

Welcome Letter

Dear Colleagues,

The 1st International Congress on "Abdominal Obesity: Bridging the Gap Between Cardiology and Diabetology" is organized by the International Chair on Cardiometabolic Risk (ICCR) in Hong Kong in January 28-30, 2010. The meeting takes a multidisciplinary approach to the assessment and management of abdominal obesity as a key risk factor for the development of diabetes and cardiovascular disease.

Evidence suggests that our current worldwide epidemic of abdominal obesity cannot be handled by the current medical model in which complications such as hypertension, dyslipidemia, type 2 diabetes, cardiovascular disease are often evaluated and managed in isolation without the proper multidisciplinary resources to improve patients' nutritional and physical activity habits.

The 1st International Congress on Abdominal Obesity shall raise awareness on abdominal obesity as a new modifiable risk factor which, along with traditional risk factors, plays a central role in this new concept of global cardiometabolic risk.

A novel approach is required to better understand the various causes of abdominal obesity, which this meeting examines through the review of original data being translated into new paradigms for assessment and management. In their invited lectures, the top international experts of the field discuss novel approaches, and share scientific and clinical data to benefit regional healthcare professionals, clinicians and scientists for the fight against the epidemic of abdominal obesity, diabetes, and cardiovascular disease.

At the same time, questions on abdominal obesity, diabetes, dyslipidemia, and hypertension are reviewed in depth.

Some of the key topics addressed at the congress include:

- Assessment of abdominal obesity, metabolic syndrome and related cardiometabolic risk
- Pathophysiology of abdominal obesity and related cardiometabolic risk
- Drivers of cardiovascular disease risk in abdominal obesity and type 2 diabetes
- Management of abdominal obesity and global cardiometabolic risk: Physical activity/exercise
- Nutritional management of abdominal obesity and type 2 diabetes: From diet to healthy eating and drinking.

We are very grateful to our faculty for making this first event a unique international forum which aims at tackling an important and growing health problem worldwide.

Sincerely,

Jean-Pierre Després
Scientific Director of the ICCR

Jean-Claude Coubard
Executive Director of the ICCR

Local Organizing Committee

P. Barter, Australia
B. Brewer, USA
J. Chan, Hong Kong, China
JC. Coubard, France

JP. Després, Canada
F. Hu, USA
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