

Event name: "Preventive Cardiology 2026 – guidelines, doubts, hot topics"

Event dates: 20-21.11.2026 r.

Starting time for each day of the event: 9:00 a.m.

Ending times for each day of the event: 20/11/2026 - 7:15 p.m., 21/11/2026 - 4:00 p.m.

Location for each day of the event: Krakow, Holiday Inn, Wielopole Street 4, 31-072

Event program for each day of the event:

20.11.2026:

ROOM A

- 10:00 - 10:45 | PLENARY SESSION: New European Society of Cardiology Guidelines 2026
- 10:45 - 12:30 | PLENARY SESSION: Countering medical disinformation: from research and education to systemic solutions
- 12:30 - 13:45 | PLENARY SESSION: 360° Prevention in Public Health. From Health Education to Effective Population Interventions
- 13:45 - 15:15 | CONFERENCE OPENING SESSION
- 15:15 - 17:15 | PLENARY SESSION: Results of large-scale Polish studies on risk factors and their consequences
- 17:15 - 18:30 | PLENARY SESSION: The athlete's heart - different adaptations of the cardiovascular system to physical exercise

ROOM B

- 10:00 - 10:45 | PLENARY SESSION: The calm after the storm: obvious and non-obvious preventive strategies after acute cardiac conditions
- 10:45 - 11:45 | PLENARY SESSION: When is it worth looking for atherosclerosis in other arterial beds – clinical cases
- 11:45 - 12:45 | PLENARY SESSION: Epidemiological landscape of Poland A.D. 2026. Results of the WOBASZ3 study – balance of the population's health status and directions of evolution of cardiovascular risk
- 12:45 - 13:45 | 30 PTK CLUB SESSION: "Doctor, may I?"
- 17:15 - 18:30 | PLENARY SESSION: Heart failure beyond ejection fraction: the time of phenotypes and precision medicine

ROOM C

- 10:00 - 10:30 | STUDENT REPORTS SESSION
- 10:30 - 12:30 | WORKING GROUP SESSION: "Environment in Hypertension" of the European Society of Hypertension
- 12:30 - 13:45 | ORIGINAL REPORTS SESSION

- 15:15 - 17:15 | PLENARY SESSION: Individualization of therapy in elderly patients
- 17:15 - 18:30 | SESSION OF THE YOUNG LIPIDOLOGISTS SECTION OF THE POLISH LIPIDOLOGICAL SOCIETY: Familial hypercholesterolemia – what else should we know about it?

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- 10:00 - 10:45 | PLENARY SESSION: Nutrition Update 2026 – from primary to secondary prevention in the light of the latest guidelines
- 10:45 - 11:45 | JOINT SESSION WITH THE CARDIO-ONCOLOGY SECTION OF THE PTK: Important issues in cardio-oncology
- 11:45 - 12:45 | SESSION OF THE CARDIOVASCULAR PHARMACOTHERAPY SECTION OF THE PTK
- 12:45 - 15:15 | PLENARY SESSION: Cardio-longevity as a factor defining our future. Why should the heart be our biological clock?
- 15:15 - 17:15 | DEBATE: Digital prevention - how new technologies are changing the prevention of heart and vascular diseases
- 17:15 - 18:30 | SESSION OF THE PTK SECTION ON HEART DISEASES IN WOMEN: Heart attack in women - from a new definition, through various mechanisms, to effective secondary prevention

ROOM AND

- 10:00 - 13:00 | Training and workshops on the treatment of nicotine addiction

21.11.2026:

ROOM A

- 09:00 - 10:45 | SESSION OF THE PTK CARDIAC REHABILITATION AND EXERCISE PHYSIOLOGY SECTION: Cardiac rehabilitation 2026 – from new guidelines to modern technologies
- 10:45 - 12:30 | POSTER SESSIONS I–IV (Hall in front of Room A)
- 12:30 - 13:15 | Lunch break
- 13:15 - 14:30 | PLENARY SESSION: Environmental threats to the cardiovascular system
- 14:30 - 15:30 | END OF THE CONFERENCE

ROOM B

- 09:00 - 10:45 | PLENARY SESSION: From inflammation to image and therapy – vulnerable atherosclerotic plaque from an interdisciplinary perspective

Event description: This year's 19th Scientific Conference of the Association of Prevention and Epidemiology of the Polish Cardiac Society "Preventive Cardiology 2026 – guidelines, doubts, hot topics" will take place in Krakow, on November 20-21, 2026.

This is the latest conference in the "Preventive Cardiology" series, which has been immensely popular for years among those interested in cardiovascular disease. As in previous years, the conference will feature top lecturers and leading experts.

The event will be attended by a large group of clinicians, scientists, representatives of many fields – physicians, both cardiologists and internists, endocrinologists, diabetologists, family medicine physicians, dietitians, physiotherapists, epidemiologists, managers and professionals from the fields of medicine and health sciences.

The leading topics will be:

- prevention and treatment of heart and vascular diseases (hypertension, hyperlipidemia, smoking, ischemic heart disease, heart failure, atrial fibrillation),
- prevention and treatment of obesity,
- treatment of patients with cardiovascular diseases and comorbidities,
- risk factors for cardiovascular diseases and their role in shaping the health profile of the population,
- lifestyle medicine,
- innovations and new technologies in preventive cardiology,
- positions and guidelines of expert groups,
- epidemiology of cardiovascular diseases,
- results of the latest Polish and international research on risk factors and the health status of the population.

Preventive Cardiology 2026, two days filled with interesting speeches, debates and discussions with the participation of over a hundred experts.

An accompanying event of the conference will be the Morning Run through the Krakow Planty Park – an educational initiative aimed at drawing attention to the importance of physical activity in the prevention of heart and vascular diseases.