

Cardiometabolic Advanced Practice Module: Transforming the Assessment, Prevention, and Management of Chronic Metabolic, and Cardiovascular Disorders

January 30- February 1, 2020

In person in Las Palmas, CA or via live stream (PST)

SESSION DESCRIPTIONS

THURSDAY, JANUARY 30 (DAY ONE)

The New Era of Managing Cardiometabolic Risk The twenty-first century has brought with it a rapid increase in the incidence of chronic diseases that are anchored to inflammation, metabolic distortions, ineffective energy generation, and accelerated oxidation and aging. The current trajectory of disease associated with metabolic disturbances has an underlying, unifying theme: altered signaling of insulin-related cellular interactions, inflammatory messages, metabolic interference, oxidative stress, and reduced cellular energy production. Nutrition, exercise, and stress management can no longer be considered alternative medicine. They are <i>essential</i> medicine.	Shilpa P. Saxena, MD
Widening the Lens on Metabolic Syndrome: A Continuum of Causes and Effects This session will help clinicians identify the mechanistic interconnections among adiposity, insulin resistance, hyperinsulinemia, inflammation, and altered adipocytokine messaging. The mechanistic connections between insulin resistance, non-alcoholic fatty liver disease, and cardiovascular disease will also be discussed.	Shilpa P. Saxena, MD
An Expanded Approach to Dyslipidemias Dr. Elyaman will guide participants in understanding the strengths and weaknesses of the current AHA/ACC guidelines and will distinguish how functional approaches to reducing cardiometabolic risk in individuals are different than conventional approaches. Underlying risk factors contributing to dyslipidemias and how they relate on the Functional Medicine matrix and the IFM Cardiometabolic Decision Tree will also be explained.	Yousef Elyaman, MD
Functional Considerations in Preventing and Reversing Dyslipidemias and Atherosclerosis Identification and tracking of patients with dyslipidemias and other risk factors related to atherosclerotic risk is essential and will be discussed, both via utilization of existing biomarkers as well as through knowledge gleaned through emerging biomarkers. In this presentation, the mechanism and mode of action for lifestyle, nutritional, and supplemental interventions to prevent and reverse dyslipidemia and atherosclerosis will be discussed, including how to design Functional Medicine personalized treatment plans for the purposes of preventing and reversing atherosclerotic heart disease.	Mimi Guarneri, MD, FACC
Exploring Dietary Choices for Cardiovascular Disease: Implementation Strategies Using the Cardiometabolic Food Plan In this session, Dr. Boham will review dietary impacts on cardiovascular health, focusing on specific therapeutic food interventions for addressing metabolic syndrome, hypertension, and dyslipidemias. She will present the IFM Cardiometabolic	Elizabeth Boham, MD, RD

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Food Plan and will outline how to modify the plan based on individual patient needs.	
Case Studies and Implementation Strategies In this session, the panel will illustrate how to put theory to practice by leading participants through case studies from their practices.	Yousef Elyaman, MD Elizabeth Boham, MD, RD Shilpa P. Saxena, MD Mimi Guarneri, MD, FACC
Strength in the Storm: Enhancing Resiliency to Stress Health is more than the absence of disease. Optimal health is a cohesive balance of body, mind, and spirit. How we live our lives and how we perceive and respond to challenges are crucial factors in determining whether we stay healthy and well. Improving resiliency requires proper sleep, micro- and macronutrients, and a connection to community and planet. Exploring the science of the mind-body connection and learning to actively transform how we perceive and respond to the world improves health and enhances longevity.	Mimi Guarneri, MD, FACC
FRIDAY, JANUARY 31 (DAY TWO)	
IFM Certification Program: The Path and Benefits (non CME) Please join us for an overview of the IFM certification program followed by a discussion with two of our certified practitioners. we will discuss how certification can be personally and professionally beneficial, review the process of becoming certified, and hear from graduates about their experiences in practice as IFM certified practitioners. At the end of the overview, there will be a question-and-answer session.	TBA
Fire in the Hole: The Metabolic Connecting Points Between Major Chronic Diseases Once participants can identify the core cardiometabolic dysfunctions, management of related metabolic disorders can be guided by a step-by-step integration of the Functional Medicine Timeline and Matrix to categorize, interconnect, and functionally address challenging metabolic conditions such as PCOS, NAFLD, and metabolic dyslipidemia.	Shilpa P. Saxena, MD

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A Functional Approach to Hypertension This presentation will survey functional approaches to blood pressure, including the roles of exercise, body composition, stress reduction, and optimal sleep. Nutritional and supplemental research will be reviewed including vitamins, minerals, antioxidants, fats, proteins, and phytonutrients. Antihypertensive drug–nutrient interactions will be explored, as well as how new analyses of plasma renin activity and aldosterone can be used to guide optimal therapy. The <i>IFM Functional Nutrition Evaluation Blood Pressure Quick Reference Guide</i> and comprehensive <i>Companion Guide</i> will also be presented.	Elizabeth Boham, MD, RD
Implementation Strategies using the Diet Prescription This session describes strategies for implementation of individualized dietary interventions to address several clinical scenarios. Topics include discussion of the suite of IFM Therapeutic Food Plans and strategies for utilizing a collaborative care team.	Elizabeth Boham, MD, RD Shilpa P. Saxena, MD Yousef Elyaman, MD
Exploring Exercise Choices for Cardiovascular Disease This session explores a critical area in prevention and treatment of cardiometabolic disease: physical exercise. Here, how exercise affects multiple areas of the functional medicine matrix to improve patient outcomes will be reviewed, as well as how sedentary behavior creates unique risks. Dr. Saxena and Coach Cheryl Montgomery will outline how to design personalized exercise prescriptions using the FITT method, and will guide attendees in differentiating various implementation strategies for exercise counseling based on practice resources (e.g. health coach, personal trainer, no in-house support, etc.).	Shilpa P. Saxena, MD
Tackling Common Cardiovascular Conundrums This case-based session will focus on the most common cardiovascular issues encountered in clinical practice. Topics include diabetic neuropathy, arrhythmia, congestive heart failure, sleep apnea, and venous insufficiency.	Yousef Elyaman, MD Elizabeth Boham, RD, MD Shilpa P. Saxena, MD Mimi Guarneri, MD, FACC
Maintaining the Heart in Medicine: The Lost Art of Compassion in Health Care Medicine and the physician patient relationship has changed. What began as supportive hand holding at the bedside has morphed in some cases to technology and minimal physical contact. Medicine is an art as well as a science. We will explore the art of healing, the role of health provider as healer and learn to bring back to medicine the essential ingredients of love	Mimi Guarneri, MD, FACC

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SATURDAY, FEBRUARY 1 (DAY THREE)	
The Value of Coaching and Technology in Building a Successful Functional Medicine Practice (Non CME) Two important components to building a successful Functional Medicine practice include using technology to more efficiently implement the Functional Medicine model into practice and having a coach who can help bridge the gap between the practitioners' recommendations and actual implementation. IFM has developed a collaboration with two organizations to help achieve those goals. The Functional Medicine Coaching Academy (FMCA) is a health coaching certification program that offers a curriculum that blends the principles of Functional Medicine with positive psychology coaching skills and mind-body medicine. The Living Matrix is a technology-based, clinician-designed functional medicine platform for practitioners to effectively evaluate patients using the timeline and Functional Medicine Matrix to engage the patient, create personalized actionable care plans, and track health outcomes over time. Join us for a short overview that will introduce you to these programs and how they may be useful in your practices.	Sandra Scheinbaum PhD, Priya Kamani, MD, Dan Lukaczer, ND
Putting Genetic Variation into the Cardiovascular Equation The integration of the ever-expanding field of genomic information is profoundly influencing clinical decision-making at multiple levels of clinical practice. In this session, Dr. Elyaman will identify the most important genetic variations that confer increased cardiovascular risk, with emphasis on SNPs altering enzymatic functioning. Related biomarker changes will also be discussed. Lastly, Dr. Elyaman will explain how to design personalized functional medicine treatment plans to include gene variation analysis.	Yousef Elyaman, MD
Implementation Strategies using the Exercise Prescription This session explores a critical area in prevention and treatment of cardiometabolic disease: physical exercise. The panel will outline how to design personalized exercise prescriptions using the FITT method, and will guide attendees in differentiating various implementation strategies for exercise counseling based on practice resources (e.g. health coach, personal trainer, no in-house support, etc.).	Elizabeth Boham, RD, MD Shilpa P. Saxena, MD Yousef Elyaman, MD
Case Studies and Implementation Strategies The final presentation will include case studies and practical clinical pearls from Drs. Saxena and Elyaman, leading into the closing session.	Yousef Elyaman, MD Elizabeth Boham, RD, MD

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	Shilpa P. Saxena, MD Mimi Guarneri, MD, FACC
Reflections and Closing	Shilpa P. Saxena, MD