



SOUTH SIDE OF THE HEART

2025 20 - 21 October
ALMADA

MAIN SCIENTIFIC SESSION

21 October 2025

09.00

WELCOME and INTRODUCTION

Luis Brandão, Cardiologia, ULS Almada-Seixal
Hélder Pereira, Cardiologia, ULS Almada-Seixal

ARRHYTHMIAS IN CLINICAL PRACTICE

09:10 - 10:10
(60 min)

SESSION 1

Approaching the patient with Syncope

Chairs: Luísa Bento, Cardiologia, ULS Almada-Seixal / Paula Fazendas, Cardiologia, ULS Almada-Seixal

Discussants: Samuel Almeida, Cardiologia, ULS Almada-Seixal / José Farinha, Cardiologia, ULS Arrábida / Sofia Almeida, Cardiologia, ULS Almada-Seixal

1. Cardiac syncope. Don't forget the "red flags" (15 min)
Alexandra Briosa, Cardiologia, ULS Almada-Seixal
2. Reflex Syncope. Practical clues for diagnosis and management. (15 min)
Margarida Figueiredo, Cardiologia, ULS São José
3. **Live-in-a-box:** Cardioneuroablation. What is it and for whom? (15 min)
Dinis Mesquita, Cardiologia, ULS Arrábida
4. Discussion (15 min)

10:10 - 10:30
(20 min)

Symposium

Implantable loop recorder. When to think about it?

Ana Rita Ferreira, Cardiologia, ULS Amadora-Sintra

10:30 - 11:00

COFFEE BREAK

11:00 - 12:00
(60 min)

SESSION 2

Atrial Fibrillation in the modern Era!

Chairs: Luís Brandão, Cardiologia, ULS Almada-Seixal / Gustavo Rodrigues, Cardiologia, ULS Lisboa-Occidental

Discussants: Rita Miranda, Cardiologia, ULS Almada-Seixal / Dinis Mesquita, Cardiologia, ULS Arrábida / Pedro Galvão Santos, Cardiologia, ULS Lisboa-Occidental

1. Overweight is over risk. The atrial fibrillation and obesity relationship. (15 min)
João Luz, Cardiologia, ULS Almada-Seixal
2. Antiarrhythmic drugs: Tips and tricks for a safely use (15 min)
João Grade Santos, Cardiologia, ULS Almada-Seixal
3. **Live-in-a-box:** Expanding indications for catheter ablation (15 min)
João Mesquita, Centro Coração e Vasos, CUF-Tejo
4. Discussion (15 min)



UNIDADE LOCAL DE SAÚDE
ALMADA - SEIXAL



HOSPITAL
Garcia de Orta E.P.E.



UNIDADE de
CARDIOLOGIA de
INTERVENÇÃO



SOUTH SIDE OF THE HEART

2025 20 - 21 October
ALMADA

MAIN SCIENTIFIC SESSION

21 October 2025

12:00 - 13:00
(60 min)

SESSION 3

Stroke prevention in atrial fibrillation. Can I use anticoagulation if...

Chairs: Miguel Rodrigues, Neurologia, ULS Almada-Seixal / Hélder Pereira, Cardiologia, ULS Almada-Seixal

Discussants: Ana Rita Pereira, Cardiologia, ULS Almada-Seixal / Liliana Pereira, Neurologia, ULS Almada-Seixal / Tiago Judas, Medicina Interna, ULS Almada-Seixal

1. My patient had a haemorrhagic stroke. (15 min)
Patrícia Pereira, Medicina Interna, ULS Almada-Seixal
2. My patient has anaemia (15 min)
Vilma Grilo, Medicina Interna, ULS Almada-Seixal
3. **Live-in-a-box:** Left atrial appendage closure. When to consider? (15 min)
Cristina Martins, Cardiologia, ULS Almada-Seixal
4. Discussion (15 min)

13:00 - 14:30

LUNCH

ARRHYTHMIAS AND STRUCTURAL HEART DISEASE

14:30 - 15:30
(60 min)

SESSION 4

Reversing Heart Failure

Chairs: Francisca Delerue, Medicina Interna, ULS Almada-Seixal / Rita Miranda, Cardiologia, ULS Almada-Seixal

Discussants: João Agostinho, Cardiologia, ULS Santa Maria / Sofia Alegria, Cardiologia, ULS Almada-Seixal / Sofia Jacinto, Cardiologia, ULS São José

1. Tachycardia-mediated cardiomyopathy: from mechanisms to treatment (15 min)
Otília Simões, Cardiologia, ULS Almada-Seixal
2. Amiloidosis: when to suspect, refer and treat? (15 min)
Inês Cruz, Cardiologia, ULS Almada-Seixal
3. **Live-in-a-Box:** Left Bundle Branch Pacing - Current indications (15 min)
Francisco Costa, Cardiologia, ULS Lisboa-Occidental
4. Discussion (15 min)



SOUTH SIDE OF THE HEART

2025 20 - 21 October
ALMADA

MAIN SCIENTIFIC SESSION

21 October 2025

15:30 - 16:30
(60 min)

SESSION 5

Sudden Cardiac Death Prevention. Where do we stand?

Chairs: Sofia Almeida, Cardiologia ULS Almada-Seixal, Ana Lousinha, Cardiologia, ULS São José

Discussants: João Bicho Augusto, Cardiologia, ULS Amadora-Sintra / Inês Cruz, Cardiologia, ULS Almada-Seixal / Bruno Valente, Cardiologia, ULS São José

1. The 4 pillars of Heart Failure drug therapy. Can they reduce SCD? (15 min)
Bárbara Ferreira, Cardiologia, ULS Almada-Seixal
2. Risk stratification of SCD - beyond LVEF (15 min)
Sílvia Aguiar, Cardiologia, ULS São José
3. **Life-in-a-Box:** Subcutaneous ICD. Why keep it outside the veins? (15 min)
Rita Miranda, Cardiologia, ULS Almada-Seixal
4. Discussion (15 min)

16:30 - 16:50

COFFEE BREAK

16:50 - 17:50
(60 min)

SESSION 6

Ventricular arrhythmias at the emergency department. How to manage electric storm?

Chairs: Luís Brandão, Cardiologia, ULS Almada-Seixal / João de Sousa, Cardiologia, ULS Santa Maria

Discussants: Rui Gomes, Medicina Intensiva, ULS Almada-Seixal / Catarina Gomes, Cardiologia, ULS Almada-Seixal / Guilherme Portugal, Cardiologia, ULS São José

1. How to choose the best drug therapy? (15 min)
Daniel Matos, Cardiologia, ULS Lisboa-Occidental
2. Stellate ganglion block. Why the underuse? (15 min)
João Sampaio, Medicina Intensiva, ULS Almada-Seixal
3. **Case-based presentation:** 5 Key messages that you should not forget (15 min)
Gustavo Lima, Cardiologia, ULS Santa Maria
4. Discussion (15 min)

17:50

CLOSING SESSION

Luis Brandão, Cardiologia, ULS Almada-Seixal

Helder Pereira, Cardiologia, ULS Almada-Seixal