



Foundation – Medical Research Institutes

Activities Report 2014

Pr. Roland Asmar
Chairman

Date: Jan 17th, 2015

Signature

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Summary

Research, especially in the Health area, represents a major issue with respect to the economic and social development of a country and. [All actors in the field meet particular interest in that development](#): patients, universities, hospitals, practitioners, researchers and industries. In this regard, the medical research deserves much attention because of its direct consequences on the population.

The Foundation - Medical Research Institutes, established since 2009 as public utility non-for-profit organization in Geneva (Switzerland), has implemented officially in the Middle East in 2010 with a regional Head quarter in Lebanon. It designed its project entitled "[Development of Academic Medical Research in the Middle East](#)" with academic and interuniversity prospects to bring a significant contribution to the development of medical research and continuing medical education in the Middle-East region.

The previous "Activities Reports" reported [the essential activities undertaken by the Foundation in 2010-2013](#); they were organized according to the initial plan of the project described in the Foundation brochure, namely: administration, academic education, research units, research projects, public health and others.

The present "Activities Report" reports the main activities which have been continued and/or initiated by the F-MRI in 2014.

Overall, despite serious issues related to the political and security situation in the region, the activities undertaken during 2014 were significant. Particularly, it should be noted that the academic teaching of medical research undertaken by the Foundation in collaboration with the Lebanese University has met a large success. Furthermore, other activities of the F-MRI have been developed during 2014: Establishment of the Basic Science research unit and its related clinical studies; Development of the regional Continuous Medical Education program, and a public-health project.

The future perspectives for 2015 are also described.

The Foundation-Medical Research Institutes

Main Issues- Administration

The Foundation - Medical Research Institutes (F-MRI): Governance*

The Foundation - Medical Research Institutes (F-MRI, Geneva Switzerland), is a [public utility non-for-profit organization registered in Geneva, regulated by the Swiss law](#). This organization chaired by its founder, Prof Roland Asmar has been established in 2009 and officially recognised in 2010. It is registered with the trade and placed under the control of the supervisory authority of the Federal Department of Home Affairs in Bern, Switzerland.

Headquarter: The Foundation's headquarters location is: Place Saint Gervais 1, Po Box 2049, 1211 Geneva 1, Switzerland. Tel: +41 22 909 89 00. Fax: +41 22 909 89 39.
Email: contact@f-mri.org ; Web: www.f-mri.org

* Details on the F-MRI governance are provided on the website: www.f-mri.org

Main initial project*:

The initial project of the Foundation entitled:

« [Development of Academic Medical Research in the Middle-East](#) »

has been described in details in a specific brochure. Briefly, the main objective of the project is to develop the research activities in medical science in the Mediterranean / Middle-East region. This has been decided after permanent collaboration with various local and international entities: governments, institutions, and universities in order to fill a gap and meet the demand of the involved parties.

Structure of the project: The project has been planned as the progressive [creation in the participant country of a local F-MRI entity](#). All respective local F-MRI subsidiaries will develop following a single common design according to the specific needs:

Establishing of Lebanese local F-MRI Entity

In order to operate in the Middle-East, the Foundation has established a local independent legal office in Beirut, Lebanon as a public utility, non-for-profit organization registered in Beirut and regulated by the Lebanese law. This entity chaired by Prof Roland Asmar has been established in 2010 and officially recognised in 2011. It is registered under the control of the supervisory authority of the Ministry of Interior, Lebanon.

Headquarters: The Foundation's Lebanese headquarter is located at: Achrafieh, District Hôtel Dieu 64, street n°1, Olivetti Bldg. Beirut Lebanon. Tel: +961 1 424 027. Fax: +961 1 424 028.

More details are available on the website: www.f-mri.org

* Details of the project are described in specific downloadable brochure from the website

EDUCATION IN MEDICAL RESEARCH

A physician interested in becoming researcher or study investigator must have been trained on medical research principles and methods. He or she will be assisted in this activity by persons belonging also to the medical sphere: the clinical research assistants (CRA).

The Foundation decided to organize this specific education with two levels:

- A university (UD) diploma proposed to post-doctorate students, the objective of which is to introduce future investigators in research fundamentals and related regulatory and technical requirements.
- A professional education recognized by a university certificate, proposed to students having achieved their baccalaureate + three years of higher education, who are interested in becoming clinical research associate (CRA).

These two university educational levels, initiated at the Lebanese University in 2010, welcome students from various Lebanese universities (see appendixes 1, 2).

The University Diploma “Principles of Medical Research”

The organization of this university diploma involves a collaborative participation of local and regional universities, with the participation of experts from Beirut (Lebanon) but also and principally from Toulouse, Nancy and Paris VI Universities (France) and as well as Cambridge university (United Kingdom). Details on the university diploma: objectives, required qualities, organisation, training, final exam, etc... can be obtained from the website.

Since its establishment in 2010, 5 academic years took place with 5 distinct classes; The fifth class is reported hereafter (see appendixe 1).

- Academic year 2014-2015: Class “**René Descartes**” included 29 Participants

NAME	DEGREE	UNIVERSITY
Abdallah Rim	MD: Dermatology	LU
Al- Alam Chadi	MD: Pediatrics	LU
Al- Sabeh Hiba	Pharm D	USJ
Al- Sakaan Lina	Dentist	IUST- Syria
Alame Malak	PharmD	LIU
Amoun Tarek	MD: 6th year	BAU
Atwi Doaa	MD: Laboratory Medicine	LU
Azzi Vanessa	PharmD	LU
Dagher Christian	MD	LU
Daou Elie	Dentist	USJ
Daraze Antoine	Dentist	LU
Dib Aya	MD: Gynecology/Obstetrics	LU
El-Hajj Gabriel	Dentist	USJ
El-Sous Taha	MD: Internal Medicine+ Surgery	BAU
Farhat Akram	Pharm D	LU
Harb Leyla	MD: Gynecology/Obstetrics	LU
Hoteit Marwan	Dentist	BAU
Hussein Sara	MD: Internal Medicine	Baghdad U
Jaber Ayman	MD: Internal Medicine	LU
Kekedjian Jeannot	MD	LU
Kourani Zeinab	MD: Laboratory Medicine	LU

Makhoul Rita	MD: Dermatology	LU
Mneimneh Sirin	MD: Pediatrics	BAU
Mohamad Maha	MD: Internal Medicine	BAU
Mohamad May	MD: 6th year	BAU
Naddour Mirna	Pharm D	LU
Noureddine Zahraa	MSs Biochemistry	LU
Shaity Zahra	Pharm D Last year	BAU
Souhaiby Jessica	MD: Anesthesiology	LU

BAU = Beirut Arab University; LIU = Lebanese International University; LU= Lebanese University;
USJ = Saint-Joseph University;

The Professional Certificate of “Clinical Research Associate”

Similar to the post Doc University diploma, the organisation of this certificate involves experts from local and regional universities: from Beirut (Lebanon), from Toulouse, Nancy and Paris VI Universities (France) as well as Cambridge university (United Kingdom).

Details on the university diploma: objectives, required qualities, organisation, training, final exam, etc can be obtained from the website.

Since its establishment in 2010, 5 academic years took place with 5 distinct classes. The fifth class is reported hereafter (see appendix 2).

- Academic year 2014-2015: Class “[René Descartes](#)” included 15 participants

NAME	DEGREE	UNIVERSITY
Al Siblani Bilal	BS Pharmacy	LIU
Baddawi-El Najjar Ghina	BS Pharmacy	BAU
El Daouk Sarine	MS Public Health	LU
Dib Wissam	MS Clinical Pharmaco + Epidemiol	LU
El-Kadiri Salam	BS Pharmacy	Damascus U- Syria
El-Saifi Sabine	MS Biology	LU
Hassan Ola	BS Pharmacy	LIU
Ibrahim Khodor	BS + MS Nursing	LU
Jaafar Narjes	BS Biology - Premed student	LAU
Jibai Sahar	MS Clinical Pharmacy	LU
Kayali Dima	BS Pharmacy	BAU
Kenaan Hiba	BS Pharmacy	LIU
Lattouf Hanaa	BS Pharmacy	BAU
Mazbough Hanine	BS Pharmacy	LIU
Salman Hala	BS Pharmacy	LIU

BAU = Beirut Arab University; LIU = Lebanese International University; LU = Lebanese University;

RESEARCH

1- Clinical Research

Clinical Research Units (CRUs) are units created within academic hospitals; they are meant [to favour and promote the development of clinical research and improve the conditions of clinical study realization](#). CRUs are responsible for the concrete implementation of the studies, together with the participating investigators; they follow up the study within a monitoring process (quality insurance) with the collaboration of the CRAs. Details on the CRU: objectives, mission, organisation, etc, have been described in the Foundation brochure downloadable from the website.

The F-MRI project aims the implementation of distinct URCs within those academic hospitals or institutions having applied and declared their willingness to initiate a research activity. These structures must meet the participation criteria as described in specific documents.

[Two CRUs have been implemented in 2 academic hospitals:](#)

A- Mount Lebanon Hospital (MLH): This hospital is located in Beirut and affiliated to the Faculty of Medicine of the Lebanese University. This multidisciplinary hospital has several excellence centres mainly in oncology, medical imaging, and endocrinology. The affiliation form has been accepted in July 2011 and the CRU established in October 2011.

- **TRIALS ACTIVITIES PERFORMED BY THE CRU AT THE MLH:**

In 2014, [5 trials](#) have been or are being coordinated by the CRU; 5 trials are completed;

COMPLETED TRIALS:

- [A multinational, open label, randomized, active-controlled, 3-arm parallel group, 24-week study in patients with type 2 diabetes](#)
 - **Study status:** Closed
 - **Number of patients' status:** 14 patients enrolled
 - **Duration of study participation per patient:** 24 weeks
- [A phase II randomized, double-blind, placebo-controlled study in adults patients with active rheumatoid arthritis](#)
 - **Study status:** Closed
 - **Number of patients' status:** 0 patients enrolled
 - **Duration of study participation per patient:** 6 months
- [Efficacy and Safety phase II study in the Treatment of Acute Venous Thrombo-embolism in Cancer Patients](#)
 - **Study status:** closed
 - **Number of patients' status:** 1 patient enrolled
 - **Duration of study participation per patient:** 7 months
- [A three-arm, randomized, open label, phase II study in the treatment of postmenopausal women with estrogen receptor positive, locally advanced, recurrent, or metastatic breast cancer](#)
 - **Study status:** closed
 - **Number of patients' status:** 1 patient enrolled
 - **Duration of study participation per patient:** Unlimited (survival progression)

- A phase III interventional, multinational, randomised, double-blind study in naive patients with type 2 diabetes

- **Study status:** closed
- **Number of patients' status:** 6 patients enrolled
- **Duration of study participation per patient:** 24 weeks

- **B- Lebanese Hospital Geitawi:** This hospital is located in Beirut and affiliated to the Faculty of Medicine of the Lebanese University. It has been recently accredited by the Ministry of Health and the corresponding Institution. The affiliation form has been accepted in December 2011.

The set-up of the Clinical Research Unit (CRU) at Geitawi hospital started and was operational in 2014.

2- Basic Science Research

The F-MRI has established its first basic science research unit within the Faculty of Medicine at the Lebanese University under the direction of Dr Mirna Chahine.

A first project, entitled “[Tissue regulation of telomeres' length \(TL\)- Simultaneous study on telomeres' length in different tissue types](#)”, is in collaboration with the CHU de Nancy, France (Prof. Athanase Benetos) and the University of New Jersey, USA (Prof. Abraham Aviv).

- **Background:** The prevailing view in telomere epidemiology is that leukocyte telomere length (LTL) is associated with atherosclerosis and accelerated aging since it serves as a biomarker of the cumulative burden of inflammation and oxidative stress during adult life. It has been shown that TL is mainly determined at birth and childhood.
- **Hypothesis:** Since short telomeres antecede atherosclerosis, *we hypothesize that TL is not just a simple marker, but a real determinant of arterial aging*. That is because TL reflects cellular repair capacity and a short LTL denotes diminished repair reserves. This hypothesis cannot be tested by measurements of LTL alone, since this parameter reflects TL at birth and its age-dependent attrition thereafter. We propose, therefore, a model that makes it possible to examine different elements of TL dynamics in leukocytes and skeletal muscle in patients with or without atherosclerosis.
- **Aim :** The aim of this project is to examine different elements of TL dynamics in leukocytes and skeletal muscle in patients with or without atherosclerosis undergoing surgery or implantation of pacemaker/defibrillator.
- **Methodology:** The study was initiated in the Foundation CRU of the Lebanese Hospital Geitawi. Up to December 2014, 27 patients have been enrolled. Informed consents have been signed at the beginning of the hospitalization. DNA extraction has been performed from collected tissues (skeletal muscle and blood). The study is still ongoing.

3- Epidemiological & Public Health research

At the end of 2013, the F-MRI participated in the design of [two Epidemiological projects about the “Prevalence” and the “Management” of Cardiovascular Diseases overall Lebanon](#).

- **The prevalence project :**

- **Background:**

The incidence and the prevalence of cardiovascular diseases (CVD) have tremendously increased as they have become one of the main causes of death among adults.

According to the World Health Organization, CVD are the world's largest killers, claiming 17 million lives a year. In Lebanon, chronic diseases constitute an important public health problem.

- **The objective of the prevalence study is :**

- to evaluate major CardioVascular (CV) risk factors such as Hypertension, Diabetes, Dyslipidemia, Smoking, Obesity ;
- to assess the prevalence of CardioVascular Diseases (CVD) in the adult Lebanese population.

- **Methodology :**

A cross-sectional study will be carried out, using a multistage cluster sample all over Lebanon. Lebanese residents aged 20 years and above will be enrolled in the study, with no exclusion criteria.

- **Procedure :**

From the list of circumscriptions in Lebanon (villages, towns and cities) (17), we will randomly select one hundred circumscriptions. Through a representative of local authorities, a list of dwellers would be provided to us. To select interviewees, randomization of dwelling residents aged 20 years and above from this list will be performed on a computerized software.

- **Tools :**

For every individual, the following measurements will be performed: blood pressure, glycemia, height and weight, and waist circumference for abdominal obesity measurement. Moreover, standardized questionnaires will be used.

Data collection of the prevalence study has been finalized in Dec 2014; the data analysis will be performed in 2015.

- **The management project :**

- **Background:**

The large numbers of epidemiological studies and clinical trials have documented the benefits of treating for example dyslipidemia, diabetes mellitus, hypertension, and obesity using behavioural and pharmacological means;

These epidemiological studies have led to clinical practice guidelines aimed at implementing these management *recommendations*.

- **The objective of the management study is :**

- to assess the management of the major cardiovascular risk factors in the Lebanese adult population versus clinical practice guidelines.
- to evaluate the quality of the management of each of the major cardiovascular risk factors versus clinical practice guidelines, to evaluate the management of the multiple risk factors combination (patient at high cardiovascular risk) versus clinical practice guidelines, to assess the management according to the physician phenotype and characteristics, because treatments can differ based on the sexe, the age and the location of the physician, and to compare risk factors management to the management as recommended by the guidelines

- **Methodology :**

A cross-sectional study will be carried out. Lebanese primary care physicians (GPs, Family Medicine, Internal Medicine) will be enrolled in the study to provide information on the management of CVD and risk factors of their adult patients aged 20 years and above.

- **Procedure :**

From the directory of the Lebanese Order of Physicians, we will select from different regions in Lebanon 100 Lebanese physicians among the 11 000 physicians that are members of the Order of Physicians. The selected 100 physicians will fill out a questionnaire regarding the

first 10 adult patients (with CVD and/or diseases) aged 20 years and above who enter their clinics that day, and this will totalize 1000 patients.

The study has been initiated in June 2014. Data collection is still ongoing and data analysis will be performed in 2015.

4- Other Research: Devices

Assessment of the accuracy of the blood pressure measurements using 3 various methods:

The aim of the study is to assess the accuracy of the blood pressure measurements performed with automatic electronic devices.

Mercury sphygmomanometer, brachial oscillometric device and wrist oscillometric device.

a. OMRON® M3500 automatic oscillometric BP device:

The present study was designed to validate the accuracy of the blood pressure (BP) measurements of a professional device for office use, the OMRON® M3500 automatic oscillometric BP device, by using the normal and high speed modes in the adult and specific populations (obese and children), according to the ANSI/AAMI/ISO/ 81060-2:2009 Protocol. The statistical analysis is performed using specific software developed by the International Society of vascular Health and the Foundation.

Ambulatory patients from the Mount Lebanon Hospital and the Geitawi Hospital were included in the study. In conclusion, readings of the OMRON® M3500 automatic oscillometric BP device using the normal and high speed modes for BP determinations in adults and 2 specific populations (children and obese) fulfilled the criteria 1 and 2 of the AAMI protocol; therefore, this device can be used in clinic.

This study has been possible thanks to collaboration among Asian and European Institutions and The Foundation. It has been ended by 2014; its publication is in press.

b. FORACARE Diamond Cuff BP device

The aim of the study is to assess the accuracy of the blood pressure measurements by using the FORACARE Diamond Cuff BP device according to the revised (2010) ESH International Protocol in the adult population; Ambulatory patients from the Mount Lebanon Hospital and the Geitawi Hospital were included in the study; The statistical analysis is performed using specific software developed by the International Society of vascular Health and the Foundation.

This BP device failed to pass the validation process.

CONTINUOUS MEDICAL EDUCATION

Continuous Medical Education (CME) activities were defined as one of the activities to be developed by the F-MRI. An efficient CME needs to be performed according to a well established methodology. After assessing the need of doctors and researchers, the adapted CME programs is defined and implemented. Moreover, CME activities need to be recognized and accredited by national or international scientific societies or institutions.

In order to develop recognised and accredited CME activities, [the Foundation has entered in 2011 an agreement with the “International Society of Vascular Health”](#).

During 2014, the F-MRI has organized three CME programs:

- 1- [The Fifth Cardio-Metabolic Meeting in the Middle East \(CME V\)](#) was fully organized by the F-MRI in collaboration with the ISVH in Beirut, Lebanon in March 2014. Outstanding international and local speakers participated in this scientific standard meeting (**See Program 1**). The attendance included 19 participants from Iraq; This has been possible thanks to an educational grant from Novartis Pharma and medical device manufacturers. Analysis of the evaluation forms fulfilled by the participants was very satisfactory, promising, and successful. (**See Evaluation form’s results 1**);
- 2- [The Sixth Cardio-Metabolic Meeting in the Middle East \(CME VI\)](#) was fully organized by the F-MRI in collaboration with the ISVH in Dubai, UAE in May 2014 and accredited by the European Board for Accreditation in Cardiology (EBAC). Outstanding international speakers participated in this high scientific standard meeting (**See Program 2**). The attendance included 109 participants from Iran, Lebanon, and Iraq; This has been possible thanks to an educational grant from Novartis Pharma and medical device manufacturers. Analysis of the evaluation forms fulfilled by the participants was very satisfactory, promising, and successful. (**See Evaluation form’s results 2**);
- 3- [The Seven Cardio-Metabolic Meeting in the Middle East \(CME VII\)](#) was fully organized by the F-MRI in collaboration with the ISVH in Istanbul, Turkey in September 2014 and accredited by the European Board for Accreditation in Cardiology (EBAC). Outstanding international speakers participated in this high scientific standard meeting (**See Program 3**). The attendance included 210 participants from North Africa region; This has been possible thanks to an educational grant from Boehringer Ingelheim and medical device manufacturers. Analysis of the evaluation forms fulfilled by the participants was very satisfactory, promising, and successful. (**See Evaluation form’s results 3**);

Program 1:



-Final Program- **The 5th Cardio – Metabolic Meeting** **in the Middle East**

March 13th & 14th, 2014
at Raouché Arjaan by Rotana Hotel- Beirut, Lebanon

Day 1 : March 13th 2014

- **8h30-9h00:** Welcome & Introduction **Dr Mirna N. Chahine (CA/LB)**
Prof. Roland Asmar (FR)

- **9h00-10h30: Session of Hypertension Management:**
 - A- 9h00-9h25: Update on Hypertension guidelines (ESH 2013, AHA 2014) **Prof. Roland Asmar (FR)** 20'+ 5'
 - B-9h25-9h50: Combination treatment in all patients as a first line therapy **Prof. Samir Mallat (LB)** 20'+ 5'
 - C- 9h50- 10h15: Role of device treatment: Renal Denervation- Baroreflex stimulation **Prof. Ali Abu Alfa (LB)** 20'+ 5'
 - D-10h15- 10h30:General Discussion 15'

- **10h30- 11h00:** Coffee break

- **11h00-12h30: Workshop session:**
 - A- Workshop on Resistant Hypertension – Clinical cases **Prof. Samir Arnaout (LB)** 90'

Day 2: March 14th, 2014

9h00-13h00: Workshop sessions A, B & C:

- 9h00- 10h00 : A- Workshop on Blood pressure measurement (Clinic, Home, ABPM) **Prof. Roland Asmar (FR)** 60'
10h00- 10h15 : Discussion Workshop session A

- 10h15- 10h30: Coffee break

- 10h30- 11h30 : B- Workshop on Target Organ damages (Central BP- Arterial stiffness) **Dr. Jirar Topouchian (FR)** 60'
11h30- 11h45 : Discussion Workshop session B

- 11h45- 12h45 : C- Workshop on Evaluation of Heart failure **Prof. Elie Chammas (LB)** 60'
12h45- 13h00 : Discussion Workshop session C.

Foundation – Medical Research Institutes

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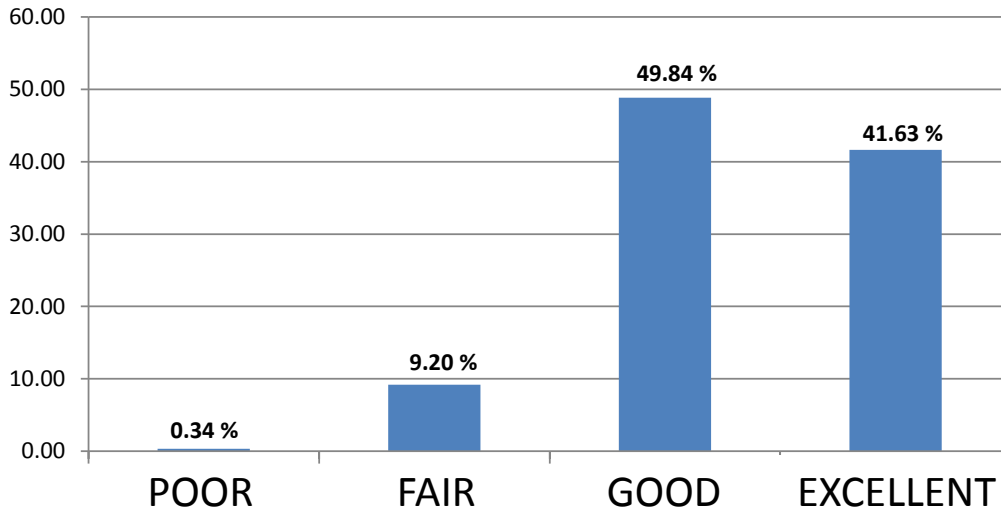
Email: contact@f-mri.org; Web: www.f-mri.org

Evaluation form 1

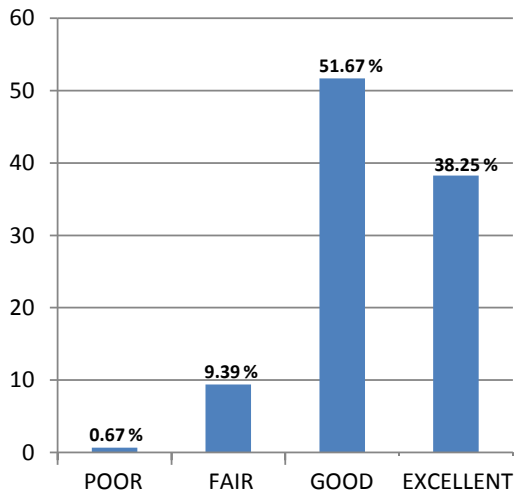


**The 5th Cardio – Metabolic Meeting
in the Middle East**

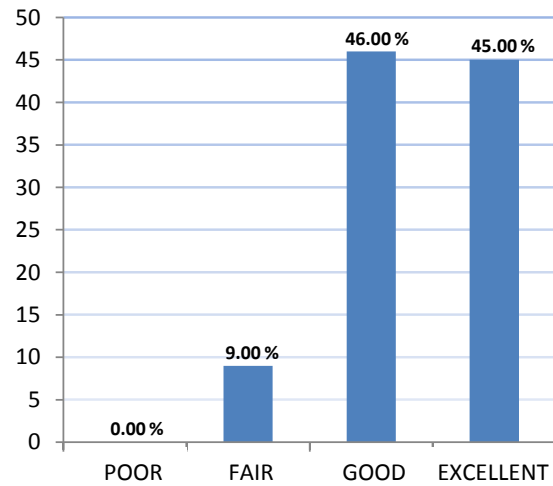
Overall assessment



LECTURES (%)



WORKSHOPS (%)



Program 2:



“The Sixth Cardio – Metabolic Meeting in the Middle East ”



Organized by: F-MRI

Course Director: Dr Mirna N. Chahine

Date: May 17th 2014

Venue (City/ Country): Grand Hyatt Hotel, Dubai, UAE.



"This programme is accredited by the European Board for Accreditation in Cardiology (EBAC) for 5 hour(s) of external CME credit(s). Each participant should claim only those hours of credit that have actually been spent in the educational activity. EBAC works according to the quality standards of the European Accreditation Council for Continuing Medical Education (EACCME), which is an institution of the European Union of Medical Specialists (UEMS)."

8h00-8h15: Welcome & Introduction

Dr Mirna N. Chahine (CA/ LB)
Prof. Roland Asmar (FR)

I- 8h15-10h00: Session 1: Hypertension

Chairmen: Prof. Bernard Waeber (CH) & Prof. Samir Alam (LB)

A- Update on Hypertension guidelines (ESH 2013, AHA 2014, JNC 8)	Prof. Bernard Waeber (CH)	20'+ 5'
B- New treatment in Hypertension: Role of device treatment (Renal Denervation- Baroreflex stimulation)	Prof. Atul Pathak (FR)	20'+ 5'
C- Combination treatment in all patients as a first line therapy		
Pro	Prof. Paolo Verdecchia (IT)	15'
Cons	Prof. Roland Asmar (FR)	15'
D-General Discussion		20'

10h00-10h30: Coffee Break

II- 10h30 -12h30: Session 2: Metabolic Disorders

Chairmen: Prof Ulrich Kintscher (DE) & Prof. Roland Asmar (FR)

A- Updates on Hypercholesterolemia guidelines	Prof. Charles Saab (LB)	20'+ 5'
B- New treatment and controversies of type II diabetes	Prof Ulrich Kintscher (DE)	20'+5'
C- Mechanisms of atherosclerosis – clinical applications, Oxydative stress, etc.	Prof. Samir Alam (LB)	20'+ 5'
D- The Management of Renal Arterial Stenosis- Update General Discussion	Prof. Ali Abu Alfa (LB)	20'+ 5' 10'
General Conclusion (Sessions 1 & 2)	Prof. Roland Asmar (FR)	10'

12h30 – 14h00: Lunch Break

III- 14h00- 15h30: Workshops parallel sessions* :

A- Workshop on evaluation of arterial Stiffness & Blood pressure (Central, ABPM, etc...)

**Prof. Roland Asmar (FR)
Dr. Jirar Topouchian (FR)**

B- Workshop on evaluation of heart failure (Ultrasound simulator)

Prof. Antoine Abchee (LB)

C- Workshop "Meet the Experts" in Metabolic disorders (Lower is better in hypercholesterolemia? Hyperuricemia and hypertriglycerides as risk factors?)

**Prof Ulrich Kintscher (DE)
Prof. Charles Saab (LB)**

IV- 15h30- 17h00: Workshops parallel sessions* :

Same program than session III.

*** NB: Each workshop will last for an hour and half. Participants will be divided into three groups. Each group can attend two workshops.**

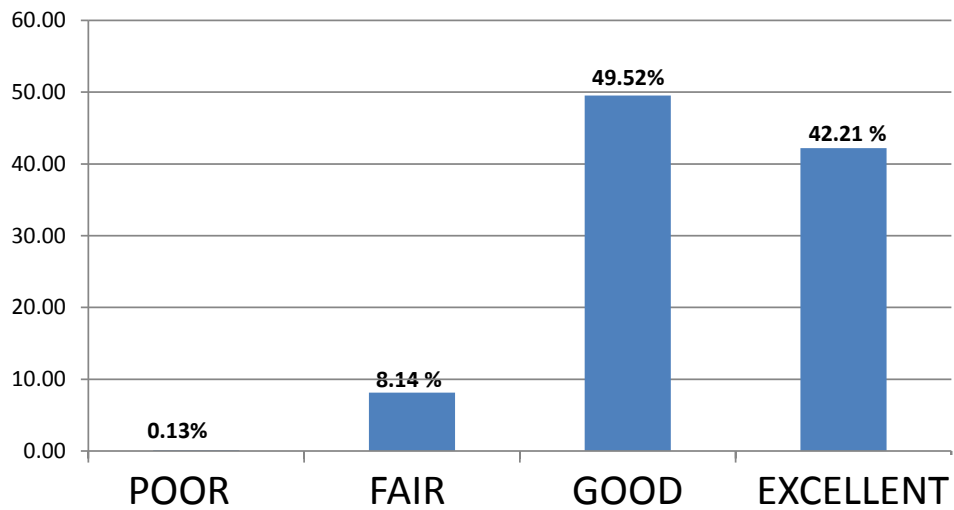
"In compliance with EBAC/ EACCME guidelines, all speakers/ chairpersons participating in this programme have disclosed or indicated potential conflicts of interest which might cause a bias in the presentations. The Organizing Committee/Course Director is responsible for ensuring that all potential conflicts of interest relevant to the event are declared to the audience prior to the CME activities."

Supported by an unrestricted grant from "Novartis Pharma".

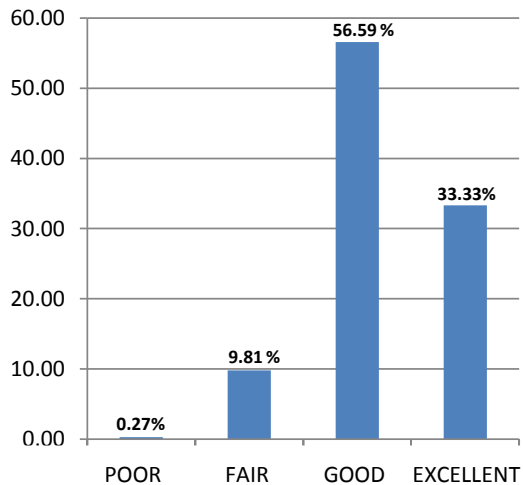
Evaluation form 2

“The Sixth Cardio – Metabolic Meeting in the Middle East ”

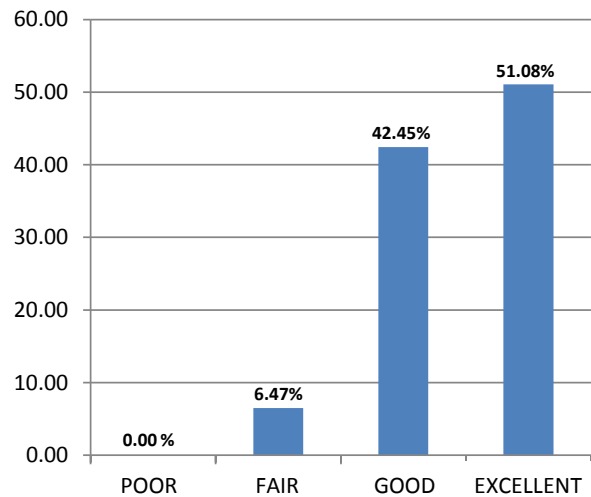
Overall assessment



LECTURES (%)



WORKSHOPS (%)



Program 3:



“The 7th Cardio – Metabolic Meeting in the Middle East:

2nd Workshop : Management of the patient at high cardiovascular risk

Organized by: F-MRI
Course Director: Dr Mirna N. Chahine

Date: September 13th & 14th, 2014
Venue (City/ Country): Radisson Blu Hotel, Istanbul, Turkey



"This programme is accredited by the European Board for Accreditation in Cardiology (EBAC) for 9 hour(s) of external CME credit(s). Each participant should claim only those hours of credit that have actually been spent in the educational activity. EBAC works according to the quality standards of the European Accreditation Council for Continuing Medical Education (EACCME), which is an institution of the European Union of Medical Specialists (UEMS)."

Day 1

8h45-9h00: Introduction

Dr Mirna Chahine (CA)
Prof Roland Asmar (FR)

I- 9h-10h30: Session 1: Updates on the management of the patient at high cardiovascular risk

Chairmen: Prof Roland Asmar (FR) & Prof Djamel-Eddine Nibouche (DZ)

A- Updates on the recommendations of management of arterial hypertension (ESH, JNC 8, SFHTA): Agreements & Disagreements.	Prof. Jacques Blacher (FR)	20' + 5
B- Combination of hypertension therapy in all patients? First line?	Prof Olivier Hanon (FR)	20' + 5'
C- New Modalities & Controversies in the Management of type II Diabetes	Prof Paul Valensi (FR)	20' + 5'
D- General Discussion		15'

10h30 – 11h: Coffee Break

II- 11h – 12h30: Session 2: Updates on the management of the patient at high cardiovascular risk and/ or associated organ damages.

Chairmen: Prof Olivier Hanon (FR) & Prof Habib Skhiri (TN)

A- Dilation of the renal arteries - the end of the story?	Prof Michel Halimi (FR)	20' + 5'
B- New technical approaches in the treatment of hypertension (Renal denervation/ baroreceptors stimulation...)	Prof Atul Pathak (FR)	20' + 5'
C- Management of the patient at high risk Opportunities & Evidences	Prof Roland Asmar (FR)	20' + 5'
D- General Discussion		15'

12h30 – 14h00: Lunch break

III- 14h00 – 15h15: Workshops parallel sessions *– (Session 1)

A- Workshop A : Blood pressure measurement Brachial, central, in clinic & ambulatory	Dr Jirar Topouchian (FR)
B- Workshop B : Arterial stiffness measurement SphygmoCor/ Complior/ Pulse Pen/ CAVI	Dr Sandrine Millasseau (FR)
C- Workshop C : Cardiac assessment : New modalities in echocardiography	Prof Christophe Klimczak (FR)

15h15 – 15h30: Coffee Break

IV- 15h30 – 16h45: Workshops parallel sessions – (Session 2) :

Same programme than session 1

***NB: Participants can attend successively two different workshops, one during each session.**

Day 2

IV- 9h00-10h30 : Session 1: Updates on the management of specific populations :

Chairmen: Prof Alami (MA) & Prof Elie Chammas (LB)

A- Updates on the Management of Resistant Hypertension	Prof Bernard Vaisse (FR)	20' + 5'
B- Updates on the Management of Coronary Hypertension	Prof Elie Chammas (LB)	20' + 5'
C- Updates on the Management of Diabetes	Prof J-Philippe Baguet (FR)	20' + 5'
D- General Discussion		15'

10h30 – 11h00: Coffee Break

V- 11h00 – 12h30: Session 2: Updates on the cardiovascular risk in the Maghreb region

Chairmen: Prof Paul Valensi (FR) & Prof Michel Halimi (FR)

A- Epidemiological data on the risk of cardiovascular diseases in the Maghreb region	Prof Habib Skhiri (TN)	20' + 5'
B- Management of the ST+ syndrome in Algeria	Prof D-E. Nibouche (DZ)	20' + 5'
C- Need for specific recommendations in the Maghreb?	Prof Mohamed Alami (MA)	20' + 5'
D- General Discussion		15'

12h30 – 14h00: Lunch Break

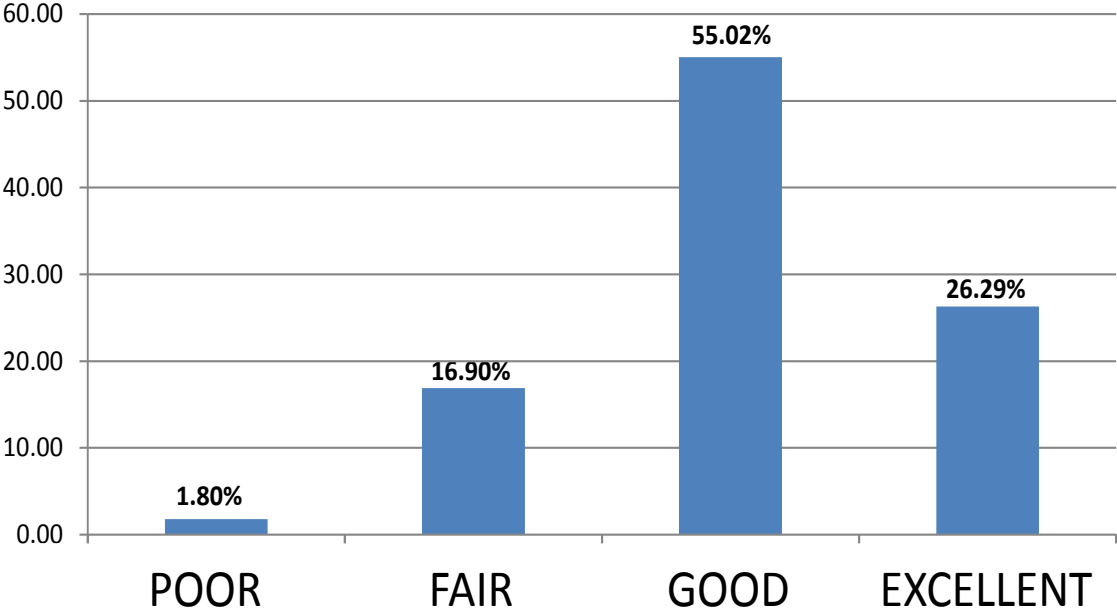
“In compliance with EBAC/ EACCME guidelines, all speakers/ chairpersons participating in this programme have disclosed or indicated potential conflicts of interest which might cause a bias in the presentations. The Organizing Committee/Course Director is responsible for ensuring that all potential conflicts of interest relevant to the event are declared to the audience prior to the CME activities.”

**Supported by an unrestricted grant from “Boehringer -Ingelheim”, “ Foracare”,
& “Fukuda Denshi”.**

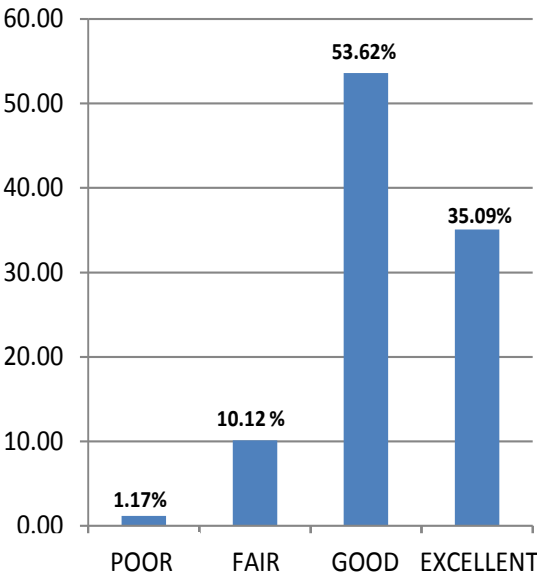
Evaluation form 3

**“The 7th Cardio – Metabolic Meeting
in the Middle East:**

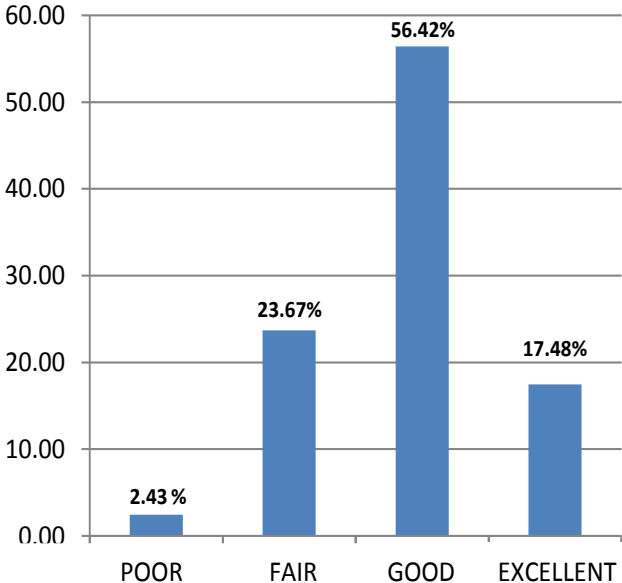
Overall assessment



LECTURES (%)



WORKSHOPS (%)



PUBLICATIONS

Several publications were performed in international peer-reviewed journals:

1. Chahine MN, Assemaani N, Sayed-Hasan G, Chami-Chebbo M, Salameh P, and Asmar R. Validation of the OMRON® M3500 blood pressure measuring device using normal and high speed modes in the adult and specific populations (obese and children) according to the AAMI Protocol Publication process. *J.Clini. Hyper.*
2. Mancia G, Asmar R, Amodeo C, Mourad JJ, Taddei S, Gamba MA, Chazova IE, Puig JG. Comparison of single-pill strategies first line in hypertension: perindopril/ amlodipine versus valsartan/amlodipine. *J Hypertens.* 2015 Feb;33(2):401-11
3. Parati G, Stergiou G, O'Brien E, Asmar R, Bilo G, de Leeuw P, Imai Y. European Society of Hypertension practice guidelines for ambulatory blood pressure monitoring. *J Hypertens* 2014; 32(7):1359-1366.
4. Topouchian J, Agnoletti D, Blacher J, Youssef A, Chahine MN, Ibanez I, Assemaani N, Asmar R. Validation of four devices: Omron M6 Comfort, Omron HEM-7420, Withings BP-800, and Polygreen KP-7670 for home blood pressure measurement according to the European Society of Hypertension International Protocol. *Vasc Health Risk Manag.* 2014 Jan 16;10:33-44.
5. O'Brien E, Parati G, Stergiou G, Asmar R, et al., European Society of Hypertension position paper on ambulatory blood pressure monitoring. *J Hypertens.* 2013 Sep;31(9):1731-68.
6. Cameron JD, Asmar R, Struijker-Boudier H, Shirai K, Sirenko Y, Kotovskaya Y, Topouchian J. Current and future initiatives for vascular health management in clinical practice. *Vasc Health Risk Manag.* 2013;9:255-64.
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9. Asmar R. Telmisartan in High Cardiovascular Risk Patients. *European Cardiology*, 2012;8(1):10–6
10. Asmar R. L'hypertension au Coeur du cerveau. Editorial. *Circulation*, french version. 2011; 11: 371-2.
11. Topouchian J, Agnoletti D, Blacher J, Youssef A, Ibanez I, Khabouth J, Khawaja S, Beaino L, Asmar R. Validation of four automatic devices for self-measurement of blood pressure according to the international protocol of the European Society of Hypertension. *Vascular Health and Risk Management* 2011; 7:709–17.
12. Johnston A, Asmar R, Dahlöf B, Hill K, Jones DA, Jordan J, Livingston M, Macgregor G, Sobanja M, Stafylas P, Rosei EA, Zamorano J. Generic and therapeutic substitution: a viewpoint on achieving best practice in Europe. *Br J Clin Pharmacol.* 2011; 12:1365-2125.
13. Asmar R, Gosse P, Queré S, Achouba A. Efficacy of morning and evening dosing of Amlodipine/ Valsartan combination in hypertensive patients uncontrolled by 5 mg of amlodipine. *Blood Press Monit.* 2011; 16:80-6.
14. Asmar R, Oparil S. Comparison of the antihypertensive efficacy of irbesartan/HCTZ and valsartan/HCTZ combination therapy: impact of age and gender. *Clin Exp Hypertens.* 2010;32:499-503.
15. Parati G, Asmar R, Bilo G, Kandra A, Di Giovanni R, Mengden T. Effectiveness and safety of high-dose valsartan monotherapy in hypertension treatment: the ValTop study. *Hypertens Res.* 2010;33:986-94.
16. Mengden T, Asmar R, Kandra A, Di Giovanni R, Brudi P, Parati G Use of automated blood pressure measurements in clinical trials and registration studies: data from the VALTOP Study. *Blood Press Monit.* 2010;15:188-94
17. Parati G, Stergiou GS, Asmar R, & al. ESH Working Group on Blood Pressure Monitoring. European Society of Hypertension practice guidelines for home blood pressure monitoring. *J Hum Hypertens.* 2010; 24:779-85.

18. O'Brien E, Atkins N, Stergiou G, Karpettas N, Parati G, Asmar R, Imai Y, Wang J, Mengden T, Shennan A; Working Group on Blood Pressure Monitoring of the European Society of Hypertension European Society of Hypertension International Protocol revision 2010 for the validation of blood pressure measuring devices in adults. *Blood Press Monit.* 2010;15:23-38. Erratum in: *Blood Press Monit.* 2010;15:171-2.
19. Asmar R, Khabouth J, Mattar J, Pecchioli V, Germano G. Validation of three professional devices measuring office blood pressure according to three different methods: the Omron BP10, the Omron HBP T105 and the Pic Indolor Professional. *J Hypertens.* 2010;28:452-8.
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21. Asmar R, Belghazi J, Khabouth J, Mattar J, Psimenos A, Germano G. Validation of three professional devices measuring office blood pressure according to three different methods: the Omron BP10, the Omron HBP T105 and the Pic Indolor Professional. *J Hypertens* 2010; 28(3): 452-458.
22. Asmar R, El Feghali R, Rejdych M, for the French Investigator Group. Antihypertensive effect of candesartan versus ramipril using ambulatory blood pressure monitoring in hypertensive patients. The Carapas study. *Blood Press J* 2010. (in press)
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24. Germano G, Psimenos A, Sarullo F, Venditti A, Pecchioli V, Asmar R. Validation of four automatic devices for self-measurement of blood pressure according to the International Protocol: the Pic Indolor Personal Check, Comfort Check, My Check and Travel Check. *Blood Press Suppl.* 2009;1:15-23.
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27. Halimi JM, Asmar R, Ribstein J. Optimal nephroprotection: use, misuse and misconceptions about blockade of the renin-angiotensin system. Lessons from the ONTARGET and other recent trials. *Diabetes Metab* 2009;35(6):425-30.
28. Asmar R, Hosseini H. Endpoints in clinical trials: does evidence only originate from 'hard' or mortality endpoints? *J Hypertens* 2009;27 Suppl 2:S45-50.
29. Baguet JP, Asmar R, Valensi P, Nisse-Durgeat S, Mallion JM. Effects of candesartan cilexetil on carotid remodeling in hypertensive diabetic patients: the MITEC study. *Vasc Health Risk Manag* 2009;5(1):175-83.

FUTURE PERSPECTIVES

1- Education

- **Interuniversity collaboration**
The F-MRI is contributing to a twinning or an association in order to initiate a close collaboration between universities and research centres.
- **Seminars on medical research**
Considering that professional employments are also interested by the research education, the foundation is willing to develop specific modulus and seminars. These seminars will take place at the end of the week for 2 to 3 days, and will be organised as “Master classes”
- **UD Hypertension:** In order to improve the management of hypertension and cardiovascular risk and prevent their complications, a university diploma will be proposed to post-doctorate students; an agreement has been signed with the Lebanese University for the academic teaching of hypertension and Cardiovascular risk.
- **MD Thesis:** We welcome resident students from the Lebanese University Faculty of Medicine to help them define the subjects of their thesis and realize the corresponding studies.

2- Research

- **A- Clinical Research**
The Foundation is willing to develop more CRU in and outside Beirut.
- **B- Basic Science Research**
The Basic Science Research Unit has been set up. Our perspectives for 2015 are to initiate studies and to establish collaboration with other national and international units.
- **C- Epidemiological & Public Health Studies**
F-MRI is willing to finalize in 2015 a large national evaluation study entitled: “*The Cardiovascular Prevalence and Management Lebanese Project*”. This study will help to assess the epidemiological aspects in terms of prevalence and the management reality of the major cardiovascular risk factors in Lebanon.
- **D- Collaboration with the CNRS (Centre National de la Recherche Scientifique) :**
The F-MRI willing to develop the research in collaboration with recognized national institutions such as the CNRS. In this regard, projects will be submitted in Quarter 1 2015.

3- CME: Regional Development:

The F-MRI will continue to develop in collaboration with the ISVH important regional CME activities.

4- Network

The Foundation will undertake actions to develop the regional and international network among the academic research institutions and persons.

APPENDIXES

- 1- University Diploma – Class “René Descartes” - Academic year 2014-2015.
- 2- Clinical Research Assistant/ Clinical Research Technician – Class “René Descartes” - Academic year 2014-2015.

University Diploma
« Principles of Medical Research »
Class “ René Descartes”
Academic Year 2014 – 2015 (page 1/2)



Abdallah Rim



Al- Alam Chadi



Al- Sabeh Hiba



Al- Sakaan Lina



Alame Malak



Amoun Tarek



Atwi Doaa



Azzi Vanessa



Dagher Christian



Daou Elie



Daraze Antoine



Dib Aya



El-Hajj Gabriel



El-Sous Taha



Farhat Akram



Harb Leyla



Hoteit Marwan



Hussein Sara



Jaber Ayman



Kecedjian Jeann

University Diploma
« Principles of Medical Research »
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Academic Year 2014 – 2015 (page 2/2)



Kourani Zeinab



Makhoul Rita



Mneimneh Sirin



Mohamad Maha



Mohamad May



Naddour Mirna



Nouredine Zahraa



Shaity Zahra



Souhaiby Jessica

Clinical Research Associate
« Principles of Medical Research »
Class “René Descartes”
Academic Year 2014 – 2015



Al Siblani Bilal



**Baddawi
- El Najjar Ghina**



El Daouk Sarine



Dib Wissam



El-Kadiri Salam



El-Saifi Sabine



Hassan Ola



Ibrahim Khodor



Jaafar Narjes



Jibai Sahar



Kayali Dima



Kenaan Hiba



Lattouf Hanaa



Mazbouh Hanine



Salman Hala