

Under the aegis of:



Laboratory Research  
and Division of Rheumatology  
Department of Internal Medicine University  
of Genova San Martino Hospital

# 4<sup>th</sup> EULAR COURSE

## on Basic and Advanced Capillaroscopy in Rheumatic Diseases

### September 09<sup>th</sup>-11<sup>th</sup>, 2010 - Genova, Italy

#### PRESENTATION OF THE COURSE

Call for registration > [4thcapillaroscopy@elsevier.com](mailto:4thcapillaroscopy@elsevier.com) - Deadline for registration July 10<sup>th</sup>, 2010

#### Introduction

Nailfold capillaroscopy (NC) is a safe, non-invasive routine way for the microvascular investigation. The NC is a tool that allows to distinguish between primary and secondary Raynaud's phenomenon (RP) the best clinical marker of microvascular dysfunction. Several connective tissue diseases show characteristic NC patterns including systemic sclerosis (SSc), dermatomyositis (DM), mixed connective tissue disease (MCTD) and antiphospholipid syndrome. The NC supports the early diagnosis of connective tissue diseases. Therefore, the NC has become a dynamic tool that further increases the armamentarium of the rheumatologist. NC is fundamental to explore the microvascular system and is considered useful in monitoring the progression of the microangiopathy, in assessing the disease severity and in establishing the risk of a more aggressive disease evolution as well as to monitorize the effects of therapies.

#### Educational objectives

The course is intended to teach the attendees the proper methodology and practical use of the capillaroscopic investigation of the nailfold bed in normal and pathological conditions at two levels of expertise.

Attendees meeting the NV analysis from the beginning (  **Basic Course** ) and attendees already advanced and previously trained in the NV investigation (  **Advanced Course** ).

The **Basic attendees** will learn how to distinguish the different NC patterns characterizing the major connective tissue diseases associated or not with secondary RP. The **Advanced attendees** will improve their basic skillness with integrated lessons on practical application of NV in case resolution and therapy follow up and updated integrations to their expertise on the field.

Participants of both courses will be involved in theoretical and practical capillaroscopic sessions involving rheumatic patients. At the end of the course the basic attendees will have learnt the use of the capillaroscopic tools and will be able to recognize and describe all the major NC patterns. At the end the advanced will have improved their skillness in NV by making diagnosis on living clinical cases and discussing the prognostic value of NV in the disease follow up.

Following the exciting results of the First 3 Courses, each one including a total number of 100-120 attendees from whole Europe, the Fourth Course should be replicated and will be specially devoted to trainees and young rheumatologists. A CD and a Syllabus with the major topic discussed will be offered. In addition, a network for the online discussion of the observed patterns with the experts will be organized and offered to the participants to the Course.

#### Course organization

The Course will include morning and afternoon sessions each day. The practical sessions will be supported by the full availability of several videocapillaroscopies for the direct analysis of the nailfold bed in living patients. Expert tutors will show the technique to basic attendees. In addition, each day the described patterns will be discussed during the practical sessions.

The results of the multiple choice questionnaires collected at the beginning and at the end of the Course will be analyzed by a panel of experts including the speakers of the day, who will critically discuss the participants' answers from the perspective of evidence-based medicine and their own clinical experience.

Some common sessions grouping together both course levels, on general and updated introductory topics as well as on conclusive perspectives will be organized.

Registration is open to all member countries of EULAR and in the world.

A special rate is dedicated to trainees and young rheumatologists (Available under 35 years old. A letter of confirmation of Trainee status from the Head of Unit must accompany the registration form).

This Course will apply for both national and european credits as happened for the previous 3 courses. The Course should be run successive editions in different European Countries.

#### Congress Venue

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#### Scientific Organizer

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#### Speakers

The speakers will mainly include the major European experts on the matter, including some specialists already involved during the Symposia on Capillaroscopy that have been held during the last 4 Annual EULAR Meetings.

#### Course opening / Course closing

Thursday, September 09<sup>th</sup>, 2010  
Saturday, September 11<sup>th</sup>, 2010

#### Official language

The official Conference language will be English. Simultaneous English ↔ Italian translation will be provided.

#### CME credits

Application will be forwarded for both national and european credits.

- 14.30 - 18.30 **B A** **MICROCIRCULATION: THE STATE OF ART – Plenary Session**
- 14.30 - 14.40 The rheumatology in Europe
- 14.40 - 15.00 EULAR and education
- 15.00 - 15.20 Introduction and presentation of the course
- 15.20 - 15.50 The microcirculation in the rheumatic diseases
- 15.50 - 16.00 Questions and answers
- 16.00 - 16.30 Pause
- 16.30 - 16.50 The Raynaud's phenomenon: more than a clinical symptom
- 16.50 - 17.10 The methods of evaluation of the microcirculation
- 17.10 - 17.30 Questions and answers
- 17.30 - 18.30 INTERACTIVE SELF - ASSESSMENT "BEFORE"
- 20.30 Dinner

- 08.30 - 14.00 **INTRODUCTION TO THE CAPILLAROSCOPY**
- 08.30 - 08.50 **B A** Microvessels and rheumatic diseases
- 08.50 - 09.10 **B A** Fingers to be choiced or avoided for NVC analysis
- 08.50 - 09.10 **B A** Capillaroscopy: materials and methods
- 08.50 - 09.10 **B A** Searching the best lens magnification in NVC analysis
- 09.10 - 09.30 **B A** When and how to perform the capillaroscopy
- 09.10 - 09.30 **B A** Correlating blood flow and nailfold videocapillaroscopy
- 09.30 - 09.50 **B A** How to obtain good capillaroscopic pictures
- 09.30 - 09.50 **B A** Detection by capillaroscopy the shift from primary to secondary Raynaud's phenomenon
- 09.50 - 10.00 Questions and answers
- 10.00 - 10.20 **B A** Capillaroscopy in healthy subjects and different ages
- 10.00 - 10.20 **B A** Correlation of biomarkers of endothelium dysfunction and matrix remodeling in patients with systemic sclerosis
- 10.20 - 10.40 **B A** The most important capillaroscopic parameters
- 10.20 - 10.40 **B A** Blood flow evaluation in microvessels
- 10.40 - 11.00 **B A** The videocapillaroscopic technique
- 10.40 - 11.00 **B A** Angiogenesis: its role in tissue reparation
- 11.00 - 11.30 Pause
- 11.30 - 13.00 **B A** PRACTICAL SESSIONS TEACHING THE USE OF CAPILLAROSCOPY (*Faculty*)
- 13.00 - 14.00 Working Lunch

- 14.00 - 16.00 **B A** **CAPILLAROSCOPY AND RHEUMATIC DISEASES**  
**UNDERSTANDING CAPILLAROSCOPY**
- 14.00 - 14.15 **B A** Mistakes in capillaroscopy
- 14.00 - 14.15 **B A** The prognostic value of nailfold capillary changes for the development of connective tissue disease in children and adolescents with primary Raynaud's phenomenon
- 14.15 - 14.30 **B A** Capillaroscopy in Raynaud's phenomenon
- 14.15 - 14.30 **B A** Validation of the scleroderma pattern
- 14.30 - 14.45 **B A** Capillaroscopy in systemic sclerosis
- 14.30 - 14.45 **B A** Optimizing the images during the capillaroscopic analysis
- 14.45 - 14.55 Questions and answers
- 14.55 - 15.10 **B A** Capillaroscopy in dermatomyositis and mixed connective tissue disease
- 14.55 - 15.10 **B A** More severe nailfold capillaroscopy findings and anti-endothelial cell antibodies in systemic sclerosis
- 15.10 - 15.25 **B A** Capillaroscopy in systemic lupus erythematosus
- 15.10 - 15.25 **B A** Antibodies and capillaroscopy in systemic sclerosis
- 15.25 - 15.40 **B A** Capillaroscopy in antiphospholipid syndrome
- 15.25 - 15.40 **B A** Mistakes in capillaroscopy
- 15.40 - 15.50 Questions and answers
- 15.50 - 16.20 Pause

- 16.30 - 19.30 **B A** **CAPILLAROSCOPY AND RHEUMATIC DISEASES**  
**UNDERSTANDING CAPILLAROSCOPY**
- 16.20 - 16.35 **B A** Capillaroscopy in juvenile connective tissue diseases
- 16.20 - 16.35 **B A** Capillaroscopy and skin ulcers in scleroderma
- 16.35 - 16.50 **B A** Capillaroscopy in diabetes mellitus
- 16.35 - 16.50 **B A** Capillaroscopy and pulmonary hypertension in scleroderma
- 16.50 - 17.05 **B A** Capillaroscopy of dermatological/rheumatic disorders
- 16.50 - 17.05 **B A** Role of endothelin and sex hormones in the pathophysiology of tissue fibrosis
- 17.05 - 17.20 **B A** Controversies in capillaroscopy
- 17.05 - 17.20 **B A** Teaching capillaroscopy to young fellows
- 17.20 - 17.30 Questions and answers
- 17.30 - 17.50 **B A** Treatment of Raynaud's phenomenon: new insights and developments
- 17.30 - 17.50 **B A** Capillaroscopy and guidelines for the diagnosis of early scleroderma
- 17.50 - 18.20 **B A** Role of endothelin in digital ulcers
- 18.20 - 18.30 Questions and answers
- 18.30 - 19.30 **B A** PRACTICAL SESSIONS WITH CLINICAL CASES | *Faculty Interactive*
- 21.00 Dinner

- 08.30 - 13.00 **B A** **CAPILLAROSCOPY, CLINICAL CORRELATIONS AND PERSPECTIVES – Plenary Session**
- 08.30 - 08.45 Capillaroscopy in different microvascular conditions
- 08.45 - 09.00 Computerized nailfold video capillaroscopy - a further tool for assessment of Raynaud's phenomenon
- 09.00 - 09.15 Correlations between capillaroscopy and serological findings
- 09.15 - 09.30 Correlations between capillaroscopy and clinical findings
- 09.30 - 10.30 PRACTICAL ISSUES and questions
- 10.30 - 11.00 **B A** PRACTICAL ISSUES, Proposals
- 10.30 - 11.00 Pause
- 11.00 - 11.30 INTERACTIVE SELF - ASSESSMENT "AFTER"
- 11.30 - 11.45 INTERACTIVE SELF - ASSESSMENT SOLUTION
- 11.45 - 12.00 PERSPECTIVES AND WEB SITE: development of an online network
- 12.00 - 12.30 General discussion