



Montefiore Preventive Cardiology Conference

Friday, October 27, 2017

Montefiore Medical Center
Tishman Learning Center
111 East 210th Street, Bronx | New York 10467

Provided by
Albert Einstein College of Medicine
and Montefiore

DIRECTOR

Robert J. Ostfeld, MD, MSc

Director, Preventive Cardiology
Montefiore Medical Center

KEYNOTE SPEAKER

Paul M. Ridker, MD, MPH

Director of the Center for Cardiovascular
Disease Prevention
Brigham and Women's Hospital

GENERAL INFORMATION

Conference Location and Dates

Montefiore Medical Center

Tishman Learning Center

111 East 210th Street (Gun Hill Road Entrance), Bronx, NY 10467

Directions: www.montefiore.org/locations-directions-parking

October 27, 2017

Statement of Need

Cardiovascular disease is the leading cause of death for adult men and women in the United States. Hence, the prevention of Cardiovascular Disease is of critical national importance. Despite proven preventive measures, these measures could be both better known and better applied. This conference will aim to fill these educational and application gaps.

Activity Goals

The goals of this activity are to educate providers and attendees regarding evidence based preventive measures and how to achieve their practical application.

Learning Objectives

After attending this activity, participants will be able to:

- Define optimal preventive strategies
- Describe the role of inflammation in Cardiovascular Disease
- Explain optimal lifestyle approaches for Cardiovascular Disease
- Describe how to apply preventive measures in your practice and or daily life
- Discuss optimal lifestyle approaches for Adult Onset Diabetes

Intended Audience

This activity is intended for cardiologists, internists, lifestyle medicine, primary care physicians, RDs, RNs, NPs, PAs and others interested in prevention on cardiovascular disease.

Accreditation

Albert Einstein College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Credit Designation

Albert Einstein College of Medicine designates this live activity for a maximum of **6.0 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Montefiore Learning Network is an approved provider of continuing nursing education by the New Jersey State Nurses Association, an accredited approver by the Nurses Credentialing Center's Commission on accreditation.

P# NYP268-5/16-19

6.0 CONTACT HOURS WILL BE PROVIDED TO REGISTERED NURSES

6.0 CEU CREDITS

This activity has been submitted to be approved by the Academy of Nutrition and Dietetics.

Conflict of Interest

The "Conflict of Interest Disclosure Policy" of the Albert Einstein College of Medicine requires that faculty participating in any CME activity disclose to the audience any relationship(s) with a commercial interest; pharmaceutical or equipment company*. Any presenter whose disclosed relationships prove to create a conflict of interest, with regard to their contribution to the activity, will not be permitted to present.

Albert Einstein College of Medicine also requires that faculty participating in any CME activity disclose to the audience when discussing any unlabeled or investigational use of any commercial product or device, not yet approved in the United States.

The staff of CCME of Albert Einstein College of Medicine have no conflicts of interest with commercial interests related directly or indirectly to this educational activity.

** The ACCME defines Commercial Interest as an entity producing, marketing, re-selling or distributing healthcare goods or services consumed by or used on patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interest.*

AGENDA

7:15 – 8:30am	Breakfast and Registration
8:30 – 8:40	Opening Remarks Robert J. Ostfeld, MD, MSc
8:40 – 9:30	Beyond LDL Cholesterol: Does Inflammation Matter? Paul M. Ridker, MD, MPH
9:30 – 9:40	Q&A
9:40 – 10:30	Nutrition in the Prevention and Treatment of Diabetes Neal D. Barnard, MD
10:30 – 10:40	Q&A
10:40 – 11:00	Coffee Break
11:00 – 11:50	Describing My Evolution Toward Advocating for a Lifestyle Oriented Approach for the Prevention and Treatment of Cardiovascular Disease Kim A. Williams, MD, MACC, FAHA, MASNC, FESC
11:50 – 12:00pm	Q&A
12:00 – 1:00	Luncheon
1:00 – 1:50	The Nutritional Reversal of Coronary Artery Disease: Fact or Fiction? Caldwell B. Esselstyn, Jr., MD, FACS, FACC, FALM
1:50 – 2:00	Q&A
2:00 – 2:50	The Impact of Lifestyle Change on Cardiovascular Risk Factors and the Bronx Robert J. Ostfeld, MD, MSc
2:50 – 3:00	Q&A
3:00 – 3:15	Refreshment Break
3:15 – 4:15	Panel Discussion

Director



Robert J. Ostfeld, MD, MSc

Associate Professor of Clinical Medicine
Albert Einstein College of Medicine
Director, Preventive Cardiology
Montefiore Medical Center
Bronx, NY

Guest Faculty

Neal D. Barnard, MD

Adjunct Associate Professor of Medicine
George Washington University School of Medicine and Health
Bernard Medical Center
Washington, DC

Caldwell B. Esselstyn, Jr., MD, FACS, FACC, FALM

Director Cardiovascular Disease Prevention and Reversal Program
Cleveland Clinic Wellness Institute
Cleveland, OH

Michelle McMacken, MD

Assistant Professor of Medicine
New York University School of Medicine
Director, Adult Weight Management Program
Bellevue Hospital Center
New York, NY

Paul M. Ridker, MD, MPH

Eugene Braunwald Professor of Medicine
Harvard Medical School
Director, Center for Cardiovascular Disease Prevention
Brigham and Women's Hospital
Boston, MA

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

James B. Herrick Professor
Rush University Medical Center
Chief, Division of Cardiology
Rush University Medical Center
Chicago, IL



FOR FURTHER INFORMATION CONTACT

Center for Continuing Medical Education

Call us at 718-920-6674 E-mail npiacent@montefiore.org



Montefiore
Preventive Cardiology
Conference Friday | October 27, 2017

Name _____
First M.I. Last Degree

Mailing Address _____

City _____ State _____ Zip _____

Daytime Telephone _____

Email _____

Plant-based options for breakfast, breaks and luncheon will be provided.

REGISTRATION FEE

	<i>Before September 27th</i>	<i>After September 27th</i>
Physicians	\$55.00	\$75.00
NPs, RDs, RNs, PAs	\$55.00	\$65.00
Fellows, Residents in Training	\$25.00	\$30.00
General Public	\$55.00	\$65.00

FIVE EASY WAYS TO REGISTER

Online www.mecme.org

Phone 718-920-6674

Fax 718-798-2336

Email npiacent@montefiore.org

Mail Completed registration form with your payment to:
Center for Continuing Medical Education, 3301 Bainbridge Avenue, Bronx, NY 10467

PAYMENT METHOD

☐ Check payable to Montefiore Medical Center

☐ Visa

☐ MasterCard

☐ American Express

Card # _____ Exp. Date _____

Signature _____

Name of the Card Holder _____

CANCELLATION POLICY

Request for refunds MUST be received in writing by October 20, 2017 and will be subject to an administration fee of \$25.00. **NO REFUNDS WILL BE PROCESSED AFTER THIS DATE.**

SPECIAL NEEDS (ADA)

Albert Einstein College of Medicine Montefiore Medical Center fully complies with the legal requirements of the Americans with Disabilities Act. If any participant is in need of special accommodations, please submit a written request at least two weeks prior to the activity to Center for Continuing Medical Education, 3301 Bainbridge Avenue, Bronx, NY 10467.

Center for Continuing Medical Education

3301 Bainbridge Avenue
Bronx, New York 10467



The Cardiac Wellness Program at Montefiore has the goal of Preventing and Reversing Disease with a whole food plant based diet. Much of the program is supported by philanthropy.

For more information visit
www.montefiore.org/cardiacwellnessprogram

REGISTER FOR THE CONFERENCE TODAY
ONLINE: www.mecme.org