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## Congresso Português de Cardiologia 2025

Dear colleagues,

The Portuguese Congress of Cardiology (CPC) has been a pivotal event in the field of cardiovascular medicine for the past fifty years, fostering a platform for scientific exchange, professional development, and networking among cardiologists and related healthcare professionals. This year, the CPC2025 will take place in the historic city of Porto, marking over two decades since the last time the congress was held there. The event will be hosted at the Alfândega building, a historical site that once served as an interchange for foreign products and cultures, from April 11 to 13, under the theme “Building Bridges in Cardiology.” This same building, packed with history, will now serve as our scientific hub, where discussions on state-of-the-art cardiology will unfold.

It is well-known that the congress is a cornerstone for the advancement of cardiology in Portugal. It brings together experts, researchers, and practitioners from across the nation and beyond, creating an environment where the latest research, clinical practices, and technological innovations are shared and discussed. The congress not only updates attendees on the latest in cardiology but also plays a crucial role in shaping the future of cardiovascular care, creating lasting memories for fellows and providing networking opportunities for all those interested in cardiovascular medicine. Indeed, networking at the congress is invaluable! Our event provides a unique platform for professionals to connect, collaborate, and form partnerships that can lead to future research projects, clinical trials, and educational initiatives. These connections often result in long-term collaborations that drive the field forward.

The theme “Building Bridges in Cardiology” encapsulates the congress’s aim to connect different aspects of cardiovascular medicine and at the same time, remind us of the two cities that are linked across the Douro River. It promotes interdisciplinary collaboration, recognizing that optimal patient care often requires a multidisciplinary team. Furthermore, the congress will highlight how digital transformation, including artificial intelligence, is reshaping cardiovascular care, enhancing diagnostics, and improving patient outcomes.

Scientific exchange is at the heart of the congress. Through presentations, workshops, and symposia, the latest research findings are disseminated, allowing for the integra-

tion of new knowledge into clinical practice. This exchange is vital for the continuous improvement of patient care, as it ensures that treatments are based on the most current evidence. Professional development is another key aspect of the congress. With sessions dedicated to various subspecialties within cardiology, professionals can expand their expertise, learn new techniques, and stay abreast of evolving guidelines and treatments. This continuous learning is essential in a field where advancements are rapid and impactful.

The submission and presentation of abstracts are fundamental to the congress and the future of Portuguese Cardiology. They allow for the introduction of novel ideas, treatments, and technologies. Abstracts and research presentations are the lifeblood of scientific progress, providing a platform for both established researchers and emerging talents to share their work. Presenting at the CPC offers immediate feedback from peers, which can refine research methodologies, validate findings, and inspire further investigation. For young cardiologists and researchers, presenting at such a prestigious event can significantly enhance their career trajectory by increasing their visibility within the scientific community. Moreover, the insights gained from these presentations directly influence clinical practice, leading to improved patient outcomes through the adoption of evidence-based strategies.

Finally, let us take a moment to reflect on the historical significance of Port wine, particularly its use as a “cordial.” In the annals of medicine, a cordial was once considered a tonic for the heart, invigorating and reviving, derived directly from the Latin word “cor,” meaning heart. Port wine, born from the rugged terraces of the Douro Valley, has long been celebrated as a cordial, fortifying and warming the spirit. Here, in this city where history and wine intertwine, we are building bridges in cardiology, connecting experience with innovation, much like the harmonious blend of grapes and brandy that creates Port. Let this congress be our cordial, strengthening our resolve to heal the hearts of our patients!

Be very welcome to the “Invicta” and let us celebrate with a glass of Port!

**Rui Terenas Baptista**  
 President of the 2025 Portuguese Congress of Cardiology