



THIRD ANNUAL

Cardiovascular Disease Prevention Symposium

Presented by Houston Methodist DeBakey Heart & Vascular Center

OCT. 8, 2022

Course Director: Khurram Nasir, MD, MPH, MSc

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VASCULAR CENTER



AGENDA

TIME	PRESENTATION	SPEAKER
7:00 AM	Registration and Breakfast	
7:50 AM	Welcome and Introduction	Kershaw V. Patel, MD and William A. Zoghbi, MD, FASE, FAHA, MACC
SESSION 1: Top 4 Topics in Preventive Cardiology Moderator: William A. Zoghbi, MD, FASE, FAHA, MACC		
8:00 AM	Preventive Cardiology as a Dedicated Service Line: The Time Is Now	Michael D. Shapiro, DO
8:10 AM	Women Heart Center: Evolving CVD Prevention Need Among Women	Martha Gulati, MD, MS, FACC, FAHA
8:20 AM	The Future of CVD Risk Assessment and Prevention Management: See Disease Treat Disease	Khurram Nasir, MD, MPH, MSc
8:30 AM	Question and Answer Session	
SESSION 2: Lipids and Beyond for CVD Prevention Moderator: Kershaw V. Patel, MD		
9:00 AM	How to Choose from Established and Emerging Lipid Lowering Therapies	Christie Ballantyne, MD
9:10 AM	Should Cardiometabolic Protective Agents be the First Choice for Diabetic Patients?	Kershaw V. Patel, MD
9:20 AM	Practical Tips on Hypertension Management for ASCVD and Heart Failure (HF) Prevention	Sadiya S. Khan, MD, MSc
9:30 AM	Thrombotic Balance: Underappreciated Markers for ASCVD Risk	Andrew P. DeFilippis, MD, MSc
9:40 AM	Question and Answer Session	
10:00 AM	Break and Exhibits	
SESSION 3: Obesity: Next Frontier for CVD Management Moderator: Kershaw V. Patel, MD		
10:30 AM	Cross Talk Between Obesity, Fatty Liver and Metabolic Syndrome	David W Victor, III, MD
10:40 AM	Sleep Apnea, Obesity and CVD	Harneet Walia, MD, FAASM
10:50 AM	Early Metabolic Derangements: Time to Intervene Prior to Overt Obesity	Arthur S. Agatston, MD
11:00 AM	Emerging Medical Management for Obesity: The Future is Bright	Michael J. Blaha, MD, MPH
11:10 AM	Question and Answer Session	
SPECIAL SESSION: Preventive Cardiology Beyond the Boundaries of Health System		
11:30 AM	KEYNOTE: Impacting Nature to Build Sustainable Cardiovascular Healthy Communities	Sanjay Rajagopalan, MD
12:00 PM	Social Media: How to Use It to Promote CVD Prevention	Martha Gulati, MD, MS, FACC, FAHA
12:10 PM	Social Determinants of Health (SDOH) and Health Equity: CVD Prevention for All	Khurram Nasir, MD, MPH, MSc
12:20 PM	Question and Answer Session	
1:00 PM	Lunch, Exhibits, and Networking	
1:30 PM	Adjourn	

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COURSE DIRECTOR

Khurram Nasir, MD, MPH, MSc

Chief, Division of Cardiovascular Prevention and Wellness
Houston Methodist DeBakey Heart & Vascular Center
Co-Director, Center for Outcomes Research
Jerold B. Katz Investigator, Academy of Translational Research
Houston Methodist

GUEST FACULTY

Arthur S. Agatston, MD

Cardiologist
Chief Executive Officer, The Agatston Center for Preventive Medicine
Developer, South Beach Diet
Miami, Florida

Christie M. Ballantyne, MD

Chief, Sections of Cardiology & Cardiovascular Research; Director, Center for Cardiometabolic Disease Prevention; Professor of Medicine
Baylor College of Medicine
Houston, Texas

Michael J. Blaha, MD, MPH

Director of Clinical Research, Ciccarone Center for the Prevention of Cardiovascular Disease
Professor of Medicine
Johns Hopkins Medicine
Baltimore, Maryland

Andrew P. DeFilippis, MD, MSc

Associate Professor of Medicine
Medical Director, Cardiovascular Intensive Care
Vanderbilt University Medical Center
Nashville, Tennessee

Martha Gulati, MD, MS, FACC, FAHA, FASPC, FESC

Director, Preventive Cardiology
Associate Director, Barbra Streisand Women's Heart Center
Associate Director, Preventive and Cardiac Rehabilitation Center
Cedars-Sinai Medical Center
Smidt Heart Institute
Los Angeles, California

Sadiya S. Khan, MD, MSc

Assistant Professor of Medicine (Cardiology) and Preventive Medicine (Epidemiology)
Northwestern Medicine
Feinberg School of Medicine
Chicago, Illinois

Sanjay Rajagopalan, MD, FACC, FAHA

Chief, Cardiovascular Medicine
University Hospitals, Harrington Heart & Vascular Institute
Director, Cardiovascular Research Institute
Herman K. Hellerstein MD, Professor of Cardiovascular Research
Professor, Department of Internal Medicine
Case Western Reserve University
Cleveland, Ohio

Michael D. Shapiro, DO

Professor, Cardiology
Wake Forest School of Medicine
Winston-Salem, North Carolina

Garima V. Sharma, MD

Assistant Professor of Medicine
Division of Cardiology
Johns Hopkins University School of Medicine
Baltimore, Maryland

Harneet K. Walia, MD, FAASM

Medical Director of Sleep Medicine and Continuous Improvement, Miami Cardiac and Vascular Institute
Professor Florida International University, Herbert Wertheim College of Medicine
Baptist Health South Florida
Miami, Florida

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Kershaw V. Patel, MD

Assistant Professor of Cardiology
Houston Methodist
Weill Cornell Medical College

David W. Victor, III, MD

Transplant Hepatologist, Sherrie and Alan Conover Center for Liver Disease & Transplantation
Houston Methodist J.C. Walter Jr. Transplant Center
Associate Professor of Medicine
Houston Methodist
Weill Cornell Medical College

William A. Zoghbi, MD, FASE, FAHA, MACC

Elkins Family Distinguished Chair in Cardiac Health, DeBakey Heart & Vascular Center
Chair, Department of Cardiology
Professor of Cardiology, Academic Institute
Full Member, Research Institute
Houston Methodist
Weill Cornell Medical College

PROGRAM OVERVIEW

The most important way to avoid cardiovascular disease (heart attacks, heart failure, arrhythmias) is prevention. Most cardiovascular diseases can be prevented when other risk factors such as, being overweight, smoking, alcohol abuse, and not participating in physical activity are addressed. Early detection and medicine management are key for treating patients who present cardiovascular risks, such as hypertension, diabetes, hyperlipidemia, or a pre-existing disease.

The number of patients with obesity and diabetes continues to rise. Therefore, more emphasis needs to be on prevention, rather than interventional. This educational event will provide updates on the most current recommendations for cardiovascular disease prevention, ranging from lifestyle interventions, to testing, and clinical decision-making for physicians, physician assistants, nurse practitioners, residents, and fellows. For example, diet, exercise and obesity-related guidelines (primary prevention), or which patients with high cardiovascular risk require a CAC scan, and/or who to put on a statin (secondary prevention).

TARGET AUDIENCE

Physicians, Physician Assistants, Nurse Practitioners, Nurses, Other Healthcare Professionals, Residents, Fellows, and Other Non-Healthcare Professionals

EDUCATIONAL OBJECTIVES

At the conclusion of this activity, the participant should be able to:

- Utilize the new guidelines to identify and mitigate risk factors for heart disease
- Discuss prevention strategies (primary and secondary) related to different patient populations
- Discuss the role of diagnostic and therapeutic interventions for prevention and treatment of common cardiovascular diseases as well as their risk factors

NURSING OUTCOMES STATEMENT

Nurses attending this activity will be able to identify at least one nursing intervention for cardiovascular patients that will assist in the improvement of patient outcomes as evidenced by a self-reported change in practice on the program evaluation.

EDUCATIONAL METHOD

Didactic Lectures, Question and Answer Sessions

ACCREDITATION AND CREDIT DESIGNATION STATEMENTS

Physicians

Houston Methodist is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Houston Methodist designates this live activity for a maximum of 4.50 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nursing

Houston Methodist is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

Houston Methodist will award up to 4.33 nursing professional development contact hours for this activity. Participants must attend one or both entire days of the activity and complete the evaluation

HOW TO RECEIVE YOUR CERTIFICATE

Physicians

An email will be sent from learn@houstonmethodist.org with the necessary link to evaluate the activity. You will be prompted to print/download your certificate in PDF format once you have submitted your evaluation.

Nurses

To be awarded up to 4.33 contact hours for this continuing education activity, the participant must:

- Be sure to check in and complete the sign in process.
- Attend each session in its entirety (Contact hours are awarded only for full day attendance)
- Complete the evaluation tool. An email will be sent from learn@houstonmethodist.org with the necessary link to evaluate the activity. You will be prompted to print/download your certificate in PDF format once you have submitted your evaluation.

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Houston Methodist does not view the existence of interests or relationships with ineligible companies as implying bias or decreasing the value of a presentation. It is up to the participants to determine whether the interests or relationships influence the presenter with regard to exposition or conclusions.

In addition, if contributors will be discussing products (drugs/devices) they have been instructed to use generic names and to include various products within and across classes. If at any time during this activity you feel that there has been commercial or promotional bias, please notify the CE coordinator for the activity and note your comments by using the commercial bias comments box in the evaluation form. Please answer the question about balance in the CE activity evaluation candidly.

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Faculty members are also asked to disclose any unlabeled use or investigational use (not yet approved for any purpose) or pharmaceutical and medical device products and provide adequate scientific and clinical justification for such use. Physicians are urged to fully review all the available data on products or procedures before using them to treat patients.

All the relevant financial relationships listed for these individuals have been mitigated.

Name	Role(s)	Relevant Financial Relationship(s)
Christie M. Ballantyne, MD	Speaker	Grant/Research Support- (All paid to institution, not individual): Abbott Diagnostic, Akcea, Amgen, Arrowhead, Esperion, Ionis, Merck, Novartis, Novo Nordisk, Regeneron, Roche Diagnostic, NIH, AHA, ADA. Consultant- 89Bio, Abbott Diagnostics, Alnylam Pharmaceuticals, Althera, Amarin, Amgen, Arrowhead, Astra Zeneca, Denka Seiken, Esperion, Genentech, Gilead, Illumina, Matinas BioPharma Inc, Merck, New Amsterdam, Novartis, Novo Nordisk, Pfizer, Regeneron, Roche Diagnostic
Michael Blaha, MD	Speaker	Advisory Board: Amgen, Novartis, Novo Nordisk, Bayer, Roche, Vectura, Boehringer Ingelheim, Agepha, 89Bio, Inozyme (relationship has ended) Grant: Amgen, Novo Nordisk, Bayer Consultant: Kowa, emocha health
Andrew P. DeFilippis, MD, MSc	Speaker	Consultant (Clinical Trial Design): Velakor Research Support: Ionis
Khurram Nasir, MD, MPH, MSc	Planning Committee Member, Speaker	Advisory Board: Amgen, Novartis, Novo Nordisk
Kershaw V. Patel, MD	Planning Committee Member, Speaker	Consultant: Novo Nordisk
Michael D. Shapiro, DO	Speaker	Advisory Board: Amgen, Novo Nordisk Advisory Board, Consultant: Novartis Consultant: Ionis Consultant: Regeneron (<i>Relationship Has Ended</i>)
David W. Victor, III, MD	Speaker	Speaker: Gilead, Intercept Research Support: Siemens
Harneet K. Walia, MD, FAASM	Speaker	Advisory Board: Idorsia, Resmed (<i>Relationships Have Ended</i>) Research Support: Resmed (<i>Relationship Has Ended</i>)

All other individuals in control of content of this activity have no relevant financial relationships with ineligible companies to disclose.

EXHIBITORS

We gratefully acknowledge the following companies for
participating as exhibitors at this activity:

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