

# 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 **Hidden Agendas in Research Publishing**  
Niels Holmark Andersen, Senior Consultant, Regionshospitalet Horsens (DK)

### 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 **Registry-based Trials: What & Why**  
Morten Schmidt, Professor, 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 - 11:50 **Workshop on publishing**  
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 - 13:20 **Welcome - Meet'n'Greet**  
Thomas Jespersen, Professor and Executive Managing Director, Danish Cardiovascular Academy
- 13:20 - 13:50 **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)
- 13:50 - 13:55 **Energizer**

### Session 1

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

Chairs: Ulla Kampmann Opstrup & Tine Willum Hansen

- 13:55 - 14:15 **Epigenetics as a link between early life exposures and later life disease**  
Line Hjort, Postdoc, Center for Basic Metabolic Research, University of Copenhagen (DK)
- 14:15 - 14:35 **Maternal Obesity, Gestational Weight Gain & Fetal Programming**  
Per Glud Ovesen, Professor, Department of Clinical Medicine, Aarhus University (DK)
- 14:35 - 14:45 **Maternal type 1 diabetes programs sex-dimorphic liver-associated metabolic dysfunction in offspring**  
Allan Zhao, PhD Student, Karolinska Institutet (SE)
- 14:45 - 15:15 **Group work: Reflections on the opening lecture and the first three talks**
- 15:15 - 15:35 Short break - coffee and a snack
- 15:35 - 16:50 **Poster session - speed dating format**

### Session 2

#### Session Topic: Genetics of cardiometabolic disease

Chairs: Mette Nyegaard & Morten Böttcher

- 16:50 - 17:10 **Dan-NICAD - overview and basis for genetic analysis of coronary artery disease**  
Morten Böttcher, Professor, Department of Clinical Medicine, Aarhus University (DK)
- 17:10 - 17:15 Q&A
- 17:15 - 17:35 **Dan-NICAD - Sex differences in coronary artery disease risk estimation**  
Peter Loof Møller, researcher, Regionshospitalet Gødstrup (DK)
- 17:35 - 17:40 Q&A
- 17:40 - 17:50 **Metabolic dysfunction in Klinefelter syndrome - adipose tissue inflammation, genomic underpinnings and testosterone treatment effects**  
Simon Chang, Postdoctoral fellow, Aarhus University Hospital (DK)
- 17:50 - 18:00 **Deep Cardiometabolic Pheno-Genotyping of CAD risk in Children with Normal Weight and Obesity**  
Trine Obel, PhD student, University of Copenhagen (DK)
- 18:00 - 18:25 Break and check in

#### Keynote talk I

Chair: Michael Toft 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 **Progression to type 2 diabetes among post-myocardial infarction patients with overweight or obesity: a real-world cohort study**

Pernille Tilma Tonnesen, PhD student, Aarhus University (DK)

09:35 - 09:50 Coffee

### Session 4

#### Session Topic: Sex hormones, Exercise and Cardiac health

Chairs: Christian Aalkjær & Jacob Fog Bentzon

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**

Ylva 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 Løkke 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 **Aortic distensibility: An image-derived biomarker of central vascular aging**

Kristine Aavild Sørensen, Postdoctoral fellow, Novo Nordisk A/S

14:00 - 14:10 **Histopathological Comparison of Cardiac and Renal Remodeling in Ischemic Heart Disease With and Without Type 2 Diabetes**

Oscar Emil Puntervold, PhD Student, University of Copenhagen (DK)

14:10 - 14:55 **Flash talks by early career researchers in the garden (6x3 min)**

- with hot chocolate & cake

Andreas Aspe, PhD Student, Technical University of Denmark (DK)

Esther Hvidtfeldt, PhD Student, University of Copenhagen (DK)

Fie Pilsgaard, PhD Student, University of Copenhagen (DK)

Malene Nørregaard, PhD Student, University of Copenhagen (DK)

Mathilde Løk, PhD Student, University of Copenhagen (DK)

Victor Svenstrup, PhD Student, University of Copenhagen (DK)

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 **CILP in diabetes-driven heart failure: the study of a novel protein through an engineered heart tissue model**  
Chiara Rossi, PhD Student, Novo Nordisk A/S (DK)
- 15:55 - 17:10 **Poster session – speed dating format**
- 17:10 - 17:20 Short break

### Keynote talk II

Chair: Emil Toft Brøndum

- 17:20 - 17:50 **Androgens and cardiometabolic dysfunction in women**  
Elisabet 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 - 09:10 **Does Metabolically Healthy Obesity Really Exist?**  
Andreas Andersen, Postdoc, Steno Diabetes Center Copenhagen (DK)
- 09:10 - 09:30 **Fish Oil: Facts, Fiction and EPA**  
Christian Bork, Associate Professor, Aalborg University Hospital (DK)
- 09:30 - 09:50 **From Observations to Outcomes: Epidemiological Perspectives on Sweetened and Non-Caloric Beverages**  
Sigrid Bjerger Gribsholt, Clinical Researcher, Steno Diabetes Center Aarhus (DK)
- 09:50 - 10:10 **Potassium Supplements and Cardiorenal Health: Breakthrough or Hype?**  
Ewout Hoorn, Professor, Erasmus MC, University Medical Center Rotterdam (NL)
- 10:10 - 10:30 Coffee

## Session 8

### Session Topic: Pharmacological Prevention of Ischemic Heart Disease: Rational Choices and Debates

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: Thomas Jespersen

- 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)