

Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction

Virtual Webinar

October 16, 2020
7:45 am - 1:30 pm

nyulmc.org/hearthealthcme



COURSE DIRECTOR

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 Grossman School of Medicine

COURSE DESCRIPTION

This half-day webinar will focus on strategies to reduce risk for cardiovascular disease and related comorbidities through lifestyle and dietary approaches. Clinicians will be educated on barriers to weight loss including genetics, hormones and metabolism. The course will review environmental risk factors in cardiovascular risk and provide updates in the scientific understanding of the connection between the human microbiome and cardiovascular disease.

Attendees will increase medical knowledge on more recent dietary evidence including areas of dietary controversy. The course will also provide strategies on how to educate patients on practical dietary changes. Attendees will hear about the evolution of traditional cardiovascular risk factors and recognize the potential benefits of more novel

screening approaches. Holistic approaches to cardiovascular health will be discussed including the use of biofeedback for stress management. The course will address lifestyle approaches to optimize immunity for cardiovascular health which may also benefit natural defenses during a pandemic.

A presentation on exercise will review how different types of exercise impact traditional and novel metabolic risk factors and the mechanisms underlying the effects. The webinar will conclude with a panel discussion time where course faculty will address questions from the audience. New clinical research and a review of current evidence will provide 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 DASH diets can be used in the primary prevention of cardiovascular disease, identify common themes among these diets to apply when counseling patients, and describe the most recent dietary research on egg, meat and caffeine consumption
- Describe biological barriers to weight loss including genetics, hormones and metabolism
- Describe how the microbiome has recently emerged as an important factor in human physiology and disease
- Describe how environmental exposures may impact cardiovascular risk, and potential strategies to decrease this risk
- Describe how traditional, new and emerging screening options can be used in primary prevention to reduce the risk of cardiovascular disease
- Describe how biofeedback, meditation and other holistic approaches may be used to reduce stress and hypertension
- Describe the impact of lifestyle on immune function and cardiovascular health and how a strong immune system may provide added protection during a pandemic
- Describe the impact of exercise on markers of metabolic risk

TARGET AUDIENCE

Cardiologists, internists, general and family practice providers, endocrinologists, and any physician with an interest in cardiovascular risk reduction, advanced practice providers, medical trainees, nurses, dieticians, and other allied health care professionals with an interest in the prevention of heart disease.

LOCATION

Online at BlueSky eLearn

REGISTRATION

Register online at nyulmc.org/hearthealthcme

FEES

Early Bird

(ends 8/16/20 at 11:59pm EST)

Full: \$130 Reduced*: \$75

Regular

(After 3 pm on October 15, 2020 registration will no longer be available)

Full: \$145 Reduced*: \$90

** Reduced fee applies to all nursing and allied health care professionals*

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

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 Grossman 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 4.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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

CONTINUING NURSING EDUCATION CONTACT HOURS

This program will award 4.5 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 4.5 CPEUs.



AGENDA

7:45 am	Virtual Room Opens	11:10	Stress Management: Can Biofeedback Help?
8:00	Course Director Welcome Dennis A. Goodman, MD		Leah Lagos Wallach, PsyD, BCB
8:10	Dietary Patterns for CardiovascularHealth Melissa C. Alazraki, MS, RD, CDE	11:35	Break
8:35	Sifting through Dietary Controversies: Eggs, Red Meat, Caffeine and Intermittent Fasting Dominique Adair, MS, RD	12:05 pm	Optimizing your Immune Function for Cardiovascular Health - Your Best Defense in a Pandemic Dennis A. Goodman, MD
9:00	How Do Genetics, Hormones and Metabolism Influence the Ability to Lose Weight? Jose O. Aleman, MD, PhD	12:30	Exercise for Reducing Metabolic Risk Sean P. Heffron, MD
9:25	Break	12:55	Audience Question and Answer Session and Panel Discussion Moderator: Dennis A. Goodman, MD Panelists: Dominique Adair, MS, RD, Melissa C. Alazraki, MS, RD, CDE, Jose O. Aleman, MD, PhD, Jeffrey S. Berger, MD, Edward A. Fisher, MD, PhD, MPH, Michael S. Garshick, MD, Sean P. Heffron, MD, Stephanie Hopkins, NP, Leah Lagos Wallach, PsyD, BCB, Jonathan Newman, MD, MPH, Vincent M. Pedre III, MD, Howard Weintraub, MD
9:55	The Environment and Cardiovascular Health Jonathan Newman, MD, MPH		
10:20	What's New in Cardiovascular Disease Prevention: Are Traditional Risk Factors Outdated? Jeffrey S. Berger, MD		
10:45	The Gut Microbiome and Cardiovascular Disease Vincent M. Pedre III, MD	1:30 pm	Adjourn