

Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction

Friday, October 18, 2019

New York, NY

nyulmc.org/hearthealthcme

Jointly provided by NYU School of Medicine and the
New York Chapter American College of Physicians



New York State
CHAPTER



SPEAKERS

COURSE DIRECTORS

Dennis A. Goodman, MD

Clinical Professor of Medicine
Director, Integrative Medicine, Leon H. Charney Division of Cardiology
Center for the Prevention of Cardiovascular Disease
NYU School of Medicine

Jonathan H. Whiteson, MD, FAAPMR

Associate Professor of Rehabilitation Medicine and Medicine
Vice Chair, Rusk Rehabilitation
Clinical Operations
Medical Director, Cardiac Rehabilitation
NYU School of Medicine

COURSE PLANNERS

Jeffrey S. Berger, MD

Nettie Capasso, MA OTR/L, ATP, RD

Edward A. Fisher, MD, PhD, MPH

Mattia Gilmartin, RN, PhD, FAAN

Pegah Jalali, MS, RD, CDN

Ana M. Mola, RN, PhD, ANP-BC, MAACVPR

Lawrence Phillips, MD

Alicia Pierre, PT, DPT

Sofiya Prilik, MD

Gregory J. Sweeney, PT, DPT

Howard Weintraub, MD

NYU LANGONE SPEAKERS

Jose O. Aleman, MD, PhD

Assistant Professor of Medicine

Michael S. Garshick, MD, MS

Research Instructor of Medicine
Center for the Prevention of Cardiovascular Disease

Arielle Leben, MS, RD, CDN

Registered Dietician

Bonnie C. Marks, PsyD

Senior Psychologist

Lauren A. Mehta, MS, RD, CDN

Registered Dietician

Ana M. Mola, RN, PhD, ANP-BC, MAACVPR

Clinical Assistant Professor of Rehabilitation Medicine
Director, Care Transitions and Population Health Management

Alicia Pierre, PT, DPT

Physical Therapy Supervisor

Sofiya Prilik, MD

Clinical Instructor of Rehabilitation Medicine
Clinical Director, Cardiac and Pulmonary Rehabilitation

Azizi A. Seixas, PhD, MPH

Assistant Professor of Population Health and Psychiatry

Binita Shah, MD

Assistant Professor of Medicine
Director, Internal Medicine Residency Research

Jonas M. Sokolof, DO

Clinical Associate Professor of Rehabilitation Medicine
Director, Oncological Rehabilitation

Gregory J. Sweeney, PT, DPT

Clinical Instructor of Rehabilitation Medicine

Howard Weintraub, MD

Clinical Professor of Medicine
Clinical Director, Center for the Prevention of Cardiovascular Disease
Associate Director, Preventive Cardiology Fellowship Program

GUEST SPEAKERS

Erin FitzGerald, RD, CDN, CDE

Assistant Clinical Nutrition Manager, Outpatient
Sodexo–Lenox Hill Hospital
New York, NY

Rachel Lustgarten, MS, RD, CDN

Staff Associate in Medicine
Weill Cornell Medical College
New York, NY

Norman E. Rosenthal, MD

Clinical Professor of Psychiatry
Georgetown University Medical School
Washington, DC



Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction

COURSE DESCRIPTION

This one-day course focuses on strategies to reduce risk for cardiovascular disease through lifestyle approaches for risk factor management. Diet and lifestyle choices are crucial components of preventive cardiology in the development and progression of cardiovascular disease (CVD) and related comorbidities such as hypertension, diabetes and dyslipidemia. Clinicians will be educated on benefits of prescribing various diets, meditation, supplements, exercise, and sleep hygiene. Speakers will cover weight loss options for cardiovascular health, including pharmaceutical treatments and bariatric surgical options. Attendees will also learn about the role of inflammation in CV risk and how certain autoimmune conditions affect inflammation and heart disease.

Exercise is a significantly under-utilized modality in the management of cardiovascular disease and its risk factors. The literature supports the concept of exercise as medicine and its use for risk factor management, primary and secondary cardiac event prevention, and management of established cardiovascular disease. This course will cover the ideal exercise prescription to prevent cardiovascular disease and to recover from a cardiac event through cardiac rehabilitation. Emerging concepts regarding exercise frequency and intensity will be covered. Attendees will understand and appreciate the psychosocial impact of cardiac disease and management through cardiac rehabilitation as well as the impact of nutrition on exercise performance. The impact of exercise on immune function, sarcopenia and oncologic disease will be discussed.

New clinical research and a review of current evidence will provide the attendees with the latest information to help their patients achieve optimal health through exercise, diet and integrative medicine strategies.

EDUCATIONAL OBJECTIVES

After participating in this activity, clinicians should be able to:

- Describe how the Mediterranean, plant-based/ whole food, and keto diets can be used in the primary prevention of cardiovascular disease as well as what the current sets of guidelines recommend
- Describe how the duration and quality of sleep affects cardiovascular disease risk and means to assess for and treat sleep apneas closely tied to multiple cardiovascular comorbidities
- Describe the outcomes data from the REDUCE-IT trial and the implications on clinical care
- Describe the role that inflammation plays in chronic illness and the current research on the anti- or pro-inflammatory effects of select foods, diet patterns, and lifestyle

- Describe how medically supervised diets, pharmaceutical therapies and surgical interventions affect risk for cardiovascular disease and co-morbidities
- Identify how stress contributes to cardiovascular disease, describe the current evidence for various stress-reduction lifestyle therapies, and discuss the impact of mind-body medicine and integrative cardiology/cardiac rehab on participation and retention in cardiac rehab programs
- Describe best practices for cardiac rehabilitation (CR) with reference to the Million Hearts Cardiac Rehabilitation Change Package (CRCP) highlighting patient education strategies throughout the continuum of care
- Describe the development of an individualized exercise program, using the FITT formula, as part of a healthy lifestyle and in patients with cardiovascular disease with emphasis on dietary changes to optimize exercise outcomes
- Recognize the impact of exercise in prevention and management of oncologic disease and oncological rehabilitation as well as the impact of exercise on immune function
- Discuss the impact of ageing on exercise with emphasis on sarcopenia highlighting prevention and treatment options

TARGET AUDIENCE

Physicians (cardiologists, internists, general and family practice providers, endocrinologists, physiatrists, oncologists and any physician with an interest in cardiovascular risk reduction), advanced practice providers, medical trainees, nurses, dietitians, physical therapists, occupational therapists, and other allied health care professionals with an interest in the prevention of heart disease

LOCATION

NYU Langone Health
Alumni Hall
550 First Avenue
New York, NY 10016

COURSE FEES

Full: \$149

Reduced*: \$99

NYU Langone Faculty and Staff: \$50

* Reduced fee applies to physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; retired physicians; and all other non-physician healthcare professionals.

Please note: This course is eligible for NYU School of Medicine Alumni discount.

REGISTRATION

nyulmc.org/hearthealthcme

After 12 pm on October 16, 2019, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional \$20 charge. Registration is non-transferable.

ELECTRONIC SYLLABUS

Course syllabus will only be distributed electronically. A link will be sent the week of the course where you can view, download or print course information and presentations in advance. This link will also allow you to view the course syllabus on your smartphone, tablet, or laptop during the course. Course presentations remain available for one year after the course.

REFUND POLICY

Submit your request for a refund of course fees more than \$75 no later than 7 days before the course start date. No refunds will be issued for cancellations or no-shows after that time. To request a refund, email cme@nyulangone.org. A \$75 administrative fee will be deducted.

COURSE CANCELLATION POLICY

If a course is cancelled due to inclement weather, insufficient enrollment, or any other reason, NYU SOM will refund registration fees in full. NYU SOM will provide at least two weeks' advance notice if cancelling due to insufficient enrollment and as soon as possible in all other circumstances. NYU SOM is not responsible for any airfare, hotel, or other non-cancellable costs incurred by the registrant.

CONTACT INFORMATION

NYU School of Medicine
Phone: 212-263-5295
Fax: 212-263-5293
Email: cme@nyulangone.org

CME ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the NYU School of Medicine and the New York Chapter American College of Physicians. The NYU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU School of Medicine designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

CONTINUING NURSING EDUCATION CONTACT HOURS

This program will award 7.25 continuing nursing education contact hours. Participants must complete a course evaluation to claim contact hours for this learning activity.

The NYU Meyers College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses' Credentialing Center's Commission on Accreditation.

DIETICIAN CREDITS

This activity has been approved by the Commission on Dietetic Registration for 7.0 CPEUs.



OCCUPATIONAL THERAPY CREDIT

This course is approved for a maximum of 7.0 occupational therapy contact hours (0.70 CEUs). The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.



Level: Introductory

This course meets the AOTA classification code of Domain of OT: Occupations

PHYSICAL THERAPY CREDIT

NYU Hospitals Center is a New York State Education Department approved provider for physical therapy and physical therapy assistant continuing education. This course is approved for a maximum of 7.25 physical therapy/physical therapy assistant contact hours (0.725 CEUs). The following states require continuing education units with no state-specific approval: CT, IA, ID, MO, ND and WA.

SPECIAL NEEDS

Rusk Rehabilitation at NYU Langone Health, in compliance with the legal requirements of the Americans with Disabilities Act, requests that any participant of this educational activity who is in need of accommodation, submit a written request cme@nyulangone.org at least one month prior to the course start date.

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AGENDA | Friday, October 18, 2019

- 7:30 am Registration and Continental Breakfast**
- 8:00 Welcome**
Dennis A. Goodman, MD and Jonathan H. Whiteson, MD, FAAPMR
- 8:05 Which Diet is Best for Cardiovascular Health?**
- Mediterranean Diet**
Arielle Leben, MS, RD, CDN
 - Whole Food, Plant-Based**
Binita Shah, MD, MS
 - Keto, Paleo, and Atkins**
Rachel Lustgarten, MS, RD, CD
 - The Mindful Art of Modifying Eating Behavior**
Erin FitzGerald, RD, CDN, CDE
 - Panel and Debate**
- 10:05 Coffee Break**
- 10:25 Embracing the Best of Both Worlds: Integrative Cardiology**
Dennis A. Goodman, MD
- 10:45 Fish Oils in the Prevention of Cardiovascular Disease: Which One and Who Should Get Them**
Howard Weintraub, MD
- 11:05 Cutting Fat: Dietary, Medical and Surgical Strategies in Obesity Care**
Jose O. Aleman, MD, PhD
- 11:30 Sleep and Cardiovascular Disease: Strange Yet Likely Bedfellows**
Azizi A. Seixas, PhD, MPH
- 11:50 Inflammation Nation: Nutrition and Exercise to the Rescue?**
Michael S. Garshick, MD, MS
- 12:10 pm Stress and Cardiovascular Health: Can Meditation Help?**
Norman E. Rosenthal, MD
- 12:30 Lunch (on your own)**
- 1:30 Cardiac Rehab Matters: So Where are the Patients?**
Alicia Pierre, PT, DPT
- 1:50 Exercise: Important Medicine for Cardiovascular Health!**
Gregory J. Sweeney, PT, DPT
- 2:10 Cardiac Rehabilitation: A Model of Health Promotion**
Ana M. Mola, RN, PhD, ANP-BC, MAACVPR
- 2:30 The Heart Mind Connection: Psychological Wellbeing in Cardiac Disease**
Bonnie C. Marks, PsyD
- 2:50 Coffee Break**
- 3:10 Eat! It Does a Body Good: Nutrition—Practical Applications**
Lauren A. Mehta, MS, RD, CDN
- 3:30 Aerobic Exercise: The Key to Immunologic Health**
Jonathan H. Whiteson, MD, FAAPMR
- 3:50 Sarcopenia in Cardiovascular Disease: Evaluation, Impact, and Management**
Sofiya Prilik, MD
- 4:10 Cardio-Oncology: Insights and Benefits of Exercise in Oncologic and Heart Disease**
Jonas M. Sokolof, DO
- 4:30 Panel Discussion—Questions and Answer**
- 5:00 pm Adjourn**

Co-Organized by the Leon H. Charney Division of Cardiology and the Joan and Joel Smilow Cardiac Prevention and Rehabilitation Center at Rusk Rehabilitation.

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