



Advances in Cardiovascular Risk Reduction

**IMPROVING TREATMENT FOR
PATIENTS WITH DIABETES**

Thursday, May 3, 2018

New York, NY

nyulmc.org/cvriskcme



New York State
CHAPTER



ASPC
The American Society for Preventive Cardiology



NYACP
New York Chapter
American College of Physicians
Advancing Internal Medicine; Improving Patient Care

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Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction

Friday, May 4, 2018

New York, NY

nyulmc.org/dietcvcme



Advances in Cardiovascular Risk Reduction

IMPROVING TREATMENT FOR PATIENTS WITH DIABETES

COURSE DESCRIPTION

This one-day course will cover state-of-the-art management of patients with cardiovascular risk factors, focusing on prevention. The course will feature presentations on diabetes, obesity, hypertension, familial hypercholesterolemia and will also explore the role of lipoprotein(a), platelets and PCSK9 in cardiovascular disease risk. The morning session will review the latest scientific and clinical advances in the management of diabetes, including topics such as the role of the RAGE receptor in diabetes-related complications, new glucose control treatments and their effects on cardiovascular disease risk. New insulin therapies and their potential for improving diabetic care and updated guidelines in diabetes management will be reviewed. The afternoon session includes a presentation on obesity as a cardiovascular risk factor, an update on hypertension and the latest research pertaining to cardiovascular markers including lipoprotein(a), PCSK9 and platelets. A presentation on familial hypercholesterolemia will highlight risk assessment strategies and treatment paradigms. Attendees will participate in a lunch case conference reviewing challenging cases in cardiovascular disease risk reduction.

EDUCATIONAL OBJECTIVES

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

- Describe the role of the RAGE receptor in diabetic complications and how inhibition of this receptor may be a novel avenue of treatment for diabetes-related complications
- Describe the types of familial hypercholesterolemia (FH), how FH increases CVD risk and current testing and treatment strategies for FH patients
- Describe the safety and efficacy data for new insulins and how novel insulins may improve diabetic care
- Outline the results of recent trials assessing the cardiovascular safety of glucose-lowering treatments
- Describe the mechanisms for the development of obesity related complications and outline treatment options that focus on the weight-centric management of diabetes
- Describe the optimal treatment goals in cardiovascular and diabetic patients
- Describe rationale behind the ISCHEMIA trial and how this trial may affect standard of care in patients with stable ischemic heart disease

Co-Organized by the Division of Cardiology and the Division of Endocrinology, Diabetes, and Metabolism

- Summarize the role of anti-thrombotic therapies in preventing cardiovascular events and their efficacy and safety in light of recent clinical trials
- Describe the role of Lp(a) in cardiovascular disease risk
- Describe how PCSK9 modulates LDL levels and reduces risk for cardiovascular events

TARGET AUDIENCE

Cardiologists, endocrinologists, internists, general practice, family practitioners, advanced practice providers, nurses and physician trainees

LOCATION

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

COURSE FEES

Full: \$175

Reduced*: \$95

Residents and Fellows: \$60

NYU Langone Health

Residents and Fellows: Waived

* Reduced fee applies to all nursing and allied healthcare professionals, as well as NYU Langone Health Faculty and Staff

REGISTRATION

nyulmc.org/cvriskcme

After 12 pm on May, 1, 2018, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional \$20 charge. We cannot accept telephone or email registration. 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

In order to request a refund, you must email cme@nyumc.org no later than 7 days prior to the first day of the course. Cancellations or no-shows after this date are not eligible for a refund. Fax and email cancellations are not accepted.

PROVIDED BY

Jointly provided by NYU School of Medicine and the New York State Chapter American College of Physicians (NYACP)

AGENDA | Thursday, May 3, 2018

7:45 am	Registration and Continental Breakfast	1:00	7th Annual Leon H. Charney Lecture
8:20	Course Director's Introduction Arthur Z. Schwartzbard, MD		Hypertension: Reconsiderations After the New Guidelines Howard Weintraub, MD <i>Dr. Howard Weintraub's presentation has been designated as the 7th Annual Leon H. Charney Lecture. This lecture series features outstanding basic, translational or clinical research by a NYU Langone faculty member in an area related to the prevention of cardiovascular disease.</i>
8:30	Diabetes Causes RAGEing Complications Ann Marie Schmidt, MD	1:30	The Role of Revascularization in Stable Ischemic Heart Disease Harmony R. Reynolds, MD
9:00	New Insulins: Will Therapy be Easier? Daniel S. Donovan, Jr., MD, MS, CDE	2:00	Antithrombotic Therapy in CAD: Which One and For How Long? Jeffrey S. Berger, MD
9:30	Beyond ACCORD: New Treatments of Glucose and Cardiovascular Risk Arthur Z. Schwartzbard, MD	2:30	Coffee Break
10:00	Coffee Break	2:45	When Bad Cholesterol Gets Worse: An Update on Lp(a) Sergio Fazio, MD, PhD
10:15	With Fat it Begins and with Fat it Ends: Obesity, Its Complications, and Treatments Jose O. Aleman, MD, PhD	3:15	PCSK9 Inhibition: Proof, Promises, and Practicalities Marc Sabatine, MD
10:45	Are All FH Patients the Same? Risk Assessment and Treatment Paradigms in Familial Hypercholesterolemia James A. Underberg, MD	3:45	Afternoon Panel Discussion
11:15	Morning Panel Discussion	4:30 pm	Adjourn
12:00 pm	Lunch and Case Conference: Navigating Diabetes Treatment Ira J. Goldberg, MD		

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.

CREDIT DESIGNATION STATEMENT

The NYU School of Medicine designates this live activity for a maximum of 7.50 *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 has been approved for 7.00 continuing nursing education contact hours.

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.

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 State Chapter American College of Physicians (NYACP). The NYU School of Medicine is accredited by the ACCME to provide continuing medical education for physicians.

Dietary and Lifestyle Strategies for Cardiovascular

COURSE DESCRIPTION

Diet and lifestyle are crucial components in the development and progression of cardiovascular disease (CVD) and related comorbidities such as hypertension, diabetes and dyslipidemias, but are underemphasized in the educational training of most health care providers. This course will review the evidence for diet and cardiovascular disease including recent guidelines, analyses, and controversies while providing practical counseling advice for assessing and implementing change to a patient's diet. The course will review the evidence for exercise, how to appropriately and safely prescribe an exercise regimen for the prevention and treatment of cardiovascular disease, and review the role and evidence for cardiac rehabilitation programs. The goal is for attendees to have a better understanding of the evidence for CVD reductions with a specific focus on the Mediterranean, DASH and plant-based whole food diets including discussions on how these diets effect CVD comorbidities such as hyperlipidemia, diabetes and hypertension. A specific focus will be placed on methods to navigate budget friendly grocery shopping for heart healthy eating and community programs available to help patients with lifestyle change.

EDUCATIONAL OBJECTIVES

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

- Describe how the Mediterranean, DASH and plant based/whole food diets can be used in the primary and secondary prevention of cardiovascular disease as well as what the current guidelines recommend
- Prescribe exercise and at what intensity and frequency to patients with established CVD or at risk for CVD and discuss the benefits of a cardiac rehabilitation program and the evidence to support it
- Describe the factors influencing the American diet and steps to mitigate disparities in access to healthy food and exercise
- Accurately assess a patient's diet within their clinical setting, describe the importance of motivating their patients to achieve positive clinical outcomes

- Describe how to develop a shopping plan to avoid the pitfalls of grocery store shopping and to maximize the purchase and consumption of heart healthy food
- Describe how to incorporate lifestyle interventions into a clinical practice including the areas of diet, exercise, smoking cessation and how community programs can help patients improve lifestyle and reduce disparities
- Outline the ideal eating patterns for diabetes, hypertension and dyslipidemias and describe how those diets optimize patient outcomes
- Describe how the microbiome has recently emerged as an important factor in human physiology and disease
- Describe how medically supervised diets, pharmaceutical therapies and surgical interventions effect risk for cardiovascular disease and co-morbidities
- Describe how the duration and quality of sleep effects cardiovascular disease risk and means to assess for and treat sleep apnea

TARGET AUDIENCE

Physicians, physician assistants, medical trainees, nurse practitioners, nurses, students, dietitians, pharmacists, and allied health professionals

LOCATION

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

REGISTRATION

nyulmc.org/dietcvcme

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PROVIDED BY

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COURSE FEES

	Regular	Fee for registrants also enrolled for Advances in Cardiovascular Risk Reduction on May 3, 2018
Full	\$130	\$110
Reduced*	\$75	\$65
Residents, Fellows, and Students	\$40	
NYU Langone Faculty and Staff	\$40	

* 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.

Risk Reduction

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CREDIT DESIGNATION STATEMENT

The NYU School of Medicine designates this live activity for a maximum of 5.50 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DIETICIAN CREDITS

This activity has been approved by the Commission on Dietetic Registration for 5.5 CPEUs.



CONTINUING NURSING EDUCATION CONTACT HOURS

This program has been approved for 5.25 continuing nursing education contact hours.

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.

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CONTACT INFORMATION

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



AGENDA | Friday, May 4, 2018

7:30 am Registration and Continental Breakfast

8:00 Course Director's Introduction
Eugenia Gianos, MD

Dietary Research

8:05 Conclusions from Dietary Research: Clear as Mud!
Eugenia Gianos, MD

8:30 The Gut Microbiome and its Role in Cardiovascular Disease
Stanley L. Hazen, MD, PhD

9:00 Animal- versus Plant-Based Protein in Coronary Artery Disease: Insights from the EVADE-CAD Trial
Binita Shah, MD, MS

9:25 Cardiovascular Mortality and Nutrition: Taking the DIE out of DIET
Kim A. Williams, Sr., MD, MACC, FAHA, MASNC, FESC

9:50 Question and Answer

10:00 Coffee Break

Dietary Assessment and Counseling

10:20 Assessing a Patient's Diet and Motivation in Clinical and Research Settings
Lisa Ganguzza, MS, RD, CDN

Keep the Change: Patient Education Tips for Healthy Eating on a Budget
Emily Johnston, MPH, RD, CDE

Key Ingredients to a Successful CV Prevention Team: Too Many Cooks in the Kitchen or Recipe for Success?
Barbara J. George, EdD, RCEP, MSN, AGNP-C

Weight Loss: When to Take Next Steps

11:05 Moving Beyond Calories: Nutrition for Weight Loss and Disease Prevention
Holly F. Lofton, MD

Update on Pharmacotherapy for Weight Management
Holly F. Lofton, MD

Surgical Solutions to Severe Obesity
Sean P. Heffron, MD, MSc

Lifestyle: Exercise and Sleep

11:45 Exercise as Medicine to Prevent and Treat Cardiovascular Disease
Jonathan H. Whiteson, MD, FAAPMR

Sleep and Cardiovascular Disease: Strange Yet Likely Bedfellows
Azizi A. Seixas, PhD, MA, MPsy

12:20 pm Coffee Break

Food Politics

12:40 Food Politics: Overcoming the Barriers to Healthy Diets
Marion Nestle, PhD, MPH

1:15 Panel Discussion/Question and Answer Session
Panel Discussion

2:00 pm Adjourn

SPEAKERS

ADVANCES IN CARDIOVASCULAR RISK REDUCTION: IMPROVING TREATMENT FOR PATIENTS WITH DIABETES

COURSE DIRECTOR

Arthur Z. Schwartzbard, MD

Associate Professor of Medicine
Director, Clinical Lipid Research,
Center for the Prevention of
Cardiovascular Disease
NYU School of Medicine

COURSE PLANNERS

Edward A. Fisher, MD, PhD, MPH**Mattia Gilmartin, RN, PhD****Ira J. Goldberg, MD****Ana M. Mola, RN, PhD, ANP-BC,
MAACVPR****Lawrence Phillips, MD**

NY Chapter American
College of Physicians

James A. Underberg, MD

NYU LANGONE HEALTH

Jose O. Aleman, MD, PhD

Assistant Professor of Medicine

Ricardo J. Benenstein, MD

Assistant Professor of Medicine

Jeffrey S. Berger, MD

Associate Professor of
Medicine and Surgery
Director, Cardiothoracic
Thrombosis Program

Edward A. Fisher, MD, PhD, MPH

Leon H. Charney Professor
of Cardiovascular Medicine
Director, Marc and Ruti Bell Vascular
Biology Program and the Center for the
Prevention of Cardiovascular Disease
Professor of Cell Biology, Medicine,
Microbiology, and Pediatrics

Eugenia Gianos, MD

Associate Professor of Medicine
Co-Clinical Director, Center for
Prevention of Cardiovascular Disease

Ira J. Goldberg, MD

Clarissa and Edgar Bronfman, Jr.
Professor of Endocrinology
Director, Division of Endocrinology,
Diabetes and Metabolism

Dennis A. Goodman, MD

Clinical Professor of Medicine
Director, Integrative Medicine

Sean P. Heffron, MD, MSc

Instructor of Medicine

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

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

Jonathan Newman, MD, MPH

Eugene Braunwald, MD
Assistant Professor of Cardiology

Harmony R. Reynolds, MD

Associate Professor of Medicine
Co-Director, Sarah Ross Center for
Women's Cardiovascular Research
Associate Director, Cardiovascular
Clinical Research Center

Ann Marie Schmidt, MD

Dr. Iven Young Professor
of Endocrinology
Professor of Biochemistry and Molecular
Pharmacology and Pathology

James A. Underberg, MD

Clinical Assistant Professor of Medicine

Howard Weintraub, MD

Clinical Professor of Medicine
Clinical Director, Center for the
Prevention of Cardiovascular Disease

GUEST SPEAKERS

**Daniel S. Donovan, Jr., MD,
MS, CDE**

Professor of Medicine
Icahn School of Medicine at Mount Sinai
New York, NY

Sergio Fazio, MD, PhD

Professor of Medicine
Director, Center for
Preventive Cardiology
Oregon Health and Science
University School of Medicine
Portland, OR

Marc Sabatine, MD

Professor of Medicine
Lewis Dexter, MD Distinguished
Chair in Cardiovascular Medicine
Harvard University
Boston, MA

DIETARY AND LIFESTYLE STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION

COURSE DIRECTOR

Eugenia Gianos, MD

Associate Professor of Medicine
Co-Clinical Director, Center for
Prevention of Cardiovascular Disease
NYU School of Medicine

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MAACVPR****Lawrence Phillips, MD**

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Clinical Nutritionist

Dennis A. Goodman, MD

Clinical Professor of Medicine
Director, Integrative Medicine

**Barbara J. George, EdD,
RCEP, MSN, AGNP-C**

Director, Center for Cardiovascular
Lifestyle Medicine at
NYU Winthrop Hospital

Sean P. Heffron, MD, MSc

Instructor of Medicine

Holly F. Lofton, MD

Assistant Professor of
Medicine and Surgery

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MAACVPR**

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

Azizi A. Seixas, PhD, MA, MPsc

Assistant Professor of Population Health

Binita Shah, MD, MS

Assistant Professor of Medicine

Howard Weintraub, MD

Clinical Professor of Medicine
Clinical Director, Center for the
Prevention of Cardiovascular Disease

**Jonathan H. Whiteson, MD,
FAAPMR**

Assistant Professor Rehabilitation
Medicine and Medicine
Vice Chair, Rusk Rehabilitation
Clinical Operations
Medical Director, Cardiac Rehabilitation

GUEST SPEAKERS

Stanley L. Hazen, MD, PhD

The Jan Bleeksma Chair in Vascular
Cell Biology and Atherosclerosis
Cleveland Clinic
Cleveland, OH

Emily Johnston, MPH, RD, CDE

The Pennsylvania State University
University Park, PA

Marion Nestle, PhD, MPH

Paulette Goddard Professor, Emerita
NYU School of Medicine
New York, NY

**Kim A. Williams, Sr., MD, MACC,
FAHA, MASNC, FESC**

James B. Herrick Professor
Chief, Division of Cardiology
Rush University School of Medicine
Chicago, IL



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