Objective, Expected Outcomes and Educational Strategy
After more than a century of active research uric acid has gained the stage as one of the most reliable candidates for the huge amount of residual cardio-metabolic risk.

The involvement of uric acid in the pathophysiology of hypertension, diabetes and metabolic syndrome particularly at younger ages support the importance of the research in this area.

The interaction between genetics, biochemistry, epidemiology and lifestyle is the engine that has boosted the worldwide interest for uric acid and cardio-metabolic disease.

Now is time to move from academy to clinical practice since we urgently need a reliable tool for the identification of which patients deserve something more that theory and hypothesis.

The 4th edition of the Bologna meeting will be focused on the patient with the goal to discuss several burning topics:

- Are all the patients with elevated serum uric acid levels the same?
- What is the threshold level for “cardio-metabolic” hyperuricemia?
- How to identify the patients at risk of cardio-metabolic disease?
- What about in children and adolescents?
- What are the differences with cardiovascular complicated gout?
- What are the preventive/therapeutic strategies?
- What is the role of ULT?
- What advantages/harm of the use of non-ULT drugs affecting uric acid?
- What is the current position of Guidelines?

Disciplines involved
Medical doctors (Cardiology, Internal Medicine, Nephrology, Endocrinology, Neurology, Rheumatology, Public health and Preventive Medicine, Clinical Biochemistry, Diabetology and Metabolic Diseases, Nutritional Medicine), Nurses, Pharmacists and Biologists

Tuesday, November 13th, 2018

09.00 Introduction to the meeting objectives

C. Borghi

Session I – The cardio-metabolic burden in patients with gout
Chairpersons: E. Agabiti Rosei
T. Gibson

09.20 F.M. Galassi
Uric acid and gout: tales from the Ancient World

09.40 L. Punzi
The cardio-metabolic involvement in gout. The position of guidelines

10.00 D. Rothenbacher
How can we quantify the cardio-metabolic risk in patients with gout? An epidemiological perspective
10.20  M. Andrés  
The management of cardio-metabolic risk in patients with gout

10.40  M. Givertz  
Treating gout in patients with cardiovascular disease

11.00  General discussion

11.30  Coffee break

12.00  Main Lecture

Introduction:  E. Ambrosioni, M.H. Alderman

R.J. Johnson  
From Uric acid to cardio-metabolic disease: can we identify the patients at risk?

13.00  Lunch

**Session II – Update on the clinical evidence: uric acid and cardiovascular disease**

Chairpersons:  P. Palatini  
J. Redon

14.00  A.Virdis  
Uric acid and Blood Pressure

14.20  S.G. Wannamethee  
Uric acid, left ventricular function and heart failure

14.40  G. Ambrosio  
Uric acid and coronary artery disease

15.00  C.Tsioufis  
Uric acid and atrial fibrillation

15.20  General discussion

15.40  Coffee break

**Session III – Update on the clinical evidence: uric acid, metabolic and renal disease**

Chairpersons:  M. Burnier  
B. Trimarco

16.10  D.H. Kang  
Uric acid and new-onset metabolic syndrome

16.30  M. Kuwabara  
The interaction between uric acid and lipid profile

16.50  R. Pontremoli  
Uric acid and renal dysfunction: what is the egg?

17.10  R. Cifkova  
Uric acid, pregnancy and cardio-renal disease

17.30  General discussion
18.00 Conclusion and end of the day

**Wednesday, November 14th 2018**

08.30 Introduction to the meeting objectives  
C. Borghi

**Session IV – Quantification of cardio-metabolic risk in patients with hyperuricemia**  
Chairpersons: G. Mancia  
A. Manolis

09.00 G. Desideri  
Is the determination of serum uric acid enough?

09.20 T.R. Merriman  
Is genetic profile useful for clinical practice?

09.40 J. Dawson  
Is genetic approach the right solution?

10.00 B. Gondouin  
Is the measure of xantino-oxidase a reliable tool?

10.20 L. Scheepers  
Is it reasonable to consider a functional index?

10.40 General discussion

11.00 Coffee break

**Session V – Prevention of cardio-metabolic risk in patients with hyperuricemia**  
Chairpersons: P. Camici  
K. Narkiewicz

11.30 E. Lurbe  
Age-dependent prevention of hyperuricemia: the earlier is the better?

11.50 D. I. Feig  
The role of fructose consumption and dietary approach

12.10 G. Grassi  
The management of additional risk factors in patients with hyperuricemia

12.30 C. Ferri  
Is drug-induced hyperuricemia a cardio-metabolic risk factor?

12.50 General discussion

13.00 Lunch

**Session VI – Hyperuricemia and cardio-metabolic risk: who is to treat?**  
Chairpersons: S. Taddei  
A. Manolis

14.00 P. Nilsson  
SGLT-2 inhibitors and control of uric acid: mechanism and potential advantages
14.20  **J. George**  
Urate lowering drugs and prevention of cardiometabolic disease: the evidence

14.40  **K.G. Saag**  
Cardiovascular safety of xanthine-oxidase inhibitors: the CARES Study

15.00  **A. Stack**  
Is there any “J-shaped” curve for serum uric acid?

15.20  **C. Borghi**  
Hyperuricemia and cardiometabolic disease: the role of renal impairment

15.40  **A.D. Struthers**  
The treatment of asymptomatic hyperuricemia: who, when and why

16.00  **L.G. Sanchez-Losada**  
The non-pharmacologic approach to hyperuricemia. Solutions beyond diet

16.20  **J. T. Kielstein**  
How to investigate the cardiovascular and renal effects of urate-lowering drugs?

16.40  General discussion

17.10  Closing Remarks and end of the Symposium