



UC Irvine Health



The Division of Cardiology, Department of Medicine, UC Irvine School of Medicine Presents the

8th Annual Orange County Symposium on Cardiovascular Disease Prevention

Essentials for Contemporary Clinical Practice

Oct. 8, 2016 | 7 a.m.–4 p.m.

Doubletree Hotel, 100 The City Drive, Orange, CA 92868

Endorsed by:



ASPC
The American Society for
Preventive Cardiology



California
CHAPTER

COURSE DESCRIPTION

The UC Irvine Health Orange County Symposium on Cardiovascular Disease Prevention is designed to expand upon and fill knowledge gaps in the fast-evolving field of preventive cardiology. Primary care providers (including physicians, nurses, nurse practitioners and pharmacists), cardiologists, endocrinologists, lifestyle interventionists (including dietitians and exercise physiologists) and other specialists will be updated on the newest therapeutic approaches and guidelines involving cardiovascular risk assessment; the management of lipid disorders, hypertension, obesity and diabetes; and lifestyle and integrative therapies aimed at reducing cardiovascular disease risk, as well maximizing cost-effectiveness in preventive cardiology.

LEARNING OBJECTIVES

At the end of this activity, the participant should be able to:

- Outline current national and international guidelines and recommendations on the diagnosis, management and treatment of dyslipidemia, diabetes, hypertension and obesity focusing on reducing atherosclerotic cardiovascular disease (ASCVD) risk
- Differentiate the lipid and lipoproteins that contribute to ASCVD risk and residual risk, including atherogenic cholesterol, lipoprotein(a) and optional measures of atherogenic cholesterol particles for at-risk individuals
- Discuss evidence regarding the connection between the mind and the heart, including the role of anger, depression and other behavioral factors in cardiovascular risk and how to manage them
- Describe evidence regarding complementary and alternative therapies (meditation, mind-body therapy, herbals/nutraceuticals, etc.) for reducing cardiovascular disease risk
- Describe the importance of dietary and other lifestyle modification in the reduction of ASCVD risk
- Describe the key features of cardiovascular risk assessment and the role of coronary calcium screening in preventive cardiology
- Place in perspective the role of statin and non-statin pharmacologic therapies in reaching goals for the targets of therapy
- Detail the biology of PCSK9 in LDL cholesterol metabolism and the mechanism of action and clinical trial evidence for the new PCSK9 inhibitors, as well as the appropriate use of these therapies
- Delineate how clinicians can use current concepts, technologies, medical tools and team approaches to customize and maximize therapeutic success in primary and secondary ASCVD prevention
- Understand the role and implementation of physical activity strategies for prevention of cardiovascular disease
- Understand strategies for optimizing adherence and address side effects of cardio-protective medications

AGENDA

7-8 a.m.	Continental breakfast and exhibits
8-8:15 a.m.	Welcome and introductions
8:15-8:40 a.m.	New Targets for Obesity Bart Duell, MD, Metabolic Disorders Clinic, Oregon Health & Science University
8:40-9:05 a.m.	Reducing Residual Atherogenic Cholesterol Risk: Is Lower Better? Paul Rosenblit, MD, PhD, UC Irvine School of Medicine
9:05-9:30 a.m.	Hypertension and the SPRINT Trial: Is Lower Better? Keith Norris, MD, David Geffen School of Medicine, UCLA
9:30-10 a.m.	Break and exhibits
10-10:25 a.m.	Cardio-Protective Effects of Newer Anti-Diabetic Therapies Yehuda Handlesman, MD, Metabolic Institute of America
10:25-10:50 a.m.	PCSK9 Therapy: Uses and Abuses Robert Greenfield, MD, UC Irvine School of Medicine
10:50-11:15 a.m.	Coronary Calcium Scanning: Role in Preventive Cardiology Nathan D. Wong, PhD, UC Irvine School of Medicine
11:15-11:45 a.m.	Panel discussion
11:45 a.m.-12:30 p.m.	Luncheon and non-CME symposium
12:30-1 p.m.	Dessert and exhibits
1-1:25 p.m.	Complementary and Integrative Preventive Cardiology Shaista Malik, MD, PhD, MPH, UC Irvine School of Medicine
1:25-1:50 p.m.	How Your Mind Can Save Your Heart John Zamarra, MD, UC Irvine School of Medicine
1:50-2:15 p.m.	Dietary Cholesterol, Guidelines and Your Heart Geeta Sikand, MS, RDN, UC Irvine School of Medicine
2:15-2:40 p.m.	Physical Activity: Prescription and Adherence Stanley Bassin, EdD, UC Irvine Health
2:40-3:05 p.m.	Strategies for Managing Side Effects and Improving Adherence of Cardio-Protective Medications Eric Gupta, PharmD, Western University of Health Sciences College of Pharmacy and St. Mary Medical Center Medication Management Service
3:05 p.m.-3:30 p.m.	Is Prevention Cost-Effective? Sheldon Greenfield, MD, UC Irvine School of Medicine
3:30-4 p.m.	Panel discussion
4 p.m.	Adjourn

PROGRAM FACULTY

Stanley Bassin, EdD

Exercise Physiologist, Preventive Cardiology Program,
UC Irvine Health

Bart Duell, MD

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and Science University

Robert Greenfield, MD

Assistant Professor, Division of Cardiology, Department
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Sheldon Greenfield, MD

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UC Irvine Health
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Western University of Health Sciences College of Pharmacy
Clinical Pharmacist, St. Mary Medical Center Medication
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Yehuda Handlesman, MD

Medical Director, Metabolic Institute of America

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Medical Director, Preventive Cardiology and Cardiac
Rehabilitation Program, UC Irvine Health
Director, Women's Heart Program, UC Irvine Health
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Paul Rosenblit, MD, PhD

Professor, Division of Endocrinology, Department
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Geeta Sikand, MS, RDN

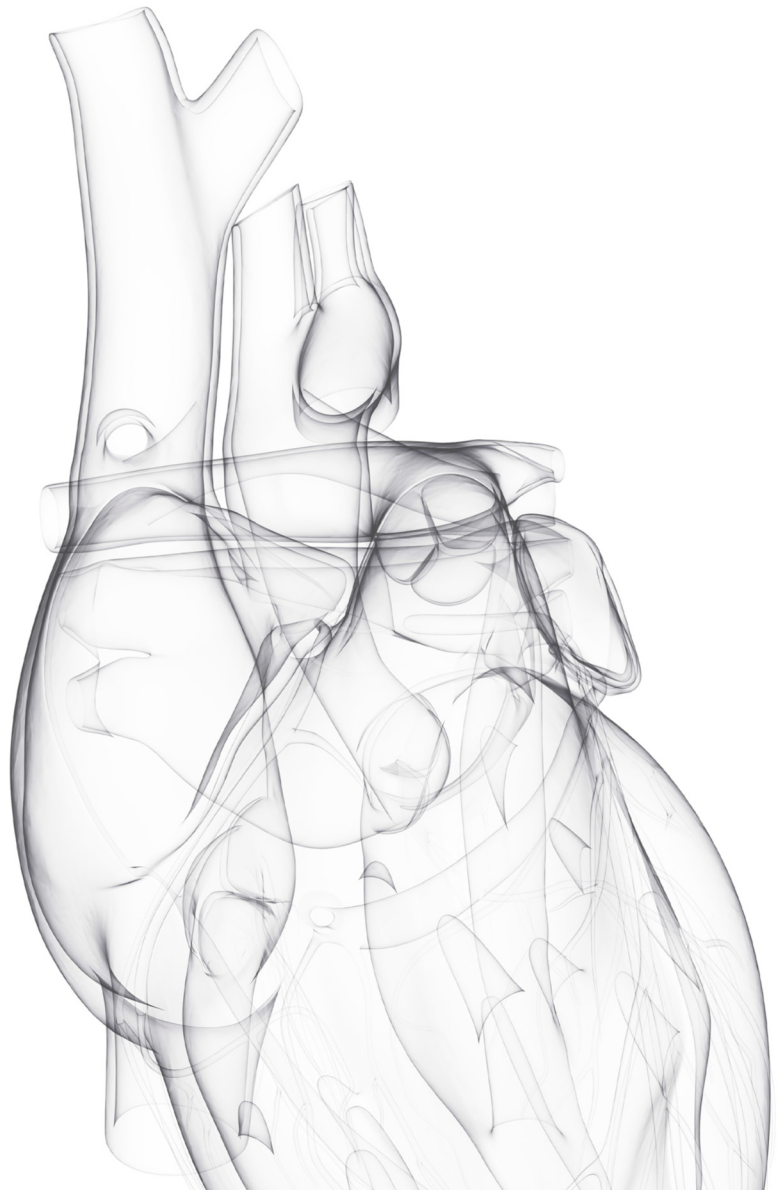
Director of Nutrition, Preventive Cardiology Program,
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ACCREDITATION AND DISCLOSURE

Target audience. Primary care providers (including physicians, nurses, nurse practitioners and pharmacists), cardiologists, endocrinologists, lifestyle interventionists (including dietitians and exercise physiologists) and other specialists.

Accreditation. The University of California, Irvine School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit designation. The University of California, Irvine School of Medicine designates this live activity for a maximum of 6.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in this activity.

Disclosure statement. It is the policy of the University of California, Irvine School of Medicine and the UC Consortium to ensure balance, independence, objectivity and scientific rigor in all CME activities. Full disclosure of conflict resolution will be made in writing via handout materials or syllabus.

ADA statement. In compliance with the American Disabilities Act, we will make every reasonable effort to accommodate your needs. For any special requests, please call Lesley Anderson at 714-456-5397 by Sept 9.

AB 1195 statement. This activity is in compliance with California Assembly Bill 1195, which requires continuing medical education activities with patient care components to include curriculum in the subjects of cultural and linguistic competency.

LOCATION



Doubletree Hotel
100 The City Drive
Orange, CA 92868

Self-parking is \$6;
valet parking is available
for an additional fee.



REGISTRATION AND COURSE FEE

Registration before Sept. 1

Physicians: \$85

UC Irvine faculty and staff, other healthcare providers: \$75

Trainees/students: \$65

Registration after Sept. 1

Physicians: \$95

UC Irvine faculty and staff, other healthcare providers: \$85

Trainees/students: \$75

Register online at: medicine.uci.edu/cardio-cme

For questions or more information, contact Nathan D. Wong, PhD, MPH,
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