, Larissa, Greece Visit. Prof. School of Medicine and MSc on Heart Failure and Cardiomyopathies Coordinator, European University Cyprus, Cyprus Lecture Title: "The Status of Gene Therapy in Hereditary Cardiomyopathies: The Clinician's View"
15:15 – 15:30	Clin. Prof. Dr. Constantinos Papadopoulos Director of the 2nd Cardiology Clinic, Korgialenio-Benakio Hospital, Head of the Echocardiography Laboratory and the Heart Failure Clinic

	Co-Chair of the European Committee for Transesophageal Echocardiography Examinations "Korgialenio-Benakio, Hellenic Red Cross" General Hospital of Athens, Athens, Greece Lecture Title: "Artificial intelligence and digital technology in cardiovascular imaging"
	SESSION XIV: Heart Failure Cardiology Today and Where the Future Takes Us Focus on today to enlighten the Future "Personalising Cardiovascular Care" Encouraging patients through tailored treatments to improve outcomes, reduce risk, and redefine the standard of care.
	Chairs: Dr. Stelios Hadjistyllis, Dr. Kostaç Aroditis, Prof. Dr. Konstantinos Makaritsis
15:40– 15:50 	Professor Dr. Katerina Naka Professor of Cardiology at Faculty of Medicine, School of Health Sciences, University of Ioannina, 2nd Department of Cardiology, University Hospital of Ioannina, Greece Lecture Title: "Expansion of ARNI and MRA Therapy across the LVEF Spectrum."
15:50– 16:00	Visit. Assoc. Prof. Dr. Elias Tsoungkos Associate Professor of Cardiology European University Cyprus Director, 6th Cardiology Department, Hygeia Hospital, Athens, Greece Head Cardiologist, Hellenic Olympic Committee

	Lecture Title: "From Weight Loss to Cardioprotection: Tirzepatide's Role in the HF Treatment"
16:00– 16:10 	Adj. Prof. Dr. Andreas Pittaras Clinical Hypertension Specialist ESH George Washington University, Washington DC, USA Adjunct Professor, School of Medicine, European University Cyprus Lecture Title: "Hypertension with comorbidities: the usual suspect for heart failure with preserved ejection fraction"
16:10 – 16:20 	Professor Dr. Lambros Michalis Professor of Cardiology in the School of Medicine, University of Ioannina, Greece; Director of University Hospital of Ioannina 2nd Department of Cardiology; President of the UEMS Cardiology Section President of Hellenic Society of Cardiology. Lecture Title: "Revascularization in Ischaemic Cardiomyopathy: Where do we stand."
16:20 – 16:30 	Professor Dr. Gerasimos Filippatos Professor and Chairman of the Department of Cardiology and Director of the Heart Failure and Cardioncology Unit at the Attikon University Hospital, Athens, Greece. Lecture Title: "Emergence of non-steroidal mineralocorticoid receptor antagonists and incretin-based therapies for heart failure (HF) with mildly reduced and preserved EF. Is this the time to reshape contemporary clinical practice?"
	Hospital Case Presentations Format: 10-minute "flash" presentations followed by a 2 x 10-minute moderated debate on difficult cases studies.

	Commendatores: Clin. Prof. Dr. Evagoras Economides, Dr. Theodoros Christodoulides and all session speakers
16:30 - 17:00  	Nicosia General Hospital: Presentation of a case Dr. Kimon Myrianthopoulos Interventional Cardiologist Paphos Hospital: Presentation of a case Dr. Angeliki Mouzarou Cardiologist
17:00 - 17:55	Highlights Keynote Lectures by the Specialists Chairs: Clin. Prof. Dr. Petros Agathaggelou, Prof. Dr. Konstantinos Toutouzas, Adj. Prof. Dr. Charalambos Grassos
17:00- 17:15 	Keynote Speaker Prof. Dr. Randall C. Starling Professor Emeritus of Medicine Kaufman Center for Heart Failure Treatment and Recovery Heart, Vascular and Thoracic Institute Cleveland Clinic, Cleveland Ohio USA Lecture Title: "Guideline Directed Medical Therapy in Patients with severe, advanced heart failure"
17:15- 17:35	Keynote Speaker

	Prof. Dr. John Floras Professor of Medicine, University Health Network and Sinai Health Division of Cardiology, University of Toronto, Canada Lecture Title: "Sleep-disordered breathing in heart failure"
17:35 – 17:55 	Keynote Speaker (Hybrid) Prof. Dr. Cecilia Linde <i>President Elect the European Society of Cardiology 2024-2026</i> <i>Executive Editor for European Heart Journal</i> Professor of Cardiology at Karolinska Institutet, Senior Consultant at Heart, Vascular and Neurology Theme, Karolinska University Hospital Lecture Title: "From CRT to Conduction System Pacing: Redefining Cardiac Resynchronization in the Era of Precision Heart Failure Care"
	Session XV: Arrhythmias Meeting with the Experts Ways of Treatment for Proper Therapy: Is there such a thing? Cases Discussion
	Chairs: Dr. Eleftherios Nicolaides, Dr. Ilias Papassavas, Dr. Pantelis Kourtellaris Format: a 4 x 15-minute moderated debate on difficult cases study. (7 min presentation each followed by 8 min debate)

17:55 – 18:10 	Prof. Dr. Vasilis Vasilikos Aristotle University of Thessaloniki, Director of 3rd Cardiology Clinic Cardiology Department Hippokrateion General Hospital, Thessaloniki Case Title: “Difficult case study” 15-minute moderated debate
18:10 – 18:25 	Dr. Pantelis Kourtellaris Cardiologist-Electrophysiologist Consultant American Medical Center- American Heart Institute Nicosia, Cyprus Case Title: “Difficult case study” 15-minute moderated debate
18:25 – 18:40 	Dr. George K. Andrikopoulos President of the Hellenic Arrhythmia Institute Director of Cardiology and the department of Electrophysiology and Pacing, Henry Dunant Hospital Case Title: “Difficult case study” 15-minute moderated debate
18:40 – 18:55 	Prof. Dr. Charalampos Kriatseli Head of Electrophysiology, Vivantes Klinikum Neukölln, Berlin, Germany and Areteion Hospital, Nicosia, Cyprus Case Title: “Diagnostic Electrophysiology study: how far should we go?” 15-minute moderated debate
	Commendatores: Clin. Prof. Dr. Petros Agathaggelou, Prof. Dr. Elias Koutsigiorgis (NU)

18:55– 19:00	<i>Poster Awards</i> <i>Congress Poster Award Committee,</i> <i>Prof. Dr. Costantinos Dimas</i> School of Medicine, University of Crete <i>Prof. Dr. Kyriakos Kypreos</i> School of medicine, University of Patras <i>Prof. Dr. Ioannis Patrikios Closing Remarks</i>
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The Star Workshop*

Every day Between 10.00 am to 13:00

Meeting the Greatest Minds in the World

All delegates can have the ability and access to meet with the invited scientists for face-to-face discussion and possible networking.



APENDIX I

SPONSORED By GENERAL ELECTRIC

Saturday November 21st

10:30 – 13:30

Hands-On WORKSHOP I

Highly Specialized

ADVANCED ECHOCARDIOGRAPHIC TECHNIQUES

THREE HOURS **“HANDS ON – HOW TO DO”** COURSE on WORKSTATIONS



Coordinating Trainer: Dr. Constantinos H. Papadopoulos

*Director of the 2nd Cardiology Clinic, Korgialenio-Benakio Hospital, Head of the
Echocardiography Laboratory and the Heart Failure Clinic
Co-Chair of the European Committee for Transesophageal Echocardiography
Examinations*

10:30 – 12:00 : ***Myocardial deformation – Speckle Tracking Imaging***

10:30 – 11:15 Myocardial Strain and Work of the Left ventricle

11:15 – 12:00 Myocardial Strain of the Right ventricle and Left atrium

12:00 – 13:30: ***Three-dimensional echocardiography***

12:00 – 12:45 3D Imaging of cardiac chambers (LV, RV, LA)

12:45 – 13:30 3D Imaging of cardiac valves (MV and TV)

Parallel Meeting Sessions (Auditorium: Beta)

Parallel Workshop II (In ENGLISH)

Wellbeing Futures

Mental Health & Healthy Ageing for 2050 and Beyond

A one-day futures-oriented roundtable within the 14th IMBMC
20 November 2026 · European University Cyprus · Nicosia, Cyprus

Dates	Thursday 19 November and Friday 20 November 2026
Host venue	European University Cyprus (EUC), Nicosia, Cyprus
Parent event	14th International Multithematic Bio-Medical Congress (IMBMC) — 19–21 November 2026
Title	Wellbeing Futures: Mental Health & Healthy Ageing for 2050 and Beyond
Organisers	Nordic Wellbeing Academy (NWA) · European Health Futures Forum (EHFF) · Cambridge Medical Academy

November 19

Session 0: School of Medicine, Lecture Room:

Welcome to Cyprus: Global Mental Health Perspectives

~60 minutes ·

Speakers from the global OHOR community presents

Facilitated by Lars Münter and Takis Kotis

November 20

Session 2 · Auditorium B:

Round Table A: Mental Health Futures – In Europe and Beyond

10.30-11.45

75 minutes · 20~25 participants · Facilitated by Lars Münter

Thematic focus

How can mental health systems - across Europe and beyond - move from crisis response to genuine prevention and community resilience for our youth? What role do psychology, psychotherapy, health literacy, emotional competence, and cross-cultural knowledge exchange play in building the mental health infrastructure of 2050?

Scene-setting framings (7 minutes each)

Framing 1: EU-PROMENS perspective — insights from the multidisciplinary mental health training programme on what works across settings and populations; reflections on the Danish Training Programme with 200 sign-ups and 130 participants.

Framing 2: Cyprus Institute for Emotion-Focused Therapy (CiEFT) / ISEFT perspective — the evidence base for emotion-focused therapeutic approaches and how these can be embedded in community mental health systems at scale.

Session 3 · Auditorium B:

Round Table B: Healthy Ageing - Global Knowledge sharing

– 12.00-13.15

75 minutes · 20~25 participants ·
Facilitated by Lars Münter

Thematic focus

As populations across Europe and the Belt and Road age at unprecedented speed, how do we build health and care systems - and social environments - that support not just longer life, but genuinely flourishing later years? How do mental health, social connection, community design, and technology intersect in the ageing experience?

Scene-setting framings (7 minutes each)

Framing 1: NCIO perspective — the clinical and epidemiological dimensions of healthy ageing; multimorbidity, mental-physical health intersections, and the longevity economy.

Framing 2: Nordic Wellbeing Academy / EHFF perspective — systems and foresight framing; what does a 2050 healthy ageing society look like, and what governance and community architecture does it require?

**Session 4 · Anatomy Room:
Creative Futures Session - Visualising Wellbeing 2050
– 14.30-16.00**

90 minutes · 30~40 participants ·
Facilitated by Nina Sønderberg

Group Tables of 8 people

Concept

This session brings Round Table participants - still energised from their deliberative conversations - into smaller, mixed groups to co-create visual scenario posters depicting possible futures for mental health and healthy ageing. The method draws on established foresight and scenario-building practice, adapted for a group with diverse professional backgrounds and cultural perspectives.

Facilitation approach

Nina Sønderberg (Nordic Wellbeing Academy / European Health Futures Forum; member, WHO/Europe Public Health Innovation Platform) will lead this session. Nina has extensive experience in co-design processes, futures facilitation, and creative knowledge translation. She will guide groups through:

- A brief provocation - three possible worlds of 2050, presented as vivid narrative sketches (hopeful, cautionary, and wild-card)
- Small group formation - deliberately cross-disciplinary and cross-cultural
- Facilitated scenario building - each group selects or invents their future and begins mapping its key features: what do systems, communities, relationships, and daily life look like?
- Visual poster creation - groups translate their scenario into a large-format visual poster, combining text, image, and metaphor
- Gallery walk and sharing - posters are displayed; groups briefly present their future world; cross-pollination and reflection

Output

A set of 5–8 scenario posters produced by participants — bridging disciplines and perspectives. These will be photographed, digitised, and shared as a visual output of the day

4. FACILITATOR & ORGANISER PROFILES

Lars Münter Round Tables A & B	International Director, Nordic Wellbeing Academy (NWA) · Network Director, European Health Futures Forum (EHFF) Lars Münter is a health communication and systems leadership specialist with an H-index of 15 and 40+ publications. He chairs the WHO/Europe Public Health Innovation Platform Domain 4 working group on Public Health Communication & Trust (2026–2028), a 19-organisation group spanning 14 countries. He participated in the EU-PROMENS Exchange Programme in Barcelona and co-led the Danish EU-PROMENS Training Programme with 200 sign-ups and 130 participants. He facilitates the Round Tables in his capacity as International Director of NWA and Network Director of EHFF.
Nina Sønderberg Creative Futures Session	National Director, Nordic Wellbeing Academy (NWA) · Director, European Health Futures Forum (EHFF) Nina Sønderberg is a co-design and systems leadership specialist with deep expertise in creative facilitation and futures practice. She participated in the EU-PROMENS Exchange Programme in Barcelona and co-led the Danish EU-PROMENS Training Programme. She is a member of the WHO/Europe Public Health Innovation Platform. Nina will lead the Creative Futures Session, guiding participants through a foresight scenario-building process to produce scenario posters that bridge disciplines and geographies.
Takis Kotis Main Track Session	Facilitator · IMBMC Main Track Session Takis Kotis is a member of the WHO/Europe Public Health Innovation Platform and brings extensive experience in facilitating high-level interdisciplinary health dialogues. He will chair the Main Track Keynote Session, facilitating interaction between the five keynote speakers and the broader IMBMC audience, and will synthesise the session's key themes as a bridge to the Round Tables.

J. Patrikios

Founder and Chairman
Congress Scientific committee