

Welcome Letter

Dear Colleagues,

The 2nd International Congress on “Abdominal Obesity: Bridging the Gap Between Cardiology and Diabetology”, organized by the International Chair on Cardiometabolic Risk (ICCR), will take a multidisciplinary approach to the assessment and management of abdominal obesity as a key risk factor for the development of diabetes and cardiovascular disease.

It has become evident 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 help of the proper multidisciplinary resources to improve patients’ nutritional and physical activity habits.

The 2nd International Congress on Abdominal Obesity will build on the success of the first edition and further emphasize the notion that abdominal obesity is a new modifiable risk factor which, along with traditional risk factors, plays a central role in this new concept of global cardiometabolic risk.

The relatively new International Congress has rapidly become the platform to discuss novel approaches and share scientific and clinical data to benefit regional healthcare professionals, clinicians and scientists in our fight against the epidemic of abdominal obesity, diabetes and cardiovascular disease.

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

Some of the key topics to be addressed include:

- Assessment of abdominal obesity, metabolic syndrome and related cardiometabolic risk;
- Pathophysiology of abdominal obesity and related cardiometabolic risk: new mechanistic insights;
- Drivers of CVD 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 happy to welcome you in Buenos Aires for this exciting scientific event which is the best scientific/clinical forum which aims at improving assessment and management of a rapidly expanding group of patients’ worldwide: sedentary individuals with abdominal obesity.

Sincerely yours,

The Executive Scientific Committee

The Local Organizing Committee