



Danish Diabetes and Endocrine Academy
Danish Cardiovascular Academy



**Steno Diabetes Center
Copenhagen**

Programme

Obesity & Cardiovascular Disease Across a Lifetime

15 – 16 January 2026

”Det Store Auditorium”,
Herlev Hospital
Borgmester Ib Juuls Vej 1,
Entrance 1, 2 floor
2730, Herlev, Denmark

Session overview



Day 1

Thursday, 15 January

Session I

Childhood Origins of Cardiometabolic Disease – Early Drivers, Mechanisms & Prevention Challenges

Session II

Critical Turning Points in Adulthood – From Risk to Resilience in Cardiometabolic Health

Day 2

Friday, 16 January

Session III

Complex Ageing – Multi-Morbidity, Polypharmacy & Evolving Cardiometabolic Risk

Programme

Thursday 15 January

08:45-09:45	Registration, light breakfast and networking
09:45-10:00	Welcome by SDCC, DCA and DDEA
Session I	Childhood Origins of Cardiometabolic Disease – Early Drivers, Mechanisms & Prevention Challenges
	Chair: Associate Professor Ulla Kampmann , Steno Diabetes Center Aarhus (DK) and PhD Fellow Emilie Bahne, Steno Diabetes Center Copenhagen (DK)
10:00-10:10	Obesity in childhood – the stark clinical reality
	Pediatrician Julie Kloppenborg , Steno Diabetes Center Copenhagen (DK)
10:10-10:15	Questions & answers
10:15-10:35	Rising tides - A wave of obesity and metabolic diseases in young people
	Associate Professor Jennifer Lyn Baker , Bispebjerg and Frederiksberg Hospital (DK)
10:35-10:40	Questions & answers
10:40-11:00	Ultra-processed foods and risk of obesity and cardiovascular disease causation or association?
	Associate Professor Daniel Borch Ibsen , Steno Diabetes Center Aarhus & Aarhus University (DK)
11:00-11:05	Questions & answers
11:05-11:30	Break

11:30-11:50 New perspectives on ectopic fat and cardiovascular disease – known and unknowns

Professor **Niels Jessen**, Steno Diabetes Center Aarhus (DK)

11:50-11:55 Questions & answers

11:55-12:15 Panel perspectives: Targeting childhood obesity – benefits and challenges

12:15-12:30 Short oral presentations including Q&A

Julie Løhde – Steno Diabetes Center Aarhus (DK)

Low birth weight as a risk factor for development of cardiometabolic diseases later in life

Dominique Searle - Bispebjerg and Frederiksberg Hospital (DK)

Associations between childhood BMI trajectories and adult heart failure

12:30-14:00 Lunch
Walk and talk at SDCC

Session II **Critical Turning Points in Adulthood – From Risk to Resilience in Cardiometabolic Health**

Chair: Professor **Tina Vilsbøll**, Steno Diabetes Center Copenhagen (DK) and Postdoc Christine R. Schwarz, Steno Diabetes Center Copenhagen (DK)

14:00-14:20 Gestational Diabetes – a window of opportunity to prevent cardiometabolic disease

Professor **Claire Meek**, University Hospitals Leicester & University of Leicester (UK)

14:20-14:25 Questions & answers

14:25-14:45 Sleep disturbances and cardiometabolic health – time to wake up?

Chief physician **Rune Asger Vestergaard Frandsen**, Rigshospitalet (DK)

- 14:45-14:50 Questions & answers
- 14:50-15:05 Short oral presentations including Q&A
- Sarah Dib** - University Hospitals Leicester & University of Leicester (UK)
- Energy restriction, weight loss and glycaemia in late pregnancy and breastfeeding outcomes in women with gestational diabetes: results from the DiGest trial
- Sabrina Scilletta** - University of Glasgow (UK)
- Progressive Increases in Adiposity and Ectopic Fat Surrogates Across Glycemic States High-light Weight Reduction as a Key Target for Type 2 Diabetes Prevention, especially in younger people
- 15:05-15:30 Break with snacks
- 15:30-15:50 A sea change from the obesity paradox to multiple heart failure trials
- Professor **Mark Petrie**, University of Glasgow (UK)
- 15:50-15:55 Questions & answers
- 15:55-16:15 GLP-1-based therapies – a paradigm shift in the prevention and treatment of cardiometabolic diseases
- Professor **Naveed Sattar**, University of Glasgow (UK)
- 16:15-16:20 Questions & answers
- 16:20-16:30 The use of GLP-1RA's in new mothers: what we know and what we don't know
- Associate Professor **Mette Bliddal**, University of Southern Denmark (DK)
- 16:30-16:35 Questions & answers
- 16:35-16:55 Panel discussion: How will the era of obesity therapies change the future of cardiology?
- 16:55-17:05 Closing remarks

17:45

Bus departure at Borgmester Ib Juuls vej,
Entrance 83, 2730 Herlev

18:15

Networking dinner at Apollo Grill and Brew
Arrival 18:15, dinner starts 19:00
Address: Vesterbrogade 3, 1620 København V

Programme

Friday 16 January

09:00-09:30 Arrival and light breakfast

Session III **Complex Ageing – Multi-Morbidity, Polypharmacy & Evolving Cardiometabolic Risk**

Chair: Professor **Naveed Sattar**, University of Glasgow (UK) and Senior Researcher **Andreas Andersen**, Steno Diabetes Center Copenhagen (DK)

09:30-09:40 Welcome back and opening remarks by SDCC, DCA and DDEA

09:40-10:00 Sex-specific considerations in coronary artery disease: diagnosis and treatment

Clinical Professor **Eva Prescott**, Bispebjerg and Frederiksberg Hospital (DK)

10:00-10:05 Questions & answers

10:05-10:25 Pragmatic trials in cardiometabolic disease – think big and bold

Professor **Tor Biering-Sørensen**, Herlev and Gentofte Hospital & University of Copenhagen (DK)

10:25-10:30 Questions & answers

10:30-10:45 Short oral presentations including Q&A

Michael Fridén - Steno Diabetes Center Aarhus (DK)

Estimating the Effects of Nordic Diets on the Risk of Major Adverse Liver Outcomes: a Target Trial Emulation across Two Cohorts in Sweden

Sharmin Shabnam – Leicester Diabetes Centre (UK)

Risk of new-onset diabetes after COVID-19 across BMI, deprivation, ethnicity, and region: A population-based cohort

study of 42 million adults in England

10:45-11:15	Break
11:15-11:35	Confronting the inequalities and ethnic disparities in cardiometabolic health Professor Kamlesh Khunti , University of Leicester (UK)
11:35-11:40	Questions & answers
11:40-12:00	Obesity and atrial fibrillation – the next frontier Cardiology fellow Søren Diederichsen , Rigshospitalet (DK)
12:00-12:05	Questions & answers
12:05-13:00	Lunch break
13:00-13:20	Real-world (over?)use of medication in older adults – when to stop? Professor Anton Pottegaard , University of Southern Denmark (DK)
13:20-13:25	Questions & answers
13:25-13:40	Short oral presentations incl. Q&A Huda El-Asadi - Rigshospitalet (DK) Stroke recurrence and all-cause mortality in CPAP-treated sleep-disordered-breathing patients Jaclyn Carberry - University of Glasgow (UK) Empagliflozin to prevent worsening of left ventricular volumes and systolic function after myo-cardial infarction - EMPRESS-MI
13:40-14:10	A Cardiometabolic Expedition in Hibernating Brown Bears Cardiologist Peter Godsk Jørgensen , Herlev and Gentofte Hospital (DK)

14:10-14:15 Questions & answers

14:15-14:30 Wrap-up and closing remarks

Organising Committee Scientific Programme

Andreas Andersen, Postdoc, Steno Diabetes Center Copenhagen (DK)

Christine Rode Schwarz, Postdoc, Steno Diabetes Center Copenhagen (DK)

Emilie Bahne, PhD student, Steno Diabetes Center Copenhagen (DK)

Esben Søndergaard, Professor, University of Aarhus (DK)

Naveed Sattar, Professor, University of Glasgow (UK)

Tina Vilsbøll, Professor, Steno Diabetes Center Copenhagen (DK)