



UC Irvine Health



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

9th Annual Orange County Symposium on Cardiovascular Disease Prevention

**Future Directions in Prevention of Cardiovascular Disease:
A Travel Guide for Clinicians**

Saturday, Oct. 21, 2017 | 8 a.m.–4:35 p.m.

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

Endorsed by:



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:

- Consider why peripheral atherosclerosis was common in ancient Egypt and several other ancient cultures, yet coronary atherosclerosis was recently shown to be rare in an extant culture living an ancient lifestyle, the Bolivian Tsimane of the Amazon.
- Discuss evidence regarding the role of good and bad fats and dietary cholesterol and recommended strategies for reducing cardiovascular disease risk.
- Discuss evidence relating the role of physical activity, including specificity, intensity, and duration, in prevention of cardiovascular disease.
- Discuss the definition and implications of the extreme risk cardiovascular disease patient.
- Discuss the role of novel and complementary imaging modalities for identification of the high risk vulnerable plaque and patient.
- Discuss the role of white blood cells and the microbiome in cardiovascular disease risk.
- Discuss the evidence for cardiovascular benefit of achieving very low LDL-cholesterol levels.
- Detail the role and means for identifying the high genetic risk patient.
- Differentiate the lipid and lipoproteins that contribute to atherosclerotic cardiovascular (ASCVD) risk and residual risk, including atherogenic cholesterol, lipoprotein(a), and optional measures of atherogenic cholesterol particles for at-risk and extreme risk individuals.
- Detail the mechanism of action, efficacy and latest clinical trial evidence for the PCSK9 inhibitors, as well as the appropriate use of these therapies.
- Discuss the role of newer diabetic agents in reducing cardiovascular disease risk.
- Differentiate the role of white coat vs. masked hypertension in cardiovascular risk.
- Describe the evidence that exists linking adverse effects with lipid-lowering and other therapies.

Agenda

7:15–8 a.m.	Breakfast with Exhibitors
8–8:10 a.m.	Welcome Remarks and overview
Session I	Lifestyle and Genetics for Cardiovascular Health
8:10–8:30 a.m.	Evolution of Atherosclerosis – What do the Mummies and Forager Horticulturalists Living Today Teach Us? Greg Thomas, MD
8:30–8:50 a.m.	Dietary Controversies: Good Fats, Bad Fats, Dietary Cholesterol and Heart Disease Karen Lindsay, PhD
8:50–9:10 a.m.	Personalizing Physical Activity for Clinical Management Stanley L. Bassin, EdD
9:10–9:30 a.m.	Panel Discussion with Case Studies Speakers above
9:30–10 a.m.	Break and Exhibits
Session II	Identifying and Managing the High-Risk Patient
10–10:20 a.m.	A New ASCVD Patient Risk Category: <i>Extreme</i> Paul Rosenblit, MD, PhD
10:20–10:40 a.m.	Novel and Complementary Imaging Strategies for Identifying the Vulnerable Plaque Pranav Patel, MD
10:40–11 a.m.	Blood and Guts: How White Blood Cells and the Intestinal Microbiome Influence Our Atherosclerotic Risk Robert Greenfield, MD
11–11:20 a.m.	Limbo Lower for LDL-C Goals: Is Even Lower Even Better? Paul Rosenblit, MD, PhD
11:20–11:40 a.m.	Evolution Again: Identifying the High Genetic Risk Patient Shaista Malik, MD, PhD

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11:40 a.m.–12:10 p.m.	Panel Discussion Speakers above
12:10–1:00 p.m.	Luncheon Non-CME Symposium VASCEPA Pure EPA John Nelson, MD
1–1:30 p.m.	Dessert Break with Exhibitors
Session III	Optimizing Strategies for CVD Prevention
1:30–1:50p.m.	Hypertriglyceridemia and ASCVD: Significance of Remnants, LDL and HDL Particle Numbers. Doug Triffon, MD
1:50–2:10 p.m.	Does PCSK9 mAb Therapy Lower Cardiovascular Disease Risk? Interpreting the Latest Evidence Nathan D. Wong, PhD
2:10–2:30 p.m.	Reducing ASCVD in Diabetes: Glycemic control versus Unique CV Properties of BG-Lowering Agents' Eliot Brinton, MD
2:30–2:50 p.m.	White Coat vs. Masked Hypertension — How to Measure and Who's at Higher Risk? Stanley Franklin, MD
2:50–3:10 p.m.	What People Read About Adverse Effects and Lipid-Lowering Drugs Eric Gupta, PharmD
3:10–3:40 p.m.	Panel Discussion Speakers above
3:40–3:45 p.m.	Closing Remarks
3:45–4:35 p.m.	Non-CME Symposium

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: \$95

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

Trainees/students: \$55

Registration after Sept.

Physicians: \$110

UC Irvine faculty and staff, other healthcare providers: \$95

Trainees/students: \$75

Register online at: ucirvinehealth.org/cardiocme

Questions/Information

For questions or more information, contact
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UC Irvine Health

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Accreditation and Disclosure

Target audience. Primary care providers (including physicians, nurses, nurse practitioners and pharmacists), cardiologists, endocrinologists, lifestyle interventionalists (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. Credit is also transferrable to nurses and PA's.

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.