



17TH ANNUAL

ESCAPE 2018

Emory Heart Center
Emory University School of Medicine
Department of Medicine - Division of Cardiology
presents

**EMORY SYMPOSIUM ON
CORONARY
ATHEROSCLEROSIS
PREVENTION & EDUCATION
MAY 30 – JUNE 3, 2018**

**OMNI Amelia Plantation
Amelia Island, Florida**

FACULTY

COURSE DIRECTORS Emory University School of Medicine

LAURENCE S. SPERLING, MD, FACP, FACC, FAHA
Professor of Medicine - Cardiology
Director, Center for Heart Disease Prevention

IJEOMA ISIADINSO, MD, MPH
Assistant Professor of Medicine - Cardiology

JEFFERSON BAER, MD, MPH
Assistant Professor of Medicine - Cardiology

ARSHED A. QUYYUMI, MD, FACC, FRCP
Professor of Medicine - Cardiology

DANNY EAPEN, MD
Assistant Professor of Medicine - Cardiology

ROBERT WILSON, PA-C
Interventional Cardiology

GUEST FACULTY

ROGER S. BLUMENTHAL, MD
Professor of Medicine - Cardiology
Director of Preventive Cardiology
Johns Hopkins

GEORGE A. MENSAH, MD
Director, Center for Translation Research
and Implementation Science (CTRIS)
National Heart, Lung, and Blood Institute

EMORY FACULTY Emory University School of Medicine

SALIM HAYEK, MD

HEVAL KELLI, MD

SPENCER KING, MD

GINA PRICE LUNDBERG, MD

PUJA MEHTA, MD

JENNIFER MEKHOUKH, NP

FAISAL M. MERCHANT, MD

DOUGLAS MORRIS, MD

SUSMITA PARASHAR, MD

CLYDE PARTIN, MD

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JAMES STEWART, MD

BRYAN WELLS, MD

NANETTE K. WENGER, MD

BYRON WILLIAMS, MD

PETER WILSON, MD

Endorsed by



EMORY
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MEDICINE



INFORMATION

STATEMENT OF NEED

Cardiovascular Disease (CVD) remains the number one cause of death of men and women in the United States, and is a major cause of disability. The American Heart Association has a stated goal to reduce deaths from Cardiovascular Disease (CVD) and stroke by 20% by 2020. In order to achieve this goal, physicians and clinicians must gain the knowledge, skill and resources to integrate the latest research and clinical guidelines in the context of their own practice.

At ESCAPE, attendees will hear nationally renowned speakers discuss four prevention focused areas relevant to cardiologists, practicing physicians and clinicians: Controversies in Prevention, Hot Topics in CVD Prevention, Practical Prevention, and Prevention Potpourri. There will be several lectures devoted to the new ACC/AHA guidelines on hypertension that were released in November 2017. There will also be lectures on women's heart health, cardiac electrophysiology, interventional cardiology, peripheral vascular disease, and congestive heart failure.

This conference will close the knowledge gaps between national guideline goals, practice, and research. Physicians and clinicians will have the opportunity to discuss with the conference speakers and other attendees regarding how these principles can be applied to patient

CORE COMPETENCIES

Patient Care and Medical Knowledge

OBJECTIVES

At the conclusion of this activity, participants will be able to:

- Interpret the new ACC/AHA guidelines for evaluation and treatment of hypertension
- Assess the benefits that PCI provides to reduce angina burden
- Recognize the role that exercise provides in prevention of PVD
- Recognize the risk/benefits of Testosterone therapy on CVD
- Describe the risk of radiation on CVD
- Explain the relationship of non-alcoholic fatty liver disease and CAD
- Analyze the CVD risk on hormone therapy for women
- Compare the various therapies available for tobacco cessation
- Describe the appropriate testing and workup for syncope
- Explain how to diagnose and treat coronary microvascular disease
- Differentiate between the various available cholesterol biomarkers
- Summarize the benefits of statin therapy for older patients
- Demonstrate the benefits of PCSK9 inhibition for CVD prevention
- Discuss the diagnosis and treatment of stress cardiomyopathy
- Present the role of TAVR in reducing surgical morbidity
- Discuss the prevention and early detection of atrial fibrillation
- Recognize the role that depression plays in CVD risk
- Identify new clinically relevant smartphone apps and learn about current and future innovation in cardiac healthcare technology

WHO SHOULD ATTEND

Cardiologists, general internists, family practice providers, internal medicine subspecialists, pharmacists, physician assistants, nurse practitioners and other primary healthcare providers.

SPONSORSHIP AND ACCREDITATION

The program is sponsored by the Emory University School of Medicine. The Emory University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians

TUITION

The tuition (\$725 Physicians) & (\$600 Other Healthcare Professionals) includes refreshment breaks, electronic course syllabus, and other amenities involved in a rewarding learning experience. Minimum and maximum enrollments have been established.

Cancellation prior to April 30, 2018 will be refunded less a \$75 administrative fee. There is no refund after April 30, 2018.

CONTINUING EDUCATION CREDITS

The Emory University School of Medicine designates this live activity for a maximum of 21.25 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MAINTENANCE OF CERTIFICATION (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 21.25 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

EVENTS AND ATTIRE

Attire for the symposium is business casual and comfortable. Since meeting room temperatures and personal comfort levels vary, please bring a sweater or jacket to the educational sessions. Attire for the Family Social on Friday, June 1st is casual.

WEDNESDAY, May 30 from 4:30 - 5:30 pm - **Pre Meeting Workshops**

THURSDAY, May 31 from 5:45 - 7 pm - **Attendee-Spouse Session**

Spouses are invited to participate in this session. **Children's Program:** If you have children 3 years and above, we'll provide supervised activities in an adjacent room.

FRIDAY, June 1 from 6-8 pm - **Family Social and Cookout**

This is an evening cookout and social that will take place under the stars and your spouse, children, and guests may attend (the conference fee covers up to 4 people plus children ages 3 years and under. Additional fees apply for extra guests – see the registration form for details). Children will be entertained with games. Please reserve your attendance on the registration form.

CONFERENCE LOCATION AND LODGING

The conference will be held at Omni Amelia Island Plantation, 39 Beach Lagoon, Amelia Island, Florida 32034. Room reservations may be made by calling (904) 261-6161. Emory University School of Medicine has secured a block of Oceanfront rooms at the Omni Amelia Island Plantation for the group rate of \$302.00 (plus applicable taxes) per night, single or double occupancy. These rates will be honored three days prior to and three days following the meeting, based on guest room availability. See all ESCAPE special rates below.

The resort has a \$20 (plus applicable taxes) per room resort fee per night. This fee includes: Complimentary Self-Parking, Unlimited internet access in all accommodations, On-property resort transportation service, Unlimited use of Health & Fitness Center, In room coffee service, Local & toll free phone access, Resort beach access, Preferred Racquet Club and Golf Course reservation access. Early checkout fees may apply if your check out is prior to your reserved check out date.

To receive the discounted rate, please indicate that you are attending the **EMORY ESCAPE** conference when making your reservation. **Reservations should be made as soon as possible, but no later than May 3, 2018.**

It is highly recommended you make your reservations as soon as possible, as this rate is available through May 3rd or until the block is sold out, whichever comes first. After this date, reservations will be made on space available basis.

For more information about the Omni Amelia Island Plantation, you may call (904) 261-6161 or visit the Omni Amelia Island Plantation website at www.omnihotels.com/ameliaisland.

Room	Rate	Room	Rate
Oceanfront Guestroom	\$302	Resortview Guestroom	\$279
Oceanfront 1 Br-Villa Suite	\$339	Resortview 1 Br. Suite	\$339
Oceanfront 2 Br.Villa	\$412	Resortview 2 Br. Beachwood	\$342
Oceanfront 3 Br.Villa	\$486	Resortview 3 Br.Villa	\$382

Villas require 3 night minimum stay

GROUND TRANSPORTATION

Round trip transportation is available between the Jacksonville International Airport and Omni Amelia Island Plantation (29 miles). For transportation reservations, please call Frontrunners at (904) 714-1277. The rate is \$109.00 per vehicle, one way, gratuity included. **Advance reservations required.**

ESCAPE is now on **Facebook**. Join us for updates at: <http://www.facebook.com/EmoryCardiology>

AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

WEDNESDAY, MAY 30, 2018

4:00 pm **REGISTRATION** (OMNI Amelia Island Conference Center)

PRE-MEETING WORKSHOPS

4:30-5:30 **CASES & CHALLENGES IN OFFICE-BASED PREVENTION**

Ijeoma Isiadinso, MD, Jennifer Mekhoukh, NP,
Jennifer Mekhoukh, NP, Pratik Sandesara, MD (Katz CV Prevention Fellow)

5:30-6:30 **VEKING CARDIOVASCULAR (PREVENTION) CASES FROM THE EMORY DIAGNOSTIC CLINIC**

Clyde Partin, MD, Danny Eapen, MD

THURSDAY, MAY 31, 2018

 **FOCUS: CONTROVERSIES IN PREVENTION: NEW BLOOD PRESSURE GUIDELINES- BOLDER, BETTER, OR BEWARE?**
Moderator: Laurence Sperling, MD

7:00 am **REGISTRATION, BREAKFAST AND EXHIBITS**

7:25 **WELCOME** – Laurence Sperling, MD

7:30 **APPROACH TO ASSESSING BLOOD PRESSURE**

Jefferson Baer, MD

7:50 **NEW CLASSIFICATION OF HYPERTENSION: WHAT IS OPTIMAL BP?** – Roger Blumenthal, MD

8:10 **NON-PHARMACOLOGIC INTERVENTIONS FOR ELEVATED BP** – Laurence Sperling, MD

8:30 **HYPERTENSION IN WOMEN ACROSS THE LIFESPAN**

Nanette Wenger, MD

8:50 **RESISTANT HYPERTENSION: TRANSLATING RESEARCH INTO CLINICAL PRACTICE FOR SUCCESS**

George Mensah, MD

9:10 **BREAK AND EXHIBITS**

9:30 **PANEL DISCUSSION / Q & A: NEW HYPERTENSION GUIDELINES**

9:50 **PREVENTION OF ANGINA WITH PCI: PLACEBO EFFECT?** – Spencer King, MD

10:10 **HIGH SENSITIVITY TROPONIN: HOPE OR HYPE?**

Pratik Sandesara, MD

10:30 **BREAK AND EXHIBITS**

10:50 **COST EFFECTIVE ASCVD RISK ASSESSMENT IN PRIMARY PREVENTION** – Roger Blumenthal, MD

11:10 **EXERCISE THERAPY FOR PERIPHERAL VASCULAR DISEASE** – Bryan Wells, MD

11:30 **PANEL DISCUSSION / Q & A**

11:45 **ADJOURNMENT**

5:45 pm **ATTENDEE / SPOUSE RECEPTION: PERSONAL JOURNEY FROM THE HEART**

Heval Kelli, MD



FRIDAY, JUNE 1, 2018

 **FOCUS: HOT TOPICS IN CV PREVENTION**
Moderator: Jefferson Baer, MD

6:30 am **SIGN-IN, EXHIBITS, BREAKFAST**

6:45 **EKGS PEARLS WITH THE PROFESSORS**

Doug Morris, MD, Byron Williams, MD

7:30 **ADVANCING THE CARDIOVASCULAR CARE OF PATIENTS WITH CANCER: THE ARGUMENT FOR CARDIO-ONCOLOGY** – Salim Hayek, MD

7:50 **RADIATION AS A CARDIOVASCULAR RISK FACTOR**

Susmita Parashar, MD

8:10 **DAPT FOR THE NON-INTERVENTIONALIST: PREVENTING THROMBOTIC & BLEEDING COMPLICATIONS**

James Stewart, MD

8:30 **PANEL DISCUSSION / Q & A**

8:50 **BREAK AND EXHIBITS**

9:10 **TESTOSTERONE OF CARDIOVASCULAR DISEASE: PANACEA OR PERILOUS?**

Byron Williams, MD

9:30 **HORMONES & CVD RISK IN WOMEN: OPTIONS & ALTERNATIVES**

Gina Lundberg, MD

9:50 **NOVEL INSIGHT ON THE NAFLD HEART CONNECTION**

Ijeoma Isiadinso, MD

10:10 **PANEL DISCUSSION / Q & A**

10:30 **BREAK AND EXHIBITS**

10:50 **TOBACCO CESSATION: ACHIEVING NICOTINE INDEPENDENCE**

Robert Wilson, PA-C

11:10 **PREVENTING BURNOUT IN HEALTHCARE PROFESSIONALS**

Douglas Morris, MD

11:30 **CORONARY MICROVASCULAR DYSFUNCTION: AWARENESS, DETECTION, AND TREATMENT**

Puja Mehta, MD

11:45 **ADJOURNMENT**

12:00-12:45 **OPTIONAL LUNCH ROUNDTABLE DISCUSSION: DIETS & CV PREVENTION**

Laurence Sperling, MD

Pratik Sandesara, MD

Jennifer Mekhoukh, NP

6:00 pm  **FAMILY SOCIAL & COOKOUT**

AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

SATURDAY, JUNE 2, 2018

FOCUS: PRACTICAL PREVENTION

Moderator: Arshed Quyyumi, MD

- 7:00 am **SIGN-IN, BREAKFAST AND EXHIBITS**
- 7:30 **PCSK9 INHIBITION: PAVING THE WAY FOR PREVENTION?** – Danny Eapen, MD
- 7:50 **CHOLESTEROL SMACKDOWN: LDL, NON-HDL, OR APO B?** – Jefferson Baer, MD
- 8:10 **STATINS FOR PRIMARY PREVENTION IN OLDER ADULTS** – Nanette Wenger, MD
- 8:30 **PANEL DISCUSISON / Q & A**
- 8:50 **BREAK AND EXHIBITS**
- 9:10 **KEYNOTE ADDRESS: AN INTERVENTIONAL CARDIOLOGIST'S PERSPECTIVE ON PREVENTION**
Spencer King, MD
- 9:40 **TARGETING INFLAMMATION IN CVD: PUTTING CANTOS IN PERSPECTIVE** – Arshed Quyyumi, MD
- 10:00 **PREVENTION & EARLY DETECTION OF ATRIAL FIBRILLATION** – Faisal Merchant, MD
- 10:20 **PANEL DISCUSSION / Q & A**
- 10:40 **BREAK AND EXHIBITS**
- 11:00 **TRANSFORMING THE HEART TEAM APPROACH TO COMPREHENSIVE CARDIOVASCULAR PREVENTION IN DIABETES** – Laurence Sperling, MD
- 11:20 **USING DIABETES MEDICATIONS TO REDUCE CV RISK: NOVEL INSIGHTS** – Peter Wilson, MD
- 11:40 **FOOD DESERTS & CARDIOVASCULAR RISK: RAISING AWARENESS OF REALITY** – Heval Kelli, MD
- 12:00 pm **ADJOURNMENT**
- 12:10 -12:45 **OPTIONAL LUNCH ROUNDTABLE DISCUSSION: OMEGA-3 FATTY ACIDS & CVD PREVENTION**
Peter Wilson, MD, Jennifer Mekhoukh, NP, Danny Eapen, MD
Heval Kelli, MD (Katz Preventive Cardiology Fellow)

SUNDAY, JUNE 3, 2018

FOCUS: PREVENTION POTPOURRI **Moderator:** Ijeoma Isiadinso

- 6:30 am **SIGN-IN, BREAKFAST AND EXHIBITS**
- 7:00 **FIBROMUSCULAR DYSPLASIA: WHEN TO SUSPECT & HOW TO TREAT** – Bryan Wells, MD
- 7:20 **CAN WE PREDICT CV HEALTH?** – Arshed Quyyumi, MD
- 7:40 **STRESS CARDIOMYOPATHY: APPROACH TO BROKEN HEARTS** – Puja Mehta, MD
- 8:00 **TAVR: PREVENTING SURGICAL MORBIDITY?**
James Stewart, MD
- 8:20 **PANEL DISCUSSION / Q & A**
- 8:40 **NEW GUIDELINES FOR EVALUATION & MANAGEMENT OF SYNCOPE** – Faisal Merchant, MD
- 9:00 **THE PREVENTION OF CARDIOVASCULAR DISEASE: A BRIEF HISTORY** – Clyde Partin, MD
- 9:20 **NEW NIH DEFINITIONS FOR CLINICAL TRIALS: IMPLICATIONS FOR PRACTICE & RESEARCH**
George Mensah, MD
- 9:40 **ROADMAP FOR INNOVATION: CARDIOVASCULAR HEALTHCARE TRANSFORMATION** – Salim Hayek, MD
- 10:00 **APPS FOR CARDIOVASCULAR PREVENTION**
Gina Lundberg, MD
- 10:20 **DEPRESSION & CV RISK: DETECTION & TREATMENT**
Susmita Parashar, MD
- 10:45 **ADJOURNMENT**



REGISTRATION

EMORY SYMPOSIUM ON CORONARY ATHEROSCLEROSIS PREVENTION & EDUCATION

MAY 30 – JUNE 3, 2018

Amelia Island, Florida

ONLINE REGISTRATION RECOMMENDED

www.emory.edu/CME

or register on this form if you are faxing or mailing

Name: _____

Specialty/Title: _____

Address: _____

City/State/Zip: _____

Phone: _____ Fax: _____

Email: _____

(REQUIRED)

 Special Needs: _____

PRE-MEETING WORKSHOPS - May 30, 2018 (4:30-6:30 pm)

YES - I will attend NO - I will not attend

ATTENDEE/SPOUSE RECEPTION - May 31, 2018 (5:45-7:00 pm)

YES - # attending including myself _____

*Children's Activity ages 3+ years old (coincides with the event above) and for Attendees of the Spouse Activity
Please RSVP for the Children's Activity ONSITE*

FAMILY SOCIAL & COOKOUT - June 1, 2018 (6:00-8:00 pm)

Optional evening cookout and social. Games and a clown will be available for the children.
Please RSVP for this activity below

YES - I / WE will attend NO - I / WE will not attend

*Conference fee covers up to 4 people plus children 3 years and under
Additional Fees over 4 people: Adults 13 years plus - \$45 and children 4-12 years old - \$20*

_____ Number of adults including myself (13 years and older)

_____ Number of children 4-12 years old

_____ Number of children 1-3 years old

PHYSICIANS

OTHER HEALTHCARE PROFESSIONALS

By April 30

After May 1

By April 30

After May 1

\$725

\$765

\$600

\$655

TOTAL PAYMENTS \$ _____

Make check payable to: **Emory University School of Medicine**

Detach and mail or fax to:

 **Continuing Medical Education**
100 Woodruff Circle, Suite 331
Atlanta, GA 30322



Phone: (404) 727-5695 (local)
Toll Free: (888) 727-5695 (outside Atlanta)
Fax: (404) 727-5667
Email: milini.mingo@emory.edu