

Kazakhstan Atherosclerosis Society



**III CONGRESS OF THE KAZAKHSTAN
ATHEROSCLEROSIS SOCIETY**

Program

August 14–15

Astana, Rixos President Astana Hotel (7 Kunaev Street)

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III CONGRESS OF THE KAZAKHSTAN ATHEROSCLEROSIS SOCIETY

PROGRAM AUGUST 14, 2026, FRIDAY			
8.00-9.00	Participant Registration		
Hall: Zheruyik			
09:00-09:25	Opening Ceremony		
09:25- 11:30	Plenary Session		
11:30-12:00	Coffee Break		
	Hall: Zheruyik	Hall: Shanyrak	Hall: D Hall
12:00-14:00	Nursing Section	Women’s Heart	Cardiorenal-Metabolic Patient: A Practical Guide to Risk Management — From Dialogue to Target Values
14:00-15:00	Lunch		
15:00 -17:00	Hall: Zheruyik	Hall: Shanyrak	Hall: D Hall
	Nursing Section	Atherosclerotic Plaque: Myths and Reality	Digital Cardiology and Artificial Intelligence in Atherosclerosis Prevention

PROGRAM
AUGUST 15, 2026, SATURDAY

Hall: Zheruyik

09:00-10:05

Plenary Session

10:05-12:00

Hall: Zheruyik

Hall: Shanyrak

Hall: D Hall

Brain, Heart and Microbiome

Inflammation and
Atherosclerosis: What Matters in
Clinical Practice

Hypertriglyceridemia and Residual Risk: New
Challenges and Opportunities in 2026

12:00-12:20

Coffee Break

12:20-14:20

Hall: Zheruyik

Hall: Shanyrak

Hall: D Hall

Familial
Hypercholesterolemia

Peripheral Atherosclerosis

Patient Forum

14:20-15:20

Lunch

15:20-15:40

Lipid Challenge 2026

15:40-16:00

Closing Ceremony and Awards

16:00-17:00

Board Meeting
Kazakhstan Atherosclerosis Society and LCN Leaders

III CONGRESS OF THE KAZAKHSTAN ATHEROSCLEROSIS SOCIETY

Dates: August 14–15, 2026

Venue: Rixos President Astana Hotel, Astana (7 Kunaev Street)

Conference format: Hybrid (online and in person)

Target audience: cardiologists, dyslipidemia clinic coordinators, internists, lipidologists, general practitioners, and nursing professionals

**Day 1 — August 14
Main Hall — Zheruyik**

**Hall: Zheruyik
Opening Ceremony**

№	TIME	TOPIC	SPEAKER
	08:00-9:00	REGISTRATION	
1	09:00-09:05	Opening Ceremony and Welcome Speech	Yuri Pya, Chairman of the Board, Corporate Fund “UMC”, Astana, Kazakhstan.
2	09:05-09:10	Welcome Speech	Dirk Blom, President, International Atherosclerosis Society.
3	09:10-09:15	Welcome Speech	Michelle Winokur, Executive Director, International Atherosclerosis Society.
4	09:15-09:20	Welcome Speech	Prof Alberico Catapano, President of the Italian Society for the Study of Atherosclerosis (SISA) and Past President of the European Atherosclerosis Society (EAS).
5	09:20-09:25	Welcome Speech	Salim Berkinbayev, President of the Association of Cardiologists of Kazakhstan.

Plenary Session
Atherosclerosis 2026: New Guidelines and Global Trends
Moderators:
Makhabbat Bekbossynova
Marat Yezhov

1	09:25-09:45	Current Approaches to the Diagnosis and Treatment of Heterozygous Familial Hypercholesterolemia (Supported by Santo)	Marat Yezhov, Doctor of Medical Sciences, Professor, Chief Researcher, Department of Atherosclerosis; Head, Laboratory of Lipid Metabolism Disorders, A.L. Myasnikov Institute of Clinical Cardiology, National Medical Research Center for Cardiology, Ministry of Health of the Russian Federation.
2	09:45-10:05	Mechanisms Underlying Calcific Aortic Valve Disease	Qingchun Zeng, Professor, Chief Physician, and Deputy Director, Department of Cardiovascular Medicine, Nanfang Hospital (Southern Medical University), Guangzhou, China.
3	10:05-10:25	The Role of Uric Acid in Major Cardiovascular Outcomes (Supported by Egis)	Claudio Borghi, Professor of Medicine, University of Bologna; Head, Department of Internal Medicine, Sant'Orsola-Malpighi Polyclinic, Bologna; former President of the Italian Society of Arterial Hypertension.
4	10:25-10:45	Lipid Management in Pregnancy (online)	Jeanine Roeters van Lennep, Vice-President, European Atherosclerosis Society (EAS); President, Dutch Society for Vascular Medicine, Rotterdam, the Netherlands.
5	10:45-11:05	Lipid Clinics: How to Build an Effective Atherosclerosis Prevention System (online)	Ulrich Laufs , EAS Board Member; Professor of Cardiology and Chair of Cardiology, Leipzig University, Germany.
7	11:05-11:30	Discussion and Q&A	
11:30-12:00 (30 minutes)		Coffee Break	

Nursing Section Moderators: Moldir Nursadykova Meruert Isupova			
1	12:00-12:20	Welcome Speech by the Chair of the Nursing Committee, Kazakhstan Atherosclerosis Society	Gulnur Nadirbekova, MBA, Director of Nursing and Member of the Board, Corporate Fund “UMC”, Astana, Kazakhstan.
2	12:20-12:40	Nursing Practice in Focus: Report on the Outreach Nursing School on Chronic Heart Failure and Atherosclerosis	Aisulu Ospanova, Bachelor of Nursing, Chief Manager, Nursing Development Department, Corporate Fund “UMC”, Astana, Kazakhstan.
3	12:40-13:00	The Nurse as Coordinator of the Care Pathway for Patients with Atherosclerosis: A Modern Model for Preventing Cardiovascular Complications	Anara Omarova, Bachelor of Nursing, Nurse, Diagnostic Department, Corporate Fund “UMC”, Astana, Kazakhstan.
4	13:00-13:20	The Blood Vessel as a Mirror of Lipid Health: What Lp(a) Reveals	Indira Abisheva, Bachelor of Nursing, Senior Nurse, Clinical Academic Department of Cardiac Surgery No. 1, Corporate Fund “UMC”, Astana, Kazakhstan.
5	13:20-13:40	Patient-Centered Approach in the Nursing School: Impact on Treatment Adherence	Galiya Uspanova, Bachelor of Nursing. Senior Nurse, Department of Cardiology, Corporate Fund “UMC”, Astana, Kazakhstan.
6	13:40-14:00	Nursing Screening: An Algorithm for Detecting Atherosclerosis Before Myocardial Infarction	Aikerim Synabay, Nurse, Outpatient Consultation Department, NJSC “Shymkent Heart Center”, Shymkent, Kazakhstan.
14:00-15:00		Lunch	
Nursing Section			
7	15:00-15:20	Life After Myocardial Infarction: A New Beginning	Ulzhan Togumbetova, Nurse, Outpatient Consultation Department, NJSC “Shymkent Heart Center”, Shymkent, Kazakhstan.
8	15:20-15:40	Cardioprotective Nutrition and Nursing Interventions as Tools to Improve Adherence in Patients with Atherosclerosis and Chronic Heart Failure	Gulmira Kerimbayeva, Senior Nurse, Hospital-Wide Services Unit, Corporate Fund “UMC”, Astana, Kazakhstan.

9	15:40-16:00	The Nursing Contribution to the Prevention and Control of Atherosclerosis Risk Factors	Nazken Yerubayeva, Operating Room Nurse, Angiography Laboratory, City Multidisciplinary Hospital No. 1, Aktobe, Kazakhstan
10	16:00-16:20	Quiz Discussion and Q&A	

DAY 1
Breakout Hall — Shanyrak

Hall: Shanyrak
Section: Women's Heart
Moderators:
Aygerim Abdiorazova
Gulmira Rapolbekova
Gulmira Seytzhanova

№	TIME	TOPIC	SPEAKER
1	12:00-12:20	Women's Cardiovascular Health and Prevention Across the Life Course (online)	Kirsten Holven, EAS Board Member, Professor of Clinical Nutrition at the University of Oslo; Head of the Clinical Nutrition Unit, Department of Nutrition, University of Oslo; Researcher at the National Advisory Unit on Familial Hypercholesterolemia, Oslo University Hospital, Norway.
2	12:20-12:40	Screening for Social Risk Factors for Cardiovascular Disease in Women	Ulzhan Khassen, MPH, Bachelor of Medicine, Chief Manager, Organizational and Methodological Department of the Heart Center, Corporate Fund "UMC"; Secretary of the Kazakhstan Atherosclerosis Society, Astana, Kazakhstan.
3	12:40-13:00	UMC Screening: Women's Health	Gulmira Seitzhanova, Master of Healthcare, Cardiologist, Deputy Chair of the Board for Healthcare Quality Control and Strategic Development, NJSC "Shymkent Heart Center", Kazakhstan.
4	13:00-13:20	From Hormonal Changes to Atherosclerosis: Menopause and the Heart	Gulmira Rapolbekova, Doctor of Medical Sciences, Obstetrician-Gynecologist, Medical Director, Corporate Fund "UMC", Astana, Kazakhstan.
5	13:20-13:40	Preconception Care for Women with Cardiovascular Risk Factors (online)	Madina Sugralimova, Cardiologist, Corporate Fund "UMC", Astana, Kazakhstan.

6	13:40-14:00	Quiz Discussion and Q&A	
14:00-15:00		Lunch	
Section: Atherosclerotic Plaque — Myths and Reality Moderators: Marat Aripov Darkhan Suygenbaev			
1	15:00-15:20	Instrumental Diagnosis of Atherosclerosis and Cardiovascular Risk Assessment	Zhazira Baiburinova, Ultrasound Diagnostics Physician of the Highest Qualification Category, Corporate Fund “UMC”, Astana, Kazakhstan.
2	15:20-15:40	Mechanisms of Vascular Calcification in Chronic Kidney Disease	Jianyun Yan, Professor of Cardiovascular Medicine, Department of Cardiology, Zhujiang Hospital (Southern Medical University); Director of the Research Department, Guangzhou, China.
3	15:40-16:00	Vulnerable Carotid Plaque: A New Perspective on Stroke Prevention	Ayim Sakhipova, PhD, First-Category Neurologist, Corporate Fund “UMC”, Astana, Kazakhstan.
4	16:00-16:20	Computed Tomography in the Modern Diagnosis of Coronary Atherosclerosis	Elmira Yelshibayeva, Physician of the Highest Qualification Category, PhD, Head of the CT and MRI Department, Medical Center Hospital of the Office of the President of the Republic of Kazakhstan, Astana, Kazakhstan.
5	16:20-16:40	Indications for Revascularization Based on IVUS, FFR, and Coronary Angiography: When Is Revascularization Necessary?	Marat Aripov, Doctor of Medical Sciences, Associate Professor, Director of the Clinical Academic Department of Interventional Cardiology, Corporate Fund “UMC”, Astana, Kazakhstan.
6	16:40-17:00	Quiz Discussion and Q&A	

DAY 1
Breakout Hall — D Hall

Hall: D Hall

**Section: Cardiorenal-Metabolic Patient — A Practical Guide to Risk Management,
From Dialogue to Target Values**

Moderators:

Rano Alieva

Vitaly Pavlov

1	12:00-12:20	The Cardiometabolic Patient: Why Standard Risk Assessment Is No Longer Enough in 2026	Vitaly Pavlov , Cardiologist, JSC “Research Institute of Cardiology and Internal Diseases”, Almaty; Regional Coordinator of the Atherosclerosis Roadmap for Almaty, Kazakhstan.
2	12:20-12:40	Cardiorenal Metabolic Syndrome: An Interdisciplinary Perspective	Dariga Koichubayeva , Physician, Laboratory of Extracorporeal Hemocorrection, Corporate Fund “UMC”, Astana, Kazakhstan.
3	12:40-13:00	MASLD as a Component of Cardiovascular Risk: What Cardiologists Need to Know	Kulpash Kaliaskarova , Professor, Chief Hepatologist of the Ministry of Healthcare of the Republic of Kazakhstan, Physician of the Highest Qualification Category, Doctor of Medical Sciences, President of the HepatoTransplant Group Association, Member of the European Association for the Study of the Liver (EASL), Astana, Kazakhstan.
4	13:00-13:20	Beyond Blood Pressure Control: Aldosterone, Atherosclerosis, and Resistant Hypertension <i>(Supported by AstraZeneca)</i>	Ainur Tauekelova , Head of Outpatient Services, Corporate Fund “UMC”; Chief External Cardiologist of Astana, Kazakhstan.
5	13:20-13:40	Long-Term Weight Management Strategy: From Dialogue to Improving Vascular Prognosis	Darina Galiyeva , Endocrinologist, Evidence Clinic, Astana, Kazakhstan.
6	13:40-14:00	Quiz Discussion and Q&A	
14:00-15:00		Lunch	

Section: Digital Cardiology and Artificial Intelligence in Atherosclerosis Prevention**Moderators:****Zaure Ormakhanova****Tea Gamezardashvili**

1	15:00-15:20	Digital Platform — IPrevent	Amirkhan Yelzhanov , Executive Director, IPrevent.kz, Almaty, Kazakhstan.
2	15:20-15:40	CardioIQ Clinical Intelligence	Tea Gamezardashvili , MD, PhD, Master of Healthcare Administration (MHA), Fellow of the American College of Cardiology (FACC), President of the Georgian Atherosclerosis Association, Tbilisi, Georgia.
3	15:40-16:00	Results of the “Aul” Mobile Screening Project in Toman Village, Atyrau Region	Ardak Sultanova , MBA, Regional Coordinator of the Atherosclerosis Roadmap for Atyrau Region, Atyrau Regional Cardiology Center; Cardiologist of the Highest Qualification Category, Atyrau, Kazakhstan.
4	16:00-16:20	Results of the “Aul” Mobile Screening Project: Araily Village, Akmola Region	Samal Yelubayeva , Adult and Pediatric Cardiologist, Tselinograd District Polyclinic, Akmola Region, Kazakhstan.
5	16:20-16:40	Results of the Second Phase of the “Aul” Mobile Screening Project: Shymkent, Aktobe and Kyzylorda Regions	Zaure Ormakhanova , Vice-President of the Kazakhstan Atherosclerosis Society, Regional Coordinator of the Atherosclerosis Roadmap for Shymkent city, Cardiologist at NJSC “Shymkent Heart Center”, Master of Public Health, Shymkent, Kazakhstan.
6	16:40-17:00	Discussion and Q&A	

DAY 2 — AUGUST 15
Main Hall — Zheruyik

Hall: Zheruyik
Plenary Session
Moderator:
Makhabbat Bekbossynova
Rano Alieva

№	TIME	TOPIC	SPEAKER
1	09:00-09:20	Personalized Therapy for Atherosclerosis: How to Make Decisions in 2026 <i>(Supported by Novartis)</i>	Rano Aliyeva, Doctor of Medical Sciences, PhD, DSc, Senior Researcher, Department of Ischemic Heart Disease and Atherosclerosis, Republican Specialized Scientific and Practical Medical Center of Cardiology, Tashkent, Uzbekistan.
2	09:20-09:35	Integrating Cardiometabolic and Behavioral Approaches to Prevent Brain and Heart Disease (online)	Meral Kayikcioglu, EAS Board Member, Professor of Cardiology at the Faculty of Medicine, Ege University; Head of the Lipidology and Cardiovascular Prevention Clinic, Izmir, Türkiye.
3	09:35-09:50	Chronic Kidney Disease and Albuminuria: Underrecognized Markers of Extreme Atherosclerotic Risk	Abduzhappar Gaipov, Professor, School of Medicine, Nazarbayev University; Candidate of Medical Sciences, PhD, Nephrologist of the Highest Qualification Category, Astana, Kazakhstan.
4	09:50-10:05	Metabolic Dysfunction and Atherosclerosis: Diabetes, Obesity, and Insulin Resistance as Drivers of Cardiovascular Risk	Rimma Bazarbekova, Doctor of Medical Sciences, Professor, Head of the Department of Endocrinology, Kazakhstan-Russian Medical University; Chair of the Association of Endocrinologists of Kazakhstan, Almaty, Kazakhstan.

Section: Brain, Heart and Microbiome Moderators: Daulet Sharipov Almagul Kushugulova			
1	10:00-10:10	Introduction to the Brain–Heart Axis (online)	Dag Aarsland, Professor and Director, Centre for Healthy Brain Aging, King's College London, United Kingdom; Director of the NIHR HealthTech Research Centre in Brain Health; Consultant at South London and Maudsley NHS Foundation Trust; Fellow of the European Society of Preventive Medicine, London, United Kingdom.
2	10:10-10:30	Muscle to Brain: Frailty, Skeletal Muscle and Systemic Health as Emerging Therapeutic Targets in Neurodegenerative Diseases (online)	Dr. Miguel G. Borda, MD, PhD; Geriatrician and Clinical Researcher at the Centre for Age-Related Medicine (SESAM), Stavanger University Hospital, Norway, and the Department of Neurology at Clínica Universidad de Navarra, Spain.
3	10:30-10:50	Heart–Brain Axis. A Holistic Approach to Neurodegenerative and Cardiological Disease (online)	Daulet Sharipov MD, PhD, Deputy Director for Research, Clinical Academic Department of Cardiology, Corporate Fund “UMC”, and Researcher at the National Laboratory, Astana, Kazakhstan.
4	10:50-11:10	Microbiome-Mediated Nitrosative Stress Along the Gut–Heart–Brain Axis	Almagul Kushugulova, Doctor of Medical Sciences, Professor, Head of the Microbiome Laboratory, Center for Life Sciences, Nazarbayev University, Astana, Kazakhstan.
5	11:10-11:30	Cardiovascular Risk and New Diagnostic Approaches in Alzheimer’s Disease	Zhibek Zholdassova, Candidate of Medical Sciences, Psychiatrist and Psychotherapist, Head of the Center for the Treatment of Neuroses and Alzheimer’s Disease, Almaty, Kazakhstan.
6	11:30-11:50	Quiz Discussion and Q&A	
12:00-12:20		Coffee Break	

Familial Hypercholesterolemia Moderators: Tatyana Ivanova-Razumova Marat Yezhov Kayrat Davletov			
1	12:20-12:40	Familial Hypercholesterolemia in Kazakhstan: From FHSC Experience to National Collaboration (Supported by KRKA)	Kairat Davletov, MD, MPH, PhD, FHSC National Lead for Kazakhstan, Almaty, Kazakhstan.
2	12:40-13:00	Familial Hypercholesterolemia and Lp(a): Double Risk (online)	Rodrigo Alonso, IAS Board Member, Professor, Co-Director of the Centre for Advanced Metabolic Medicine and Nutrition, Santiago, Chile.
3	13:00-13:20	Contemporary Pharmacotherapy for Familial Hypercholesterolemia: New Trends and New Drug Classes	Tatyana Ivanova-Razumova, Candidate of Medical Sciences, Director of the Clinical Academic Department of Pediatrics, Corporate Fund “UMC”; Chief External Pediatric Cardiologist of the Ministry of Healthcare of the Republic of Kazakhstan; President of the Kazakhstan Society of Pediatric Heart Specialists, Astana, Kazakhstan.
4	13:20-13:40	Coronary Revascularization in Familial Hypercholesterolemia: Strategy Selection and Management Considerations	Alexey Goncharov, PhD, Head of the Department of Interventional Cardiology, Corporate Fund “UMC”, Astana, Kazakhstan.
5	13:40-14:00	Cascade Screening for Familial Hypercholesterolemia: Experience and Opportunities in Kazakhstan	Aigerim Raimkulova, Cardiologist, Corporate Fund “UMC”, Astana, Kazakhstan.
6	14:00-14:20	Quiz Discussion and Q&A	
14:20-15:20		Lunch	
Hall: Zheruyik			
15:20-15:40		Lipid Challenge 2026 (interactive quest) Awards for the Top Three Places	
15:40-16:00		Closing Ceremony and Awards	
16:00-17:00		Board Meeting Kazakhstan Atherosclerosis Society and LCN Leaders	

DAY 2
Breakout Hall — Shanyrak

Hall: Shanyrak

Section: Inflammation and Atherosclerosis — What Matters in Clinical Practice

Moderators:

Oralbekova Zhanar Meyramovna
Mirrakhimov Erkin Mirsaidovich

№	TIME	TOPIC	SPEAKER
1	10:00-10:20	The importance of inflammatory mechanisms in atherosclerosis development (online)	Christina Bursil , IAS Board Member, Professor, Director of the Vascular Research Centre at the South Australian Health and Medical Research Institute (SAHMRI) and the University of Adelaide, Australia.
2	10:20-10:40	Inflammation and the Unstable Atherosclerotic Plaque: What Drives Acute Coronary Syndrome?	Argul Razbekova , Deputy Medical Director, City Cardiology Center; Chief External Cardiologist of Almaty, Kazakhstan.
3	10:40-11:00	Residual Inflammatory Risk and Lipotoxicity: Underrecognized Drivers of Atherosclerosis Progression	Zhanar Oralbekova , PhD, Cardiologist of the Highest Qualification Category, Medical Center Hospital of the Office of the President of the Republic of Kazakhstan, Astana, Kazakhstan.
4	11:00-11:20	Beyond LDL-C Reduction: The Anti-Inflammatory and Pleiotropic Potential of Statins <i>(Supported by Recordati)</i>	Aizhan Kemerova , Master of Healthcare, Regional Coordinator of the Atherosclerosis Roadmap for Almaty Region, Almaty Multidisciplinary Clinical Hospital, Almaty, Kazakhstan.
5	11:20-11:40	Targeted Anti-Inflammatory Therapy for Atherosclerosis: From Colchicine to New Immune Targets and Personalized Treatment	Gulmira Smagulova , Regional Coordinator of the Atherosclerosis Roadmap for East Kazakhstan Region, Cardiologist, Juventamed Medical Center, Ust-Kamenogorsk, Kazakhstan.
6	11:40-12:00	Quiz Discussion and Q&A	
12:00-12:20		Coffee Break	

Section: Peripheral Atherosclerosis**Moderators:****Yevgeny Vrchinsky****Viktor Zemlyansky**

1	12:20-12:40	Complex Patient with Atherosclerosis: Outpatient Management <i>(Supported by Novartis)</i>	Zurab Klimiashvili, MD, Associate Professor, Head of the Cardiology Department at the Pinedo Medical Ecosystem; Chair of the Preventive Cardiology Working Group of the Georgian Society of Cardiology; National Coordinator of the European Association of Preventive Cardiology in Georgia, Tbilisi, Georgia.
2	12:40-12:55	Peripheral Atherosclerosis and Acute Coronary Syndrome: Associations and Risks	Maria Salekhova, Candidate of Medical Sciences, Cardiologist of the Highest Qualification Category, Independent Medical Expert. Member of the European Association of Cardiologists and the Kazakhstan Atherosclerosis Society. Head of the LCN Clinic for Karaganda Region, Karaganda, Kazakhstan.
3	12:55-13:15	Lp(a) in the Management of Patients with Peripheral Atherosclerosis: Practical Recommendations <i>(Supported by Roche)</i>	Yevgeny Vrchinsky, Vascular Surgeon, Regional Coordinator of the Atherosclerosis Roadmap for Karaganda Region, Karaganda, Kazakhstan.
4	13:15-13:30	Peripheral Atherosclerosis in Patients with Diabetes Mellitus: Clinical Features and Diagnosis	Albert Kydyraliyev, MD, Vascular Surgeon of the Highest Qualification Category, Medical Center Hospital of the Office of the President of the Republic of Kazakhstan, Astana, Kazakhstan.
5	13:30-13:45	Antithrombotic Therapy for Peripheral Atherosclerosis: Current Approaches	Abai Tulemissov, Vascular Surgeon, Corporate Fund "UMC", Astana, Kazakhstan.
6	13:45-14:00	Surgery for Atherosclerotic Disease of the Extracranial Arteries: Improving Treatment Outcomes	Yerbol Dogalbayev, Vascular Surgeon, Corporate Fund "UMC", Astana, Kazakhstan.

7	14:00-14:20	Quiz Discussion and Q&A
	14:20-15:20	Lunch
Hall: Zheruyik		
	15:20-15:40	Lipid Challenge 2026 (interactive quest) Awards for the Top Three Places
	15:40-16:00	Closing Ceremony and Awards
	16:00-17:00	Board Meeting Kazakhstan Atherosclerosis Society and LCN Leaders

DAY 2
Breakout Hall — D Hall

Hall: D Hall

Section: Hypertriglyceridemia and Residual Risk — New Challenges and Opportunities in 2026

Moderators:

Kakha Nadaraya

Gulzhan Myrzakhmetova

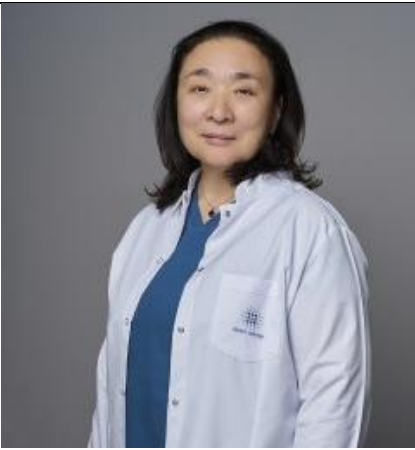
1	10:00-10:20	New treatments for hypertriglyceridemia (online)	Brian Tomlinson, Chair of the Asia-Pacific Federation of the International Atherosclerosis Society (IAS); Professor, Faculty of Medicine, Macau University of Science and Technology; Honorary Clinical Professor, Chinese University of Hong Kong, Hong Kong, China.
2	10:20-10:40	Hypertriglyceridemia and MASLD as Key Determinants of Residual Cardiovascular Risk	Kulpash Kaliaskarova, Professor, Chief Hepatologist of the Ministry of Healthcare of the Republic of Kazakhstan, Physician of the Highest Qualification Category, Doctor of Medical Sciences, President of the HepatoTransplant Group Association, Member of the European Association for the Study of the Liver (EASL), Astana, Kazakhstan.
3	10:40-11:00	Hypertriglyceridemia: Primary or Secondary? A Differential Diagnosis Algorithm	Dana Tleubayeva, Cardiologist, Corporate Fund “UMC”, Astana, Kazakhstan.
4	11:00-11:20	Residual Cardiovascular Risk: What Are We Missing in Clinical Practice? <i>(Supported by Novartis)</i>	Kakha Nadaraya, PhD, FESC, Professor, School of Health Sciences, University of Georgia; Board Member of the Georgian Society of Cardiology and the Georgian Atherosclerosis Association; Head of the Department of Cardiology and Internal Medicine, Vivamed University Clinic of Tbilisi State University, Tbilisi, Georgia.
5	11:20-11:40	Hypertriglyceridemia in a Complex Patient: Clinical Decision-Making	Samal Akilzhanova, Chief Physician of a Cardiac Surgery Clinic (Deputy Medical Director), Cardiologist of the Highest Qualification Category, Internist of the Highest Qualification Category,

			Healthcare Manager of the Highest Qualification Category, Independent Expert in Internal Medicine, Pavlodar, Kazakhstan.
6	11:50-12:00	Quiz Discussion and Q&A	
12:00-12:20		Coffee Break	
Section: Patient Forum Moderators: Zeynab Lapaeva Makhabbat Bekbossynova			
1	12:20–12:30	Opening Session: "Myth or Fact?"	At the beginning of the forum, participants will be invited to submit their suggestions for improving the prevention and management of cardiovascular diseases. These proposals will contribute to the Forum's final statement. Interactive QR-code voting followed by expert commentary.
2	12:30–13:00	Heart Talks: Patient vs Doctor	An open discussion between patients, a cardiologist, and a lipidologist, addressing the most common questions about cholesterol, statins, nutrition, and treatment.
3	13:00–13:30	Debate: "Can Atherosclerosis Be Defeated by Lifestyle Alone?"	Expert debate followed by interactive audience voting.
4	13:30–13:50	Case Challenge: What Would You Do?	Discussion of a real clinical case with expert analysis and audience participation through live voting.
5	13:50–14:00	Closing Session: "Your Voice for Change"	Experts summarize the key messages of the forum. Participants complete the QR survey by submitting their recommendations. All proposals will be reviewed and incorporated into the draft Patient Forum Resolution of the Kazakhstan Society of Atherosclerosis, to be submitted to the Ministry of Health of the Republic of Kazakhstan. The forum concludes with each expert sharing "One Take-Home Message" for every participant.
Address to the System: An Official Statement to the Government from Patients			
14:20-15:20		Lunch	
Hall: Zheruyik			

15:20- 15:40	Lipid Challenge 2026 (interactive quest) Awards for the Top Three Places
15:40- 16:00	Closing Ceremony and Awards
16:00- 17:00	Board Meeting Kazakhstan Atherosclerosis Society and LCN Leaders

Moderators and Speakers

III CONGRESS OF THE KAZAKHSTAN ATHEROSCLEROSIS SOCIETY

Makhabbat Bekbossynova, Doctor of Medical Sciences, Professor; Deputy Chair of the Board of the UMC Corporate Fund; President of the Kazakhstan Atherosclerosis Society; Chief Freelance Cardiologist of the Ministry of Health of the Republic of Kazakhstan; Board Member of the International Atherosclerosis Society; Astana, Kazakhstan.	
Yuri Pya, Academician of the National Academy of Sciences of the Republic of Kazakhstan; Chairman of the Board, University Medical Center; Chief Freelance Cardiac Surgeon of the Ministry of Health of the Republic of Kazakhstan; Astana, Kazakhstan.	
Salim Berkinbayev, Head of the Department of Cardiology at Kazakh National Medical University; Doctor of Medical Sciences, Professor; President of the Association of Cardiologists of Kazakhstan; member of the Presidium of the Eurasian Association of Internal Medicine; member of the European Society of Cardiology and the World Heart Federation; Editor-in-Chief of the scientific and practical journal Therapeutic Bulletin; member of the editorial board of the Eurasian Journal of Internal Medicine, Moscow; member of the Boards of Directors of the Kazakh Research Institute of Oncology and Radiology and the Scientific Center of Pediatrics and Pediatric Surgery.	

Dirk Blom, President of the International Atherosclerosis Society (IAS); Head of the Division of Lipidology at the University of Cape Town and the Lipid Clinic at Groote Schuur Hospital. One of the world's leading experts in familial hypercholesterolemia, genetic dyslipidemias, and modern lipid-lowering therapies. Author of numerous publications in leading international medical journals, including The Lancet, The New England Journal of Medicine, and Circulation. Cape Town, South Africa.	
Michelle Winokur, DrPH in Epidemiology and Biostatistics; Executive Director of the International Atherosclerosis Society (IAS); President of MW Consulting & Evaluation. Expert in public health, strategic healthcare management, evaluation of healthcare program effectiveness, and health policy development.	
Prof. Alberico Catapano, Professor of Pharmacology at the University of Milan; Director of the Laboratory for Lipoprotein and Atherosclerosis Research at the Italian Atherosclerosis Society (S.I.S.A.) Atherosclerosis Study Center, Bassini Hospital; Director of the Center for Epidemiology and Preventive Pharmacology at the University of Milan (SEFAP); former President of the European Atherosclerosis Society (EAS); Chair of the EAS Educational Committee, Guidelines Committee, and Corporate Activities Committee; and Chair of the task force developing the joint EAS/ESC guidelines for the management of dyslipoproteinemias.	

Jeanine Roeters van Lennep,

Vice-President of the European Atherosclerosis Society (EAS); President of the Netherlands Society of Vascular Medicine; Head of the Vascular Medicine Clinic at Erasmus Medical Center (Erasmus MC), Rotterdam. One of Europe's leading experts in inherited dyslipidemias, familial hypercholesterolemia, cardiovascular disease prevention, and gender-sensitive medicine.

Rotterdam, the Netherlands.

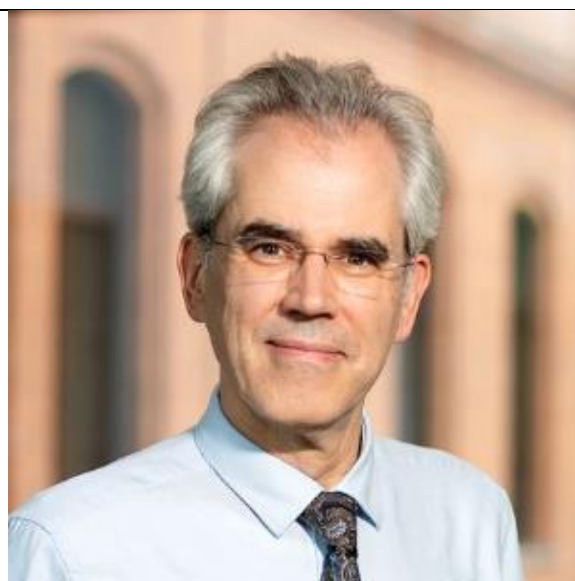
**Claudio Borghi,**

Professor of Medicine at the University of Bologna. Head of the Department of Internal Medicine at the Sant'Orsola-Malpighi Polyclinic in Bologna. Former President of the Italian Society of Arterial Hypertension. Director of the Emergency Medicine Residency Program. Scientific Coordinator of the PhD program in Health and Technology at the University of Bologna. Member of the Executive Councils of the International Society of Hypertension and the European Society of Hypertension, the European Society of Cardiology Working Group on Cardiovascular Pharmacotherapy, and the writing committee for ESC Guidelines.

**Ulrich Laufs,**

Professor of Cardiology and Chair of the Department of Cardiology at Leipzig University, Germany. One of Europe's leading experts in preventive cardiology, dyslipidemias, lipoprotein metabolism, and heart failure. Board member of the European Atherosclerosis Society (EAS), expert of the European Society of Cardiology (ESC), and member of the editorial boards of leading international cardiology journals.

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**Prof. Dag Aarsland,**

Professor and Director of the Centre for Healthy Brain Ageing at King's College London, United Kingdom; Director of the NIHR HealthTech Research Centre in Brain Health; Consultant at South London and Maudsley NHS Foundation Trust; Fellow of the European Society of Preventive Medicine.

**Dr. Miguel G. Borda,**

Miguel Germán Borda, MD, PhD, is a geriatrician and clinical researcher at the Centre for Age-Related Medicine (SESAM), Stavanger University Hospital, Norway, and the Department of Neurology at Clínica Universidad de Navarra, Spain. His research focuses on frailty, sarcopenia, intrinsic capacity, nutrition, and the muscle-brain axis in Alzheimer's disease, Lewy body disorders, and healthy ageing. Dr. Borda has authored more than 100 peer-reviewed publications and leads several international projects investigating



	modifiable determinants of cognitive decline and the implementation of disease-modifying therapies for neurodegenerative diseases.	
	Rodrigo Alonso, Professor and Co-Director of the Centre for Advanced Metabolic Medicine and Nutrition, Santiago, Chile. Council member of the International Atherosclerosis Society (IAS); National Coordinator of the European Atherosclerosis Society Familial Hypercholesterolemia Studies Collaboration (EAS FHSC); President of the Chilean Atherosclerosis Society. One of the leading experts in familial hypercholesterolemia, lipid metabolism disorders, and cardiovascular prevention. Santiago, Chile.	
	Brian Tomlinson, Professor at the Faculty of Medicine, Macau University of Science and Technology; Honorary Clinical Professor at the Chinese University of Hong Kong; Chair of the Asia-Pacific Federation of the International Atherosclerosis Society (IAS). One of the leading experts in lipid disorders, arterial hypertension, and personalized medicine. Author of more than 500 scientific publications and contributor to international guidelines for the management of patients with familial hypercholesterolemia. Macao, China.	

Christina Bursil, Professor and Director of the Vascular Research Centre at the South Australian Health and Medical Research Institute (SAHMRI) and the University of Adelaide; Council member of the International Atherosclerosis Society (IAS). One of the world's leading experts in vascular biology, atherosclerosis, and the mechanisms of atherosclerotic plaque formation. Adelaide, Australia.	
Kirsten Holven, Professor of Clinical Nutrition at the University of Oslo; Head of the Clinical Nutrition Unit, Department of Nutrition, University of Oslo; researcher at the National Advisory Unit on Familial Hypercholesterolemia, Oslo University Hospital. National representative of the European Atherosclerosis Society (EAS) Lipid Clinic Network and lead for Norway in the EAS Familial Hypercholesterolemia Studies Collaboration (EAS FHSC). One of the leading experts in familial hypercholesterolemia, clinical nutrition, and cardiovascular prevention. Oslo, Norway.	
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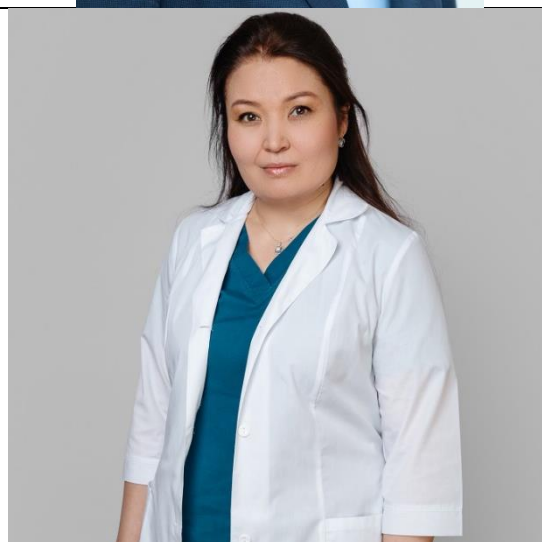
Kakha Nadaraia, PhD, FESC; Professor at the School of Health Sciences, University of Georgia; Board Member of the Georgian Society of Cardiology and the Georgian Atherosclerosis Association; Head of the Department of Cardiology and Internal Medicine at the Vivamedi University Clinic of Tbilisi State University; Tbilisi, Georgia.	
Erkin Mirrakhimov, Doctor of Medical Sciences, Professor; Head of the Department of Faculty Therapy named after M.E. Volsky and M.M. Mirrakhimov at the I.K. Akhunbaev Kyrgyz State Medical Academy. Bishkek, Kyrgyzstan	
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Marat Ezhov, Doctor of Medical Sciences, Professor; Chief Researcher, Department of Atherosclerosis, and Head of the Laboratory of Lipid Metabolism Disorders at the A.L. Myasnikov Research Institute of Clinical Cardiology, National Medical Research Center of Cardiology, Ministry of Health of the Russian Federation; cardiologist; President of the National Atherosclerosis Society; Moscow, Russia.	

Kulpash Kaliaskarova, Professor; Chief Hepatologist of the Ministry of Health of the Republic of Kazakhstan; Doctor of Medical Sciences; President of the HepatoTransplant Group Association; member of the European Association for the Study of the Liver (EASL); Astana, Kazakhstan.	
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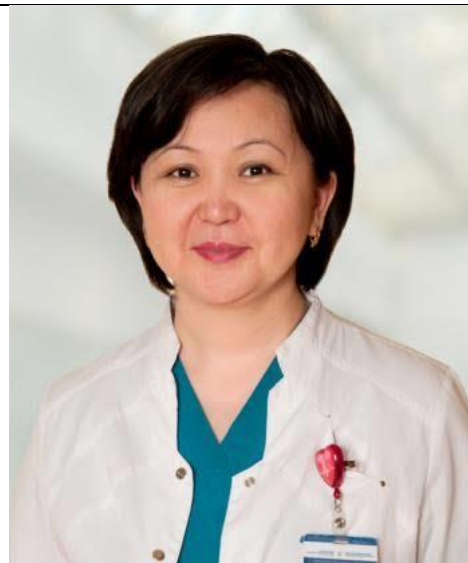


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	Alexey Goncharov, PhD; Head of the Department of Interventional Cardiology, UMC Heart Center; Astana, Kazakhstan.	

	Almagul Kushugulova, Doctor of Medical Sciences, Professor; recipient of the Al-Farabi State Prize, 2017; Head of the Microbiome Laboratory at the Center for Life Sciences, Nazarbayev University. Astana, Kazakhstan.	
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	Anara Omarova, Nurse in the Diagnostic Department, University Medical Center Corporate Fund; Bachelor of Nursing; Astana, Kazakhstan.	
	Ardak Sultanova, MBA; Lipidology Coordinator for Atyrau Region; cardiologist of the highest qualification category at the Atyrau Regional Cardiology Center; Atyrau, Kazakhstan.	

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Darina Galiyeva,
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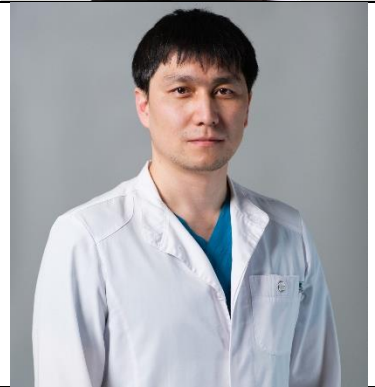


Elmira Elshibayeva, Physician of the highest qualification category; PhD; Head of the CT and MRI Department at the Hospital of the Medical Center of the Administrative Office of the President of the Republic of Kazakhstan; Astana, Kazakhstan.	
Evgeny Vrchinsky, MD; vascular surgeon; Regional Coordinator of the Atherosclerosis Roadmap for Karaganda Region; Karaganda, Kazakhstan.	
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Gulmira Smagulova, Atherosclerosis Coordinator for East Kazakhstan Region; cardiologist at JuventaMed Medical Center; Ust-Kamenogorsk, Kazakhstan.	

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	Ulzhan Togumbetova, Nurse in the Outpatient Department of the Shymkent Heart Center. Shymkent, Kazakhstan.	
	Viktor Zemlyansky, Head of the Department of X-ray Endovascular Surgery, UMC Heart Center; Astana, Kazakhstan.	

	Vitaly Pavlov, Cardiologist at the Research Institute of Cardiology and Internal Diseases, JSC; Regional Atherosclerosis Coordinator for Almaty; Almaty, Kazakhstan.			
	Yerbol Dogalbayev, Vascular surgeon, UMC Corporate Fund; Astana, Kazakhstan.			
	Zaure Ormakhanova, Vice-President of the Kazakhstan Atherosclerosis Society; Regional Coordinator; cardiologist at the Shymkent Heart Center, a non-profit joint-stock company; Master of Public Health; Shymkent, Kazakhstan.			

Zeinab Lapayeva, General practitioner of the highest qualification category; internist of the first qualification category; physician responsible for the Atherosclerosis Prevention Office in Sairam District; physician responsible for the prevention of acute cerebrovascular accidents and transient ischemic attacks at Branch No. 1 in Aksukent; Head of the Patient Wing for Atherosclerosis Prevention in Kazakhstan; member of the European Association of Pediatricians of Kazakhstan. Shymkent, Kazakhstan.	
Zhanar Oralbekova, PhD; cardiologist of the highest qualification category at the Hospital of the Medical Center of the Administrative Office of the President of the Republic of Kazakhstan; Astana, Kazakhstan.	
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