

# Preface

*“Advancing the Field Together” – The Journey that started in planning for the 15<sup>th</sup> International Congress on Antiphospholipid Antibodies continues with a State-of-the-Art Antiphospholipid Syndrome book*

The International Congress on Antiphospholipid Antibodies (aPL) takes place every three years; its purpose is to discuss aPL and antiphospholipid syndrome (APS) research and clinical care. The Congress is a venue in which scientists and clinicians, from multiple disciplines, present and review the most recent innovative and important research to improve understanding of the syndrome, prioritize research questions, and set a roadmap for future research.

The 15<sup>th</sup> International Congress on aPL took place on September 21–24, 2016, in North Cyprus, having been relocated from the original congress location of Istanbul, Turkey<sup>1</sup>. The Congress offered a comprehensive program, including evidence-based state-of-the art presentations from 70 internationally recognized physicians and scientists. At the Congress, there were 24 main sessions including 4 from different task forces, 147 oral and poster abstract presentations, 14 meet-the-expert sessions, 2 satellite symposia, and 1 patient education workshop; the objectives of which were to discuss the biology and new mechanisms of the disease, describe ongoing and planned clinical trials, explore potential new treatments, and strengthen established and/or create new international collaborations for both basic and clinical research in the field.

A novel aspect of the Congress was that multiple teams, chaired by Scientific Planning Committee members, used evidence-based literature reviews and expert discussions to answer specific predefined aPL/APS questions. These teams included points of view from experts in rheumatology, hematology, cardiovascular medicine, obstetrics, neurology, and immunology. The Scientific Planning Committee members also chaired the congress sessions and supervised completion of the reports that are the bases of the chapters of this book.

The journey that had started as a planning exercise for the 15<sup>th</sup> International Congress on aPL did not stop in September 2016, when the Congress ended, but

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<sup>1</sup> [www.apsistanbul2016.org](http://www.apsistanbul2016.org).

continues with this state-of-the-art book. This book is presented in six sections, each section focusing on a different aspect of aPL/APS: history; basic science; clinical and diagnostic features; current and future therapies; task forces; and patient education. We want to thank all the authors who participated in this journey, and hope that this book will add value to the field of thrombosis and APS.

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