



The FIRST ANNUAL HOUSTON  
**"PREVENTION RULES"**  
for  
**CARDIOMETABOLIC  
DISEASES**

**VIRTUAL CONFERENCE**

Saturday, September 19, 2020

*Provided by*

Baylor College of Medicine, Department of Medicine Section of  
Atherosclerosis & Lipoprotein Research

Baylor  
College of  
Medicine

**FREE REGISTRATION**  
*Click here to register now!*

## Planning Committee

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Christie Ballantyne, MD

## COURSE FACULTY

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### Madhuri Vasudevan, MD, MPH

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## Activity Overview

Cardiovascular disease remains the leading cause of death in the United States despite a significant decrease in the morbidity and mortality associated with the disease. Clinical practice and research efforts have placed emphasis on the treatment of cardiovascular disease rather than on the prevention of events. There is a critical need to transition focus from interventional strategies to the prevention of cardiovascular disease, particularly in light of the rapid rise in patients with obesity and diabetes. This educational event with a "primary care" and "cardiovascular track" aims to provide physicians, fellows, residents, students and other health care professionals with the knowledge and skills in the management of hypercholesterolemia, hypertension and diabetes in the treatment of cardiometabolic disease and prevention of cardiovascular diseases that can be incorporated it into clinical practice.

## Audience

This course is designed for primary care providers (internal medicine, family practice), cardiologists, allied health professionals (nurse practitioners, physician assistants, pharmacists), and endocrinologists.

## Educational Objectives

At the conclusion of the activity, participants should be able to:

- Implement the new guidelines related to cardiovascular disease risk prediction and management of lipid abnormalities, diabetes and hypertension
- Outline the advances and guidelines in the management of lipid (cholesterol) related abnormalities and list therapies in the horizon
- Discuss recent advances in the management of diabetes mellitus, and the available options for the medical management of diabetes mellitus with a specific focus on their cardiovascular benefit and outline the therapies on the horizon
- Summarize the current clinical approach towards the management of hypertension and identify patients in whom intensive blood pressure management could be pursued

## Educational Methods

Lectures | Panel Discussion

## Evaluation

Evaluation by questionnaire will address program content, presentation, and possible bias.

## Accreditation/Credit Designation

Baylor College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Baylor College of Medicine designates this live activity for a maximum of 6.75 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Disclosure

In order to meet the requirements of the Accreditation Council for Continuing Medical Education (ACCME) it is the policy of Baylor College of Medicine that all individuals who are in a position to control the content of a CME course (course director, planning committee members, and faculty) disclose relevant financial relationships with commercial interests. All identified conflicts of interest are managed to help ensure that the educational material is scientifically based, accurate, and objectively presented. Specific disclosure will be made to the participants prior to the educational course.

*Audio or videotaping is prohibited without written permission from the Activity Director and the Office of Continuing Medical Education, Baylor College of Medicine, Houston, Texas.*

# Agenda

Saturday, September 19, 2020

7:45am Welcome

## CONTEMPORARY MANAGEMENT OF DYSLIPIDEMIA

Moderated by Xiaoming Jia, MD, and June Pickett, MD

- 8:00am The Lipid Guideline Approach Towards Primary and Secondary Prevention *Salim Virani, MD*
- 8:30am Imaging to Assess Cardiovascular Disease Risk *Khurram Nasir, MD*
- 8:50am Statin Intolerance: Definition and Approaches *Vijay Nambi, MD*
- 9:10am A Deep Dive Into Management of Hypertriglyceridemia *Peter Jones, MD*
- 9:30am PCKS9 – Inhibitors *Pam Taub, MD*
- 9:50am Lipoprotein (a) and Novel Biologics: The Next Frontiers In Lipid Management *Christie Ballantyne, MD*
- 10:15am Panel Discussion
- 10:45am Break

## LIFESTYLE CHOICES, CHALLENGES, AND GUIDELINES

Moderated by Sina Kianoush, MD, and Madhuri Vasudevan, MD

- 11:00am Weight Loss - Tips, Tricks, and Recommendations *Peter Jones, MD*
- 11:30am Physical Activity - Recommendations and How to Achieve Dietary Guidelines *John Foreyt, MD*
- 12:00pm Lunch

## CONTEMPORARY DIABETES MANAGEMENT

Moderated by Sina Kianoush, MD, and Madhuri Vasudevan, MD

- 1:00pm Diabetes Guidelines *Mandeep Bajaj, MD*
- 1:30pm Diabetes Management In Cardiovascular Disease Prevention *Robert Eckel, MD*
- 2:00pm Diabetes Management In Heart Failure *David Aguilar, MD*
- 2:20pm Panel Discussion
- 2:45pm Break

## HYPERTENSION MANAGEMENT

Moderated by Aliza Hussain, MD, and Mahmoud Al Rifai, MD

- 3:00pm Hypertension Guidelines *Addison Taylor, MD*
- 3:20pm Resistant Hypertension and the Future Landscape In the Management of Hypertension *Sandra Taler, MD*
- 3:40pm Panel Discussion
- 4:00pm Adjourn

# Registration

There is no fee to register but spots are limited.

Go online to <https://cpd.education.bcm.edu/content/1653>

### Registration, and Confirmation Information

There is no fee to register. Your registration will be confirmed. If you have not received confirmation at least five business days before the activity start date, contact [cpd@bcm.edu](mailto:cpd@bcm.edu) immediately.

Baylor College of Medicine and the course organizers reserve the right to limit the number of participants in an activity and will not be responsible for any expenses incurred by an individual whose registration is not confirmed and for whom space is not available.

To register, visit <https://cpd.education.bcm.edu/content/1653>

### Cancellation Policy

The course organizers reserve the right to cancel activities, not less than 10 business days before the scheduled date, if extenuating circumstances make it necessary. Registrants will be notified at the contact number indicated on the registration form, and again in writing.

### Syllabus

An email with the link will be sent out the week of the conference to all who have preregistered to access the online syllabus. Hard copy and USB syllabus are NOT available.

### For Further Information

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Visit our website for information about Baylor College of Medicine CME activities.