



ZURICH
HEART HOUSE
LONDON
HEART HOUSE

Master Course in Heart Failure Sofia Sofia, Bulgaria, November 19-21, 2026

Directors:

Vassil Traykov, Sofia / Mariya Tokmakova, Sofia
Thomas F. Lüscher, MD, FRCP, FESC, London

Under the Auspices of the the Bulgarian Society of Cardiology and Zurich Heart House
Endorsed by: tbd

Scientific Coordinator: Christine Lohmann, Zurich

Venue: Grand Hotel Millennium Sofia

Day 1, November 19th, 2026

10:00-12:00	Opening Session: Heart Failure: From Cinderella to Center Stage	
	Chair: Thomas F. Lüscher, London/Zurich, Mariya Tokmakova, Sofia and Vassil Traykov, Sofia	
10:00	Welcome by Course Directors	Vassil Traykov, Sofia Mariya Tokmakova, Sofia Thomas F. Lüscher, London/Zurich
10:10	Learning outcomes	tbd
10:20	Cardiovascular disease – the new epidemic in Bulgaria	tbd, Bulgaria
10:40	What is in the new 2026 ESC HF Guidelines Updates?	Marianna Adamo, Brescia
11:00	The 2026 ESC Cardiovascular Disease and CKD	William Herrington, Oxford
11:20	Atrial fibrillation according to the 2024 ESC Guidelines	Helmut Pürerfellner, Linz
11:40	<i>Panel discussion: Reality and future perspectives of HF care in Bulgaria</i>	
12:00-12:45	Lunch Break	
12:45-14:00	Case-based Interactive Learning – Imaging of HF → to be discussed (Breakout Sessions in three groups)	
	Advanced Echocardiography in HF	Alison Duncan, London
	Cardiac MRI	Yasmin Rustamova, Baku
	CRT optimization	Cecilia Linde, Stockholm
14:00-16:00	Session 2: Assessing and Diagnosing Heart Failure	
	Chairs: NN	
14:00	The spectrum of HF and what it means for practice	Thomas F. Lüscher, London
14:20	Assessing heart failure in clinical practice	Plamen Gatzov, Sofia
14:40	Lifestyle interventions: key issues of diet and exercise	Ivan Gruev, Sofia
15:00	Echocardiography in HF: LVEF, Valves & pulmonary circulation	Alison Duncan, London
15:20	Multimodality imaging in heart failure	Chiara Bucciarelli, London
15:40	<i>Panel discussion</i>	



16:00-16:30 Coffee Break

16:30-18:30 Session 3: Comorbidities

Chairs: NN

16:30 Obesity and HF: effects of GLP-1 agonists

John Deanfield, London

16:50 Diabetes and heart failure: effects of SGLT-2i

Francesco Cosentino, Stockholm

17:10 Case Presentation: A patient with HFrEF

tbd, Bulgaria

17:20 Atrial fibrillation: Cause, consequence and cure of heart failure

Vassil Traykov, Sofia

17:40 CKD and cardiovascular risk

Mariya Tokmakova, Sofia

18:00 *Panel discussion*

18:30 Welcome Reception, Get Together

Day 2, November 20th, 2026

09:00-10:45 Session 4: Pharmacotherapy

Chairs: NN

09:00 Starting drugs in HF: which ones, how fast and in what order?

Wilfried Mullens, Genk

09:20 SGLT2 inhibitors from HFrEF to HFmrEF and HFpEF

Petar Seferovic, Belgrade

09:40 Contemporary Management of Heart Failure with HFpEF

Assen Goudev, Sofia

10:00 Diuretics: Loop diuretics, thiazides and/or acetazolamide?

Wilfried Mullens, Genk

10:20 *Panel discussion*

10:45-11:15 Coffee Break

11:15-13:00 Session 5: Devices

Chairs: NN

11:15 CardioMems: remote monitoring and digital health

Stephan Rosenkranz, Cologne

11:35 Patient selection for CRT

Cecila Linde, Stockholm

11:55 Patient selection for ICD

Vassil Traykov, Sofia

12:15 Revascularisation in heart failure

Valery Gelev, Sofia

12:35 *Panel discussion*

13:00-14:00 Lunch Break

14:00-15:15 Case-based Interactive Learning → to be discussed

(Breakout Sessions in three groups)

Advanced Echocardiography in HF

Alison Duncan, London

Cardiac MRI

Yasmin Rustamova, Baku

CRT optimization

Wilfried Mullens, Genk

15:15-15:45 Coffee Break



15:45-17:30 Session 6: Acute and Advanced Heart Failure

Chairs:

15:45	Advanced HF: definition and management	Marija Polovina, Belgrade
16:05	Managing acute HF	Yoto Yotov, Varna
16:25	LVADs as bridge to transplant or destination therapy	tbd
16:45	Heart transplantation: indications, timing and patient follow-up	tbd
17:05	<i>Panel discussion</i>	

Day 3, November 21st, 2026

09:00-10:45 Session 7: Cardiomyopathies and Valvular Heart disease

Chair:

09:00	What do the 2025 ESC Guidelines on Valvular heart disease say?	Fabien Praz, Bern
09:20	When is the right time for SAVR or TAVR?	Ivo Petrov, Sofia
09:40	Hypertrophic cardiomyopathy: clinical predictors and outcome	Iacopo Olivotto, Florence
10:00	Cardiac amyloidosis	Mariya Tokmakova, Plovdiv
10:20	<i>Panel discussion</i>	

10:45-11:15 Coffee Break

11:15-12:30 Case-based Interactive Learning → to be discussed

(Breakout Sessions in three groups)

Advanced Echocardiography in HF

Cardiac MRI

CRT optimization

Alison Duncan, London
Yasmin Rustamova, Baku
Cecila Linde, Stockholm

12:45-13:00 Closing Session

Wrap-up and Adjourn

13:00 Lunch Buffet