

# Cardiometabolic Networking Summit 2026

**Date:** 18-21 March 2026

**Venue:** Comwell Kellers Park, H.O. Wildenskovsvej 28, 7080 Børkop

## PROGRAMME

### Wednesday, 18 March

13:45 Shuttle bus from Fredericia Station  
14:05 Shuttle bus from Fredericia Station arrives

#### Cardiometabolic Summit Masterclasses for Early Career Researchers

##### Day 1: Foundations and Critical Appraisal

Chairs: Sarah Dalgas Nissen & Emil Toft Brøndum

14:15 - 14:30 **Welcome - Meet 'n' Greet**  
14:30 - 15:15 **Introduction to Cardiometabolic Research**  
Christian Aalkjær, Professor, Aarhus University (DK)  
15:15 - 15:30 Q&A  
15:30 - 15:50 Coffee & Cake  
15:50 - 16:50 **Landmark Trials in Cardiometabolic Research**  
Florian Bruns, MD, University Hospital Essen (DE)  
16:50 - 17:00 Break  
17:00 - 19:10 **Group Exercise: Critical Appraisal of Diversity and Gender Representation**  
19:15 - 20:15 Dinner  
20:15 - 20:45 **Next day Pre-Session Preparation**

### Thursday, 19 March

##### Day 2: Study Design Principles and Ethical Considerations

Chairs: Sarah Dalgas Nissen & Florian Bruns

- 08:30 Morning exercise (optional), breakfast  
08:30 - 09:15 **Clinical Trial Design for Real-World Translation**  
Morten Schmidt, MD, PhD, Aarhus University (DK)  
09:15 - 09:25 Break  
09:25 - 10:10 **Animal Study Design – Ethical considerations and Approval**  
Elin Jørgensen, DVM, University of Copenhagen (DK)  
10:10 - 10:30 Break  
10:30 - 10:55 **An Editors view on Publishing in Physiological Sciences**  
Tobias Wang, Professor, Aarhus University and Editor-in-Chief of Acta Physiologica (DK)  
10:55 - 11:20 **Hidden Agendas in Research**  
TBC  
11:20 - 11:50 **Debate**  
11:50 - 12:05 Wrap up  
12:05 - 13:00 Lunch

12:40 Shuttle bus from Fredericia Station arrives (departs from Fredericia Station at 12:20)

# Summit Programme

## Thursday, 19 March

13:00 - 13:15 **Welcome**

Thomas Jespersen, Professor and Executive Managing Director , Danish Cardiovascular Academy

13:15 - 13:45 **OPENING LECTURE: Uncovering Genetic and Molecular Drivers of Cardiometabolic Health and Disease: From Arctic Populations to Early Childhood**

Torben Hansen, Professor, Center for Basic Metabolic Research, University of Copenhagen (DK)

### Session 1

#### Session Topic: Fetal programming of cardiometabolic disease

Chairs: Ulla Kampmann Opstrup & NN

13:45 - 14:05 **Epigenetics as a link between early life exposures and later life disease**

Line Hjort, Postdoc, Center for Basic Metabolic Research, University of Copenhagen (DK)

14:05 - 14:25 **Maternal Obesity, Gestational Weight Gain & Fetal Programming**

Per Glud Ovesen, Professor, Department of Clinical Medicine, Aarhus University (DK)

14:25 - 14:35 **Student talk (6 min talk + 3 min Q&A)**

14:35 - 15:05 **Group work: Reflections on the opening lecture and the first three talks followed by a panel debate**

15:05 - 15:20 Short break - coffee and a snack

15:20 - 16:35 **Chaired poster session**

### Session 2

#### Session Topic: Genetics of cardiometabolic disease

Chairs: Mette Nyegaard & Morten Böttcher

16:35 - 16:55 **Dan-NICAD - overview and basis for genetic analysis of coronary artery disease**

Morten Böttcher, Professor, Department of Clinical Medicine, Aarhus University (DK)

16:55 - 17:00 Q&A

17:00 - 17:20 **Dan-NICAD - Sex differences in coronary artery disease risk estimation**

Peter Loof Møller, researcher, Regionshospitalet Gødstrup (DK)

17:20 - 17:25 Q&A

17:25 - 17:35 **Student talk (6 min talk + 3 min Q&A)**

17:35 - 17:45 **Student talk (6 min talk + 3 min Q&A)**

17:45 - 18:10 Networking Activity

18:10 - 18:25 Break

#### Keynote talk I

Chair: Michael Overgaard

18:25 - 19:05 **Cardiometabolic disease: Genetics, gender and comorbid conditions**

Grant Montgomery, Professor, Institute for Molecular Bioscience, University of Queensland (AU)

19:05 - 19:15 Q&A

19:15 - 19:25 Short break

19:25 - 20:25 Dinner

21:00 - 22:00 Bonfire with hot chocolate

22:00 - Games in the bar

## Friday, 20 March

- 08:30 Morning exercise (optional), breakfast

08:30 - 08:35 Good morning & welcome back

### Session 3

#### Session Topic: Early CVD Prevention in Obesity

Chairs: Esben Søndergaard & Christine Rode Schwarz

08:35 - 08:55 **CVD prevention in obesity - is children with obesity our first goal?**

Jens Meldgaard Bruun, Clinical Professor, Steno Diabetes Center Aarhus (DK)

08:55 - 09:00 Q&A

09:00 - 09:20 **Prevention that lasts: Lessons from life-course cardiometabolic epidemiology**

Lise Geisler Bjerregaard, Senior Researcher, Center for Clinical Research and Prevention, Bispebjerg & Frederiksberg Hospital (DK)

09:20 - 09:25 Q&A

09:25 - 09:35 **Student talk (6 min talk + 3 min Q&A)**

09:35 - 09:50 Coffee

### Session 4

#### Session Topic: Sex hormones and Cardiometabolic disease

Chairs: NN & NN

09:50 - 10:10 **Exogenous female sex hormones, muscle function and adaptations to exercise training**

Mette Hansen, Professor, Department of Public Health, Aarhus University (DK)

10:10 - 10:15 Q&A

10:15 - 10:35 **Sexhormones, cardiometabolic health and adaptations to exercise training**

Yiva Hellsten, Professor, Department of Nutrition, Exercise and Sports, University of Copenhagen (DK)

10:35 - 10:40 Q&A

10:40 - 11:00 **AF and Diabetes**

Florian Bruns, MD, University Hospital Essen (DE)

11:00 - 11:05 Q&A

11:05 - 12:00 **Walk and talk**

12:00 - 13:00 Lunch

### Session 5

#### Session Topic: Atherosclerosis - a life-long perspective

Chairs: Kristian Funck & Lars Melholt Rasmussen

13:00 - 13:20 **REACT: Early detection and early cure of silent atherosclerosis**

Henning Bundgaard, Professor, Rigshospitalet, University of Copenhagen (DK)

13:20 - 13:25 Q&A

13:25 - 13:45 **Smooth muscle cells in progressing and regressing atherosclerosis**

Jacob Fog Bentzon, Professor, Department of Clinical Medicine, Aarhus University (DK)

13:45 - 13:50 Q&A

13:50 - 14:00 **Student talk (6 min talk + 3 min Q&A)**

14:00 - 14:10 **Student talk (6 min talk + 3 min Q&A)**

14:10 - 14:55 **Flash talks by science ambassadors (early career researchers) in the garden (5x3 min)**

- with hot chocolate & cake

Chair: Gunnar Gislason, Professor, Director of Research, Danish Heart Foundation (DK)

### Session 6

#### Session Topic: Stem cells and other cellular organoids

Chairs: Abbas Ali Qayyum & Jonathan Melka

14:55 - 15:15 **Advanced cellular in vitro models in drug discovery**

Julia Krause, Senior Research Scientist, Novo Nordisk A/S (DK)

15:15 - 15:20 Q&A

15:20 - 15:40 **Why drug metabolism matters: 3D primary human hepatocytes as a translational tool to understand variability in drug metabolism**

Tore B. Stage, Professor, University of Southern Denmark (DK)

15:40 - 15:45 Q&A

15:45 - 15:55 **Student talk (6 min talk + 3 min Q&A)**

15:55 - 17:10 **Chaired poster session**

17:10 - 17:20 Short break

## Keynote talk II

Chair: Emil Toft Brøndum

17:20 - 17:50 **Androgens and cardiometabolic dysfunction in women**  
Elisabeth Stener-Victorin, Professor, Karolinska Institutet (SE)

17:50 - 17:55 Q&A

17:55 - 18:15 **Group work**

18:15 - 18:45 Break

18:45 - 20:15 Dinner

20:30 - 21:30 Social activity: Stomp4Fun workshop

21:30 - Activities in the bar

## Saturday, 21 March

- 08:45 Morning exercise (optional), breakfast

08:45 - 08:50 Good morning & welcome back

### Session 7

#### Session Topic: Cardiometabolic Facts or Myths

Chairs: Christine Rode Schwarz & Thomas Jespersen

08:50 - 09:05 **Does Metabolically Healthy Obesity Really Exist?**

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

09:05 - 09:20 **Fish Oil: Facts, Fiction and EPA**

Christian Bork, Associate Professor, Aalborg University Hospital (DK)

09:20 - 09:35 **From Observations to Outcomes: Epidemiological Perspectives on Sweetened and Non-Caloric Beverages**

Sigrid Bjerge Gribsholt, Clinical Researcher, Steno Diabetes Center Aarhus (DK)

09:35 - 09:50 **Potassium Supplements and Cardiorenal Health: Breakthrough or Hype?**

Ewout Hoorn, Professor, Erasmus MC, University Medical Center Rotterdam (NL)

09:50 - 10:10 **Open Plenary Debate on Facts and Myths**

Speakers are in a panel asking questions to the audience - discussions in groups and in plenary

10:10 - 10:30 Coffee

### Session 8

#### Session Topic: Preventive Medicine

Chairs: Casper Homilius & Michael Mæng

10:30 - 10:45 **Primary vs. Secondary Prevention – Same Drugs, Different Thresholds?**

Michael Mæng, Clinical professor, Department of Clinical Medicine, Aarhus University (DK)

10:45 - 11:00 **Beyond LDL: Contemporary Lipid and Cardiometabolic Strategies**

Martin Bødtker Mortensen, Associate Professor, Department of Cardiology, Aarhus University Hospital (DK)

11:00 - 11:15 **Rational Pharmacotherapy: From Relative Risk Reduction to Real-World Benefit**

Tonny Studsgaard Petersen, Clinical Associate Professor, Bispebjerg & Frederiksberg Hospital (DK)

11:15 - 11:35 Debate

11:35 - 11:50 Short break

## Keynote talk III

Chair: TBC

11:50 - 12:30 **Obesity through a genetic lens: dissecting mechanisms and translating insights**

Ruth Loos, Professor, Center for Basic Metabolic Research, University of Copenhagen (DK)

12:30 - 12:40 Q&A

12:40 - 13:10 Wrap up and awarding session - lunch to-go

13:15 Bus departure (Shuttle bus to Fredericia Station)