

# 1<sup>st</sup> European Congress on Adherence to Therapy

**Rimini**  
**PALACONGRESSI**  
November 18-19, 2016

**Giovanni La Via**  
President of the Congress  
*Chair of the Committee on the Environment,  
Public Health and Food Safety - European Parliament*

**Gianni Pittella**  
Honorary President of the Congress  
*President of the Group of the Progressive Alliance  
of Socialists & Democrats in the European Parliament*

Scientific Partners



Partners



# **Scientific Committee**

**Giuseppe Pozzi**

*SIHA - Senior International Health Association*

**Alberico Catapano**

*European Atherosclerosis Society*

**Enrico Agabiti Rosei**

*European Society of Hypertension*

**Silvana Galderisi**

*European Psychiatric Association*

**Francesco Blasi**

*European Respiratory Society*

**Vincenzo Mirone**

*Italian Society of Urology  
European Association of Urology*



# Welcome Message

I feel honoured to be the President of the first European Congress organised by Senior International Health Association on the adherence to therapy.

From a European perspective, we have looked at the national health systems and at the deep demographic, economic, and social changes of our time, and have discovered a common finding: the increase in chronic diseases is a direct consequence of the progressively ageing population.

Adherence to therapy, in this context, is imperative for two main reasons. First, to improve the life of patients with chronic diseases, including people over 65 who are the main consumers of medicines and second, for assuring an efficient use of the resources in the medical field, further allowing potential financial savings.

As Chair of the Committee on Environment, Public Health and Food Safety (ENVI) of the European Parliament, I believe it is essential for the institutions to be in direct contact with the scientific communities and with the patients, which will both guarantee an essential contribution to the designation of strategies aimed at the enhancement of the health systems in Europe.

The European Congress for the adherence to therapy provides the opportunity to doctors, patients associations and representatives of national and European institutions, to work together to identify the main changes necessary for the improvement of the adherence to therapy.

This can only be done by including all the relevant actors and by defining the core actions and priorities needed to reach the common goal.

Achieving these objectives will have two main positive impacts, which are improving the living standard of the European senior population, and reducing the waste of resources caused by the lack of adherence to therapy.

Finally, the European Charter for Adherence to Therapy, which will be drafted during the Congress and will contain the main strategies, can be considered a useful and valuable document to the European Parliament and other institutions, as it will also guide Member States towards the best direction to take on such fundamental topic, related to the health of the European population.

**Giovanni La Via**

President of the Congress

*Chair ENVI, Committee on the Environment, Public Health  
and Food Safety - European Parliament*

# Welcome Message

When I was invited, by Senior International Health Association's, to take the honorary presidency of the European Congress on adherence to therapy I accepted with great interest and conviction. I did it to express my support to ageing policies and to gather inputs from patients and the medical and scientific world in relation to seniors' health. Moreover I wished to express a commitment because, at European and national level, there is a clear need to develop interventions to increase adherence to medical treatments, to improve health outcomes and to lower costs for health care, involving all relevant actors and above all citizens/patients.

We know that a lack of adherence to medical prescriptions means worsening the health conditions of chronically ill patients and consequently leads to an increase in the costs that the health services have to support to deal with relapses and consequent hospitalizations of patients who do not follow care prescriptions adequately. We are speaking specifically about the elderly. We know that, in Europe, one out of two patients does not follow his treatment correctly and that the costs for governments, caused by poor adherence, are estimated at 125 billion and contribute to the premature death of about 200,000 people each year.

This is why the European Institutions should support an initiative, such as the European Congress for adherence to therapy, which sees patients assuming full awareness of the problem and recalling the European medical and scientific community and the institutions to stimulate a dialogue and a debate on this issue.

The goal of the congress, that I fully support, is to increase patients awareness and involve them, along with physicians, to outline strategies and proposals that can be useful to the same institutions that govern health in Europe.

In this sense we are ready to listen to the suggestions that will arise from the Congress and that will be included in a European Manifesto for adherence to therapy. This chart, that we will evaluate carefully, may involve all Member States in the framework of a common work shared by the scientific community, citizens and institutions.

**Gianni Pittella**

Honorary President of the Congress

*President of the Group of the Progressive Alliance  
of Socialists & Democrats in the European Parliament*



# Assumption

According to Eurostat data, in early 2013 the population of the EU-28 was estimated at 505.7 million inhabitants, with a share of 18.2% represented by people aged over 65 years. Almost everywhere in the EU there has been an increase in the share of the older population, as a result of the increase in life expectancy, which in the last 50 years increased in the EU by an average of about 10 years, due to improved socio-economic and environmental conditions, health care and medical treatment. By 2025 over 20% of the Europeans will be 65 or older and the number of octogenarians will rapidly increase.

The increased life expectancy represents obviously a positive effect of the progress in prevention and care, but also implies a challenge for Health Services, due to the high level of complexity of the health needs of the elderly, making among others care and, in particular, the use of drugs a challenging task. We know by now that the fundamental conditions for active and healthy aging include not only prevention and adoption of healthy lifestyles, but also adherence to therapy. Typically, the elderly reveal the co-existence of more chronic diseases and clinical conditions that can't be ascribed to a specific disease and frequently have multiple causes. Drug treatment of a complex patient is a challenging task for everyone involved in the care of the patient, considering that 50% of people over 65 years suffer from multimorbidity and that 40% of those over sixty-five consumes between 5 and 9 drugs.

It is estimated that each year the poor adherence to medical treatments in Europe causes about 200,000 deaths and burdens on health expenditure up to 80 billion euro a year (AIFA source).

Adherence to treatment by patients suffering of chronic pain reaches across Europe, with different values depending from the chronic diseases, approximately 50%. We know by now that the fundamental conditions for active and healthy aging include not only prevention and adoption of healthy lifestyles, but also adherence to therapy. We also know that non-adherence to treatment involves the risk of recurrence and adverse events, and that this, in addition to health risks, results in additional health care costs, which can be reduced. In the United States it was measured that non-adherence to treatment determines 100 billion euro of avoidable hospitalizations.

Europe and the Member States have a duty to attempt any possible solution to increase the level of adherence to treatment, in order to achieve important savings and improve the quality of life of citizens.

# Program

## Issues

*Epidemiology, adherence data, comparing experiences, adherence problems, possible actions. What can be done by the European scientific societies, GPs, nurses, patients, pharmacists, institutions, industry.*

## Friday, November 18



### Plenary Session

Main Hall - Sala dell'Anfiteatro

15:30-16:30

### Opening Address

**Elio D'Orazio**

*President of Senior International Health Association*

**Giovanni La Via**

*President of the Congress and Chair ENVI Committee on the Environment, Public Health and Food Safety - European Parliament*

**Marianne Takki**

*Acting deputy Head of unit, Health Threats Unit, DG Sanco - European Commission*

**Georges Dassis**

*EESC President*

### Lectio Magistralis

**Francesco Scaglione**

*Associate Professor and Coordinator of Medical Pharmacology course, University of Milan*

### Adherence to inhalation therapies: a multifactorial effect

**Richard Dekhuijzen**, The Netherlands

### Welcome Address

#### Guidelines and Aims of the 5 Areas:

*Dyslipidemia Area, Hypertension Area, Psychiatric Area, Respiratory Area, Urologic Area*

**Giuseppe Pozzi**

*Scientific Committee SIHA*

**Alberico Catapano**

*European Atherosclerosis Society*

**Enrico Agabiti Rosei**

*European Society of Hypertension*

**Silvana Galderisi**

*European Psychiatric Association*

**Francesco Blasi**

*European Respiratory Society*

**Vincenzo Mirone**

*Italian Society of Urology*

*European Association of Urology*

**Roberto Messina**

*Senior International Health Association*

16:30-19:30 Parallel Scientific Session

19:30

Closing

# Program

## Issues

*Epidemiology, adherence data, comparing experiences, adherence problems, possible actions. What can be done by the European scientific societies, GPs, nurses, patients, pharmacists, institutions, industry.*

## Saturday, November 19

Parallel Hall

**09:00-13:30** Parallel Scientific Session and Preparation of the final report

**13:30-14:30** *Lunch*



### Plenary Session

Main Hall - Sala dell'Anfiteatro

**14:30-15:30** Rapporteurs of the 5 Areas

**15:30-16:30** Institutional Session

**Giovanni La Via**

*President of the Congress and Chair ENVI Committee on the Environment, Public Health and Food Safety - European Parliament*

**Guido Rasi**

*EMA Executive Director*

**Gianni Pittella**

*Honorary President of the Congress and President of S&D Group - European Parliament*

**Walter Gualtierio Ricciardi**

*Presidente ISS*

**Sergio Liberatore**

*General Manager IMS Health*

*MEPs*

**Mercedes Bresso**, *S&D Italy*

**Santiago Fisas Ayxela**, *PPE Spain*

**Elisabetta Gardini**, *PPE Italy*

**Pier Antonio Panzeri**, *S&D Italy*

**Aldo Patriciello**, *PPE Italy*

**Remo Sernagiotto**, *ECR Italy*

### *Conclusions*

**Elio D'Orazio**

*President of Senior International Health Association*

**Roberto Messina**

*Senior International Health Association*

**16:30**

Closing



# Program

## Dyslipidemia Area (Sala del Parco 1)

Technical Commissions Halls

### Friday, November 18

- 16:30-18:30** **Session I**  
Chairman  
*Alberico L. Catapano, Italy*
- 16:30-16:50** **Introduction to the topic**  
*Alberico L. Catapano, Italy*
- 16:50-17:15** **Control of plasma lipids:  
where we stand?**  
From Euroaspire to local surveys  
*Lale Tokgozoglul, Turkey*
- 17:15-17:40** **Is adherence to hypolipidaemic  
therapy a clinically relevant issue?**  
*Alberico L. Catapano, Italy*
- 17:40-18:05** **Adherence to lipid lowering  
drugs and CV events: the Italian  
experience**  
*Giovanni Corrao, Italy*
- 18:05-18:30** **How to improve adherence  
to lipid lowering therapy:  
what the guidelines say?**  
*Catrina Jennings,  
United Kingdom*
- 18.30-19.30** **Interactive Discussion**

### Saturday, November 19

- 09.00-11.30** **Session II**  
Chairman  
*Alberico L. Catapano, Italy*
- 09:00-09:15** **Introduction to the topic**  
*Alberico L. Catapano, Italy*
- 09:15-10:00** **Adherence to lipid lowering  
therapy the AIFA view**  
*Luca Pani, Italy*
- 10:00-10:45** **Adherence to lipid lowering  
therapy: is cost an issue?**  
*Luca Degli Esposti, Italy*
- 10:45-11:30** **Early vs late treatment any  
possible impact on adherence?**  
*Chris Packard, United Kingdom*
- 11.30-12.00** **Interactive Discussion**
- 12.00-13.30** **Preparation of the report  
from the Dyslipidemia Area**
- 13:30-14:30** **Lunch**
- 14.30-15.30** **Plenary Session**  
*Rapporteurs of the 5 Areas*

# Program

## Hypertension Area (Sala della Marina 1)

Technical Commissions Halls

### Friday, November 18

- 16:30-18:30** **Session I**  
Chairman  
*Enrico Agabiti Rosei, Italy*
- 16:30-16:45** **Introduction to the topic**  
*Enrico Agabiti Rosei, Italy*
- 16:45-17:20** **Awareness, treatment and BP control in Europe**  
*Josep Redon, Spain*
- 17:20-17:55** **Adherence to antihypertensive drugs and CV events**  
*Giuseppe Mancia, Italy*
- 17:55-18:30** **How to improve adherence to antihypertensive drugs**  
*Michel Burnier, Switzerland*
- 18.30-19.30** **Interactive Discussion**

### Saturday, November 19

- 09.00-11.30** **Session II**  
Chairman  
*Enrico Agabiti Rosei, Italy*
- 09:00-09:25** **Introduction to the topic**  
*Enrico Agabiti Rosei, Italy*
- Adherence to antihypertensive treatment in:**
- 09:25-09:50** **Eastern Europe**  
*Bojan Jelakovic, Croatia*
- 09:50-10:15** **Western Europe**  
*Thomas Kahan, Sweden*
- 10:15-10:40** **Countries facing economical problems**  
*Konstantinos Tsioufis, Greece*
- 10:40-11:05** **High risk patient with previous vascular event**  
*Diederick E. Grobbee, The Netherlands*
- 11:05-11:30** **Adherence in women**  
*Renata Cifkova, Czech Republic*
- 11.30-12.00** **Interactive Discussion**
- 12.00-13.30** **Preparation of the report from the Hypertension Area**
- 13:30-14:30** **Lunch**
- 14.30-15.30** **Plenary Session**  
*Rapporteurs of the 5 Areas*

# Program

## Psychiatric Area (Sala della Vecchia Pescheria)

Technical Commissions Halls

### Friday, November 18

- 16:30-18:30** Session I  
Chairperson  
*Silvana Galderisi, Italy*
- 16:30-16:45** Introduction to the topic  
*Silvana Galderisi, Italy*
- 16:45-17:20** Adherence to treatment  
in Psychiatry: an introduction  
*Silvana Galderisi, Italy*
- 17:20-17:55** Adherence to treatment  
in people with Schizophrenia  
*Istvan Bitter, Hungary*
- 17:55-18:30** Adherence to treatment  
in people with Eating Disorders  
*Palmiero Monteleone, Italy*
- 18.30-19.30** Interactive Discussion

### Saturday, November 19

- 09.00-11.30** Session II  
Chairperson  
*Silvana Galderisi, Italy*
- 09:00-09:15** Introduction to the topic  
*Silvana Galderisi, Italy*
- 09:15-10:00** Adherence to treatment  
in people with Bipolar Disorders  
*Andreas Erfurth, Austria*
- 10:00-10:45** Adherence to treatment  
in people with Anxiety Disorders  
*Stefano Pallanti, Italy*
- 10:45-11:30** Adherence to treatment  
in people with Depression  
*Marie Tournier, France*
- 11.30-12.00** Interactive Discussion
- 12.00-13.30** Preparation of the report  
from the Psychiatric Area
- 13:30-14:30** Lunch
- 14.30-15.30** Plenary Session  
*Rapporteurs of the 5 Areas*

# Program

## Respiratory Area (Sala della Marina 2)

Technical Commissions Halls

### Friday, November 18

- 16:30-18:30** **Session I**  
Chairman  
*Francesco Blasi, Italy*
- 16:30-16:45** **Introduction to the topic**  
*Francesco Blasi, Italy*
- 16:45-17:20** **COPD and Asthma epidemiology in Europe**  
*Giovanni Viegi, Italy*
- 17:20-17:55** **Awareness and adherence in COPD and Asthma**  
*Federico Lavorini, Italy*
- 17:55-18:30** **COPD and Asthma: adherence-related burden and costs**  
*Job F.M. van Boven, The Netherlands*
- 18.30-19.30** **Interactive Discussion**

### Saturday, November 19

- 09.00-11.30** **Session II**  
Chairman  
*Francesco Blasi, Italy*
- 09:00-09:10** **Introduction to the topic**  
*Francesco Blasi, Italy*
- 09:10-09:35** **Patients' unmet needs**  
*Dan Smyth, United Kingdom*
- 09:35-11:05** **Different health systems' approaches**  
*Stefano Nardini, Italy*  
*Stephen Turner, United Kingdom*  
*Anna Doboszynska, Poland*  
*François-Xavier Blanc, France*  
*Luis Puente Maestu, Spain*  
*Andrea Koch, Germany*  
*Antonio Foresi, Italy*
- 11:05-11:30** **Real-life adherence in asthma and COPD: various solution**  
*David Price, United Kingdom*
- 11.30-12.00** **Interactive Discussion**
- 12.00-13.30** **Preparation of the report from the Respiratory Area**
- 13:30-14:30** **Lunch**
- 14.30-15.30** **Plenary Session**  
*Rapporteurs of the 5 Areas*

# Program

## Urologic Area (Sala del Faro)

Technical Commissions Halls

### Friday, November 18

- 16:30-18:30 Session I**  
Chairmen  
*Walter Artibani, Italy*  
*Vincenzo Mirone, Italy*  
*Christopher Chapple, United Kingdom*
- 16:30-16:45 Introduction to the topic**  
*Walter Artibani, Italy*  
*Vincenzo Mirone, Italy*  
*Christopher Chapple, United Kingdom*
- 16:45-17:20 BPH and Urinary Incontinence, epidemiology in Europe**  
*Walter Artibani, Italy*  
*Vincenzo Mirone, Italy*
- 17:20-17:55 Awareness and Adherence Therapy in BPH and Urinary Incontinence**  
*Christopher Chapple, United Kingdom*
- 17:55-18:30 BPH and Urinary Incontinence: Adherence-related burden and costs**  
*Walter Artibani, Italy*
- 18.30-19.30 Interactive Discussion**

### Saturday, November 19

- 09.00-11.30 Session II**  
Chairmen  
*Giuseppe Carrieri, Italy*  
*Vincenzo Mirone, Italy*  
*Christopher Chapple, United Kingdom*
- 09:00-09:20 Introduction to the topic**  
*Giuseppe Carrieri, Italy*  
*Vincenzo Mirone, Italy*  
*Christopher Chapple, United Kingdom*
- 09:20-09:50 Patients' unmet needs**  
*Christopher Chapple, United Kingdom*
- 09:50-11:30 Different health systems' approaches**  
*Giuseppe Carrieri, Italy*  
*Mark J. Speakman, United Kingdom*  
*Piotr Chlostka, Poland*  
*Bertrand Lukacs, France*  
*Carlos Llorente, Spain*  
*Oliver W. Hakenberg, Germany*
- 11.30-12.00 Interactive Discussion**
- 12.00-13.30 Preparation of the report from the Urologic Area**
- 13:30-14:30 Lunch**
- 14.30-15.30 Plenary Session**  
*Rapporteurs of the 5 Areas*

# Faculty

Surname	Name	Country
Agabiti Rosei	Enrico	ITALY
Artibani	Walter	ITALY
Bitter	Istvan	HUNGARY
Blanc	Francois-Xavier	FRANCE
Blasi	Francesco	ITALY
Bresso	Mercedes	ITALY
Burnier	Michel	SWITZERLAND
Carrieri	Giuseppe	ITALY
Catapano	Alberico L.	ITALY
Chapple	Christopher R.	UNITED KINGDOM
Chlosta	Piotr Ludwik	POLAND
Cifková	Renata	CZECH REPUBLIC
Corrao	Giovanni	ITALY
Degli Esposti	Luca	ITALY
Dekhuijzen	Pieter Nicolaas Richard	THE NETHERLANDS
Doboszynska	Anna	POLAND
D'Orazio	Elio	ITALY
Erfurth	Andreas	AUSTRIA
Fisas Ayxela	Santiago	SPAIN
Foresi	Antonio	ITALY
Galderisi	Silvana	ITALY
Gardini	Elisabetta	ITALY
Grobbee	Diederick Egbertus	THE NETHERLANDS
Hakenberg	Oliver	GERMANY
Jelakovic	Bojan	CROATIA
Jennings	Catriona Sian	UNITED KINGDOM
Kahan	Thomas	SWEDEN
Koch	Andrea	GERMANY
La Via	Giovanni	ITALY

# Faculty

Surname	Name	Country
Lavorini	Federico	ITALY
Llorente Abarca	Carlos	SPAIN
Lukacs	Bertrand	FRANCE
Mancia	Giuseppe	ITALY
Messina	Roberto	ITALY
Mirone	Vincenzo	ITALY
Monteleone	Palmiero	ITALY
Nardini	Stefano	ITALY
Packard	Christopher John Dillon	UNITED KINGDOM
Pallanti	Stefano	ITALY
Pani	Luca	ITALY
Panzeri	Pier Antonio	ITALY
Patriciello	Aldo	ITALY
Pittella	Gianni	ITALY
Pozzi	Giuseppe	ITALY
Price	David	UNITED KINGDOM
Puente Maestu	Luis	SPAIN
Rasi	Guido	UNITED KINGDOM
Redon	Josep	SPAIN
Scaglione	Francesco	ITALY
Sernagiotto	Remo	ITALY
Smyth	Dan	UNITED KINGDOM
Speakman	Mark	UNITED KINGDOM
Takki	Marianne	BELGIUM
Tokgözoğlu	Lale	TURKEY
Tournier	Marie	FRANCE
Tsioufis	Costas	GREECE
Turner	Stephan	UNITED KINGDOM
Van Boven	Job Frank Martien	THE NETHERLANDS
Viegi	Giovanni	ITALY

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AIM Group International  
Via Flaminia, 1068 - 00189 Roma  
Tel. +39 0633053.1 - Fax +39 0633053249  
siha2016@aimgroup.eu  
www.aimgroupinternational.com



Avenue de Tervuren 67 - 1040 Bruxelles  
Tel. +32 27437010 / +39 0412794810 - Fax +32 27437019  
info@sihassociation.org  
www.seniorinternationalhealthassociation.org