

PRIMARY CARE CONGRESS *for* CARDIOMETABOLIC HEALTH

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A comprehensive Harvard Medical School CME activity focused on practical aspects of care at the primary level for the prevention, identification, and management of cardiovascular disease, the metabolic syndrome, and their associated conditions, complications and comorbidities.

TUESDAY–THURSDAY
APRIL 23–25, 2013
SEAPORT HOTEL &
WORLD TRADE CENTER
BOSTON, MASSACHUSETTS



The First Annual nonprofit academic congress on scientific and clinical care issues at the primary level that will provide ongoing contribution and benefit to the national—and international—academic teaching, care and research missions for cardiometabolic health.

REGISTER BY FEBRUARY 23 AND SAVE UP TO \$600!

Space is Limited. Register today at www.joslin.org/cardiocongress2013.html

Course Directors



Martin J. Abrahamson, MD
Associate Professor of Medicine
Harvard Medical School
Medical Director
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Richard S. Beaser, MD
Associate Clinical Professor of Medicine
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Eleftheria Maratos-Flier, MD
Professor of Medicine
Harvard Medical School
Physician
Beth Israel Deaconess Medical Center

Who Should Attend?

This activity is designed to improve knowledge, competence and performance at the primary level, where most care takes place, as well as to improve coordination and communication with specialists and the delivery of specialty care.

Those interested in attending should be clinicians who provide primary care either as family practitioners or internists (MD, DO, NP, PA), as well as internal medicine specialists, who are self-identified as having significant numbers of patients who have or are at risk for developing the cardiometabolic syndrome of risk factors, and/or the end-organ results of their metabolic impact, or those with an interest in this area, such as:

- General Practitioners (MD, DO, PA, NP)
- Internists
- Family Practitioners
- Cardiologists
- Nephrologists
- Endocrinologists
- Allied Health (RN, CDE, Pharmacists)
- Relevant industry professionals, advocacy groups, and consultants

PRIMARY CARE CONGRESS *for* CARDIOMETABOLIC HEALTH

2013

National Cardiometabolic Expert Group

Deepak L. Bhatt, MD, MPH

Harvard Medical School
VA Boston Healthcare System
Brigham and Women's Hospital

Lawrence Blonde, MD, FACP, FACE

Ochsner Health System Diabetes Clinical Research Unit

Samuel Dagogo-Jack, MD, FRCP, FACP, FACE

University of Tennessee Health Science Center

Fredrick Dunn, MD

University of Texas Southwestern Medical Center

Vivian Fonseca, MD

Tulane University Health Sciences Center

Joanne Foody, MD

Brigham and Women's Hospital

James Gavin III, MD, PhD

Emory University School of Medicine
Healing Our Village, Inc.

Andre T. Guay, MD, FACP, FACE

Tufts University School of Medicine
Lahey Clinic Northshore

Yehuda Handelsman MD, FACP, FACE, FNLA

Metabolic Institute of America
Past President, AACE

Irl Hirsch, MD

University of Washington

Paul Jellinger, MD

University of Miami
Past President, ACE, AACE

Etie Moghissi, MD, FACP, FACE

University of California, Los Angeles

Richard Pratley, MD

Florida Hospital Diabetes Mellitus Institute

Paul Ridker, MD, MPH

Brigham and Women's Hospital

Michael Rocco, MD

Cleveland Clinic

Julio Rosenstock, MD

Dallas Diabetes and Endocrine Center at Medical City
University of Texas Southwestern Medical Center

Dace Trence, MD

University of Washington Medical Center

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Supporting Organizations (as of 1/7/13)

**Metabolic Syndrome
and Related Disorders**



**International
Journal of Obesity**



Diabetes Technology & Therapeutics



Metabolic Endocrine Education Foundation

Summary

The overall goal of the Primary Care Congress for Cardiometabolic Health is to improve knowledge, skills, clinical care, and outcomes at the primary level, inclusive of timely and efficient interaction and communication with specialists such as cardiologists, endocrinologists, and nephrologists, among others.

The cardiometabolic syndrome is a construct of risk factors that increase the risk of developing cardiovascular disease. While there is some debate as to whether this is truly a syndrome with interconnecting pathophysiologic roots, the clinical implications are clear and are becoming increasingly crucial for clinicians to understand. These risk factors must be addressed early and effectively, because their clinical associations with an expanding array of other important medical conditions are significant to both the health of many individuals and our ability to address the national and international epidemic of the resulting cardiovascular disease.

This program will therefore examine at a high level the components of the cardiometabolic syndrome, its related clinical conditions, and clinical approaches to control them. It will include discussions of cutting-edge basic and clinical science that build upon the latest data and evidence-based clinical care recommendations, and then emphasize practical applications through discussion of care parameters and actual cases to illustrate these key points. The goal is for learners to appreciate the spectrum of clinical implications and patient presentations that this constellation of syndrome-like abnormalities can bring with it, and to improve their clinical skills by addressing these abnormalities in a timely and effective manner.

By Attending You Will Be Able To

- Better recognize cardiometabolic risk factors as well as cardiovascular disease
- Design culturally appropriate interventions early to blunt end-organ impact
- Develop, identify, and utilize a fully reimbursable weight management and lifestyle intervention program that works
- Recognize and better comprehensively treat the myriad conditions that are not traditionally associated with the metabolic syndrome such as sleep apnea, dental issues, NASH, and androgen deficiency, and initiate relevant and appropriate timely interventions
- Improve office systems and processes for cardiometabolic issues
- Implement optimal bi-directional coordination among internists and family physicians and specialists for improved outcomes
- Understand the latest clinical trials and evidence-based, cost-effective approaches to care and management
- Put in place practical practice and system improvements aligned with the Affordable Care Act to benefit your practice and optimize outcomes and reimbursement, i.e., understand ACOs and the benefits of PCMH classification, and the use of data and continuous quality improvement
- Meet with national and international experts, advisors, and peers one-to-one
- Network with peers and connect with primary care providers and specialists within your region and across the country to maximize coordination and communication for the best patient outcomes
- Earn up to 25 AMA PRA Category 1 Credits™ from Harvard Medical School
- Gain access to ongoing Joslin Diabetes Center certified education and tools and resources – including proven turnkey patient handouts – to immediately improve your systems and outcomes
- Continue with the (optional) aligned PI CME pathway for Cardiometabolic Risk – and automatically fulfill ABIM Maintenance of Certification (MOC) requirements for Part IV (20 points towards self-assessment)
- And much, much more!

Learning Objectives

As a result of this education, attendees will acquire an improved understanding of the pathophysiology of the cardiometabolic syndrome and its related conditions, and will be updated on recent advances in the treatment of these conditions in the context of their etiology and clinical interconnections. The interactive teaching and case vignette discussions will emphasize clinical skills improvements, particularly in the context of specific patient populations and special situations that present clinical challenges in the management of this constellation of conditions.

Upon completion of this activity, participants will be able to:

- Identify markers that identify increased cardiometabolic risk, including components of cardiometabolic syndrome, biomarkers, and other key clinical factors
- Describe therapeutic goals for the treatment of key cardiometabolic risk factors
- Demonstrate the ability to screen for cardiometabolic risk, and when present, develop programs to treat them to recommended targets
- Describe the role of obesity in the etiology of cardiometabolic risk, and methods to manage weight so as to reduce that risk.
- Discuss the clinical presentation of, and potential treatments for, cardiovascular disease in people with type 2 diabetes and/or the cardiometabolic syndrome
- Identify the main biological, social, and cultural factors that influence the development of the cardiometabolic syndrome among racial and ethnic minorities as well as effective preventive and treatment strategies to improve their clinical care
- Describe medical conditions that are related to or associated with the cardiometabolic syndrome, how they are diagnosed, and treatment options
- Describe methods to self-assess one's own practice to determine what cardiometabolic risk factor interventions will be provided within the practice vs what will be outsourced to area specialty resources and how that care will be coordinated
- Utilize the Joslin Professional Education Continuum (JPEC) Cardiometabolic risk stratification and reduction clinical center to obtain additional support materials as well as participate in ABIM MOC qualified performance improvement CME activities

AGENDA

Day 1: Tuesday, April 23, 2013

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| <p>7:00AM Registration and Breakfast</p> <p>8:00 Welcome and Introduction</p> <p>8:10 Pathophysiology of Type 2 Diabetes
C. Ronald Kahn, MD</p> <p>8:50 Inflammation in Coronary Artery Disease and the Etiology of the Cardiovascular Lesion
Jorge Plutzky, MD, FACC</p> <p>9:30 The Metabolic Syndrome: Is It a Valid Concept? Point—Counterpoint
Edward S. Horton, MD, Richard Kahn, MD</p> <p>10:10 Break</p> <p>10:25 The GI Tract in the Etiology of the Cardiometabolic Syndrome
Suzanne Devkota, MD</p> <p>11:10 Rheumatologic Disease and Coronary Artery Disease – Is There a Link?
Sukran Ergin, MD</p> <p>12:00 Lunch</p> | <p>12:40 Epidemiology of Diabetes and Cardiovascular Disease in Special Populations
Enrique Caballero, MD, William C. Hsu, MD, Eyiuche Okeke, MD</p> <p>1:20 New and Evolving Treatments for Type 2 Diabetes: Looking to the Horizon
Martin J. Abrahamson, MD</p> <p>2:00 New Insulins: The 1921 Discovery Keeps on Evolving
Richard S. Beaser, MD</p> <p>2:40 Break</p> <p>2:55 New Perspectives on the Pathogenesis of Obesity
Eleftheria Maratos-Flier, MD</p> <p>3:45 Nutrition and Treatment for Cardiometabolic Risk: The Science and the Applications
David Eisenberg, MD</p> <p>4:35 Long-Term Weight Management in Obese Patients With Diabetes
Osama Hamdy, MD, PhD, FACE</p> <p>5:10 Panel Discussion and Questions on Case Vignette
PM Faculty</p> | <p>5:40 Break</p> <p>6:30 Introduction to Evening Session and Case Vignette: A Patient with Obesity and Type 2 Diabetes
Osama Hamdy, MD, PhD, FACE</p> <p>6:40 Effective Lifestyle Intervention That Finally Works
Edward Phillips, MD</p> <p>7:10 Pharmacotherapy of Obesity: To Use or Not to Use?
Jody Dushay, MD, MMSe</p> <p>7:40 Surgical Treatments for Obesity: Cutting to the Solution
Robert Andrews, MD, FACS</p> <p>8:10 Nonsurgical vs Surgical: Table Debates
Osama Hamdy, MD, PhD, FACE</p> <p>8:25 Express Debate of the Case
All faculty plus RD, Exercise Physiologist</p> <p>9:00 Adjournment</p> |
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Day 2: Wednesday, April 24, 2013

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| <p>7:00AM Registration and Breakfast</p> <p>8:00 Introduction to Day 2</p> <p>8:10 Nonalcoholic Fatty Liver Disease
Sanjiv Chopra, MBBS, MACP</p> <p>8:50 Chronic Kidney Disease and Cardiovascular Risk: Interrelationships and Interventions
Robert Stanton, MD</p> <p>9:30 Dental and Cardiovascular Diseases: Are They Intertwined?
William C. Hsu, MD</p> <p>10:10 Break</p> <p>10:25 Sleep Apnea: Its Impact on Cardiovascular Disease
Robert Thomas, MD</p> <p>11:15 Androgen Deficiency and Coronary Artery Disease: Is There a Link?
Martin Miner, MD</p> <p>12:05 Lunch</p> <p>12:45 Treating Hypertension in the Context of Cardiometabolic Risk
Mark Williams, MD, FACE, FASN</p> | <p>1:15 Treating Dyslipidemia: An Evolving Paradigm
Om Ganda, MD</p> <p>1:45 New Approaches to, and Indications for, Antiplatelet Therapy
Kenneth Bauer, MD</p> <p>2:15 Panel Discussion
PM Faculty</p> <p>2:55 Break</p> <p>3:10 Obesity, Fat, and Metabolism
Aaron Cypess, MD, PhD, MMSc</p> <p>3:55 Prevention Lessons from the DPP: Real-World Applications
David Nathan, MD</p> <p>4:45 Cardiometabolic Syndrome and Biological, Social, and Cultural Variability: Clinical Perspectives
Enrique Caballero, MD</p> <p>5:35 Break</p> <p>6:45 Cardiometabolic Disease in Racial and Ethnic Minorities: Introduction
Enrique Caballero, MD</p> | <p>6:55 Healthcare Disparities in Cardiometabolic Risk
Gary Puckrein, PhD</p> <p>7:25 Approaches to Reduce Cardiovascular Risk in Minorities
Keith Ferdinand, MD, FACC, FAHA</p> <p>7:55 Community-Based Interventions to Reduce CV Risk in Vulnerable Populations
Enrique Caballero, MD</p> <p>8:25 Panel Discussion: Effective Strategies to Eliminate Healthcare Disparities in Cardiometabolic Disease
All Faculty</p> <p>8:45 Q&A
All Faculty</p> <p>9:00 Adjournment</p> |
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Day 3: Thursday April 25, 2013

7:00AM Breakfast

8:10 Acute Coronary Syndromes: Prevention, Diagnosis, and Treatment

Julian Aroesty, MD

8:50 Chronic Coronary Artery Disease Management

Donald Cutlip, MD

9:30 Minimally Invasive Treatments for Vascular Disease: The Era of the Stent

Duane Pinto, MD, MPH, FACC

10:10 Refreshment Break

10:25 Coronary Artery Disease in Women: Clinical Perspectives

Joanne Manson, MD, DrPH

11:05 Congestive Heart Failure and the Cardiometabolic Syndrome: Treatment Perspectives

Peter Libby, MD

11:45 Panel Discussion: Cardiometabolic Syndrome and CAD

AM Faculty

12:10 Closing Remarks and Adjournment

Moderators

**Program changes/substitutions may be made without notice*

"The need remains for a high-quality, inclusive scientific program that originates with the major teaching, clinical care and research institutions who deeply understand the front lines of care delivery at the primary level for cardiometabolic issues."

— Fredrick L. Dunn, MD
Professor of Internal Medicine
UT Southwestern Medical Center

Faculty*

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Harvard Medical School
Medical Director and Senior Vice President
Joslin Diabetes Center

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Professor of Medicine
Michael and Lee Bell Professor of Women's Health
Harvard Medical School
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Physician
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Spaulding Rehabilitation Hospital Network

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Co-Director of Dialysis
Beth Israel Deaconess Medical Center
Senior Staff Physician
Joslin Diabetes Center

**Subject to change*

Affiliated Performance Improvement CME (PI CME) through the Joslin Professional Education Continuum (JPEC)

This activity is aligned with the Cardiometabolic Risk PI CME Pathway available via JPEC at www.jpec.joslin.org.

Performance Improvement CME is a construct introduced by the ACCME in 2004. Completion of PI CME stages can result in up to 20 AMA PRA Category 1 Credits.™ The above pathway is approved through the American Board of Internal Medicine's (ABIM) Approved Quality Improvement (AQI) Pathway and is eligible for 20 points towards the Self-Evaluation of Practice Performance requirement of Maintenance of Certification (MOC). For more information, go to www.abim.org/moc/.



**Type 2 Diabetes
Office Systems**



Insulin Therapy



**Advancing Therapies
for Type 2 Diabetes**



Cardiometabolic Risk

All pathways are approved through the American Board of Internal Medicine's (ABIM) Approved Quality Improvement (AQI) Pathway and are eligible for 20 points towards the Self-Evaluation of Practice Performance requirement of Maintenance of Certification (MOC). Please visit www.abim.org/moc/ for more information.

There is no charge to register or to participate in JPEC activities. Log on or register today.

Visit www.jpec.joslin.org to get started.

"I deeply appreciate your work and I often review my notes from your meetings. You are the leaders, reaching out to teach those who directly impact the patients."

— Mary Smith, MD
Past Attendee

CME and Registration Information

Accreditation and Designation of Credit

The Harvard Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The Harvard Medical School designates this live activity for a maximum of 25 AMA PRA Category 1 Credits.™ Physicians should claim only the credit commensurate with the extent of their participation in the activity.

ACGME Competencies

This activity is designed to meet one or more of the following Accreditation Council of Graduate Medical Education competencies:

- Patient care
- Medical knowledge
- Professionalism

Disclosure Policy

Harvard Medical School (HMS) adheres to all ACCME Essential Areas, Standards, and Policies. It is HMS's policy that those who have influenced the content of a CME activity (e.g., planners, faculty, authors, reviewers, and others) disclose all relevant financial relationships with commercial entities so that HMS may identify and resolve any conflicts of interest prior to the activity. These disclosures will be provided in the activity materials along with disclosure of any commercial support received for the activity. Additionally, faculty members have been instructed to disclose any limitations of data and unlabeled or investigational uses of products during their presentations.

Course Location

All sessions for this course will be held at the Seaport Hotel & World Trade Center, 1 Seaport Lane, Boston, MA (Telephone: 1-800-440-3318 or 617-385-4000).

Accommodations/Travel

A limited number of rooms have been reserved at the Seaport Hotel (Telephone: 1-800-440-3318) until March 29, 2013. Please specify that you are enrolled in this course to receive a reduced room rate of \$249 per night for Single and Double Rooms. Please do not purchase nonrefundable airline ticket(s) until you have received an email from our office confirming your paid registration. For airline reservations contact the HMS Travel Desk toll-free 1-877-4-HARVMD (1-877-442-7863) Monday–Friday 9–8 (ET). From outside the U.S., Canada, and Virgin Islands, please call 617-559-3764.

In compliance with the Americans with Disabilities Act, Harvard Medical School will make every reasonable effort to accommodate your needs during your attendance at this activity. For any special requests, please contact Joslin Diabetes Center at 888-567-5460.

This activity has been submitted for independent commercial grant support. No support had been awarded when this brochure went to press.

Refund Policy

A handling fee of \$60 is deducted for cancellation. Refund requests must be received by postal mail, email, or fax one week prior to this activity. No refunds will be made thereafter.

Inquiries

By phone 617-384-8600, Monday–Friday, 10–4 (ET) or by email at hms-cme@hms.harvard.edu.

Online Information

To register or view activity information online, visit <http://www.joslin.org/cardiocongress2013.html>



Registration Form Class ID# 3324551



PRIMARY CARE CONGRESS *for* CARDIOMETABOLIC HEALTH

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TUESDAY – THURSDAY

APRIL 23–25, 2013

SEAPORT HOTEL &

WORLD TRADE CENTER

BOSTON, MASSACHUSETTS

Registration Information

Tuition Fee (USD)	Through Feb 23	Feb 24 – March 23	After March 23
Physicians	☐ \$295	☐ \$495	☐ \$895
Residents, Fellows in Training, Allied Health Professionals	☐ \$195	☐ \$395	☐ \$695
Nonclinical Industry Professionals	☐ \$595	☐ \$895	☐ \$1195

Attendance is limited—register early and save up to \$600!

Registration by credit card (VISA or MasterCard) can be made at <http://www.joslin.org/cardiocongress2013.html>

Registration by check (draft on a United States bank), please make payable to Harvard Medical School and mail with registration form to **Harvard Medical School—Department of Continuing Education, PO Box 417476, Boston, MA 02241-7476**. Telephone or fax registration is not accepted. Registration with cash payment is not permitted. Upon receipt of your paid registration an email confirmation will be sent to you from the HMS-DCE office. Be sure to include an email address that you check frequently.

One registrant per form, please—you may photocopy the form for others. Print clearly—all fields required.

Please check the type of registration:

☐ Physician ☐ Resident, Fellow in Training, Allied Health Professional ☐ Nonclinical Professional

Registration must be accompanied by a letter of verification from the Department Chair to receive discount.

Name _____ Degree _____

Organization/Affiliation _____

Address _____

City _____ State _____ Zip/Postal Code _____

Country _____

Daytime Telephone _____ Fax _____

Please note: Your email address is used for critical information about the course, including registration confirmation, evaluation, and certificate. Please be sure to include an email address you check daily or frequently.

Email _____

☐ Please check if you wish to be **excluded** from email notices of future Harvard Medical School – Department of Continuing Education programs.

Profession _____ Degree _____

Primary Specialty (physicians only) _____ Board-Certified ☐ Yes ☐ No

Professional School Attended (physicians only)

☐ Harvard Medical School ☐ U.S. medical school ☐ International Year of Graduation _____

Code: WEB