DIETARY STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION

Jointly provided by the NYU Post-Graduate Medical School and the New York Chapter of the American College of Physicians

Thursday, May 19, 2016

LOCATION:
NYU Langone Medical Center
Alumni Hall, Farkas Auditorium
550 First Avenue
New York, NY 10016

COURSE DIRECTOR:
Eugenia Gianos, MD

www.med.nyu.edu/cme/diet_cardiovascular

ADVANCES IN CARDIOVASCULAR RISK REDUCTION

Jointly provided by the NYU Post-Graduate Medical School and the New York Chapter of the American College of Physicians

Friday, May 20, 2016

LOCATION:
NYU Langone Medical Center
Alumni Hall, Farkas Auditorium
550 First Avenue
New York, NY 10016

COURSE DIRECTOR:
Arthur Schwartzbard, MD

www.med.nyu.edu/cme/cardiovascular

Co-organized by the Division of Cardiology and the Division of Endocrinology, Diabetes, and Metabolism

Both courses endorsed by

ASPC
New York State Chapter
Endorsed Program

lipid
Association

New York Chapter
American College of Physicians

Advancing Internal Medicine, Improving Patient Care
COURSE DESCRIPTION
Diet is a crucial component in the development and progression of cardiovascular disease, but is underemphasized in the educational training of most health care providers. Educating patients about this important aspect of cardiovascular disease prevention requires that health care providers have background knowledge about the evidence for diet in cardiovascular disease and basic skills on how to educate their patients on practical dietary changes. The objective of this course is to review the evidence for diet and cardiovascular disease including recent analyses and controversies while providing practical counseling advice for assessing dietary habits and implementing change to patients’ diets.

The goal is for attendees to have a better understanding of the evidence for the Mediterranean diet, the DASH diet and plant-based whole food for the prevention of cardiovascular disease. Attendees will also be instructed in dietary assessment and dietary counseling with the latest innovations in counseling — motivation/technology. The course will offer a unique lecture on the link between the human microbiome and cardiovascular disease as well as a lecture on how dietary components effect endothelial function. There will be open forums for discussion and attendees can ask questions about areas of controversy.

TARGET AUDIENCE
The target audience includes physicians, trainees, nurses, dieticians and allied health professionals

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

- Describe how the Mediterranean diet, DASH diet and plant-based whole food diet can be used for the prevention of cardiovascular disease
- Describe the effects of dietary components on endothelial function
- Understand methods of dietary assessment and counseling for cardiovascular prevention
- Be familiar with innovations in motivation and technology for guiding patients towards behavioral change
- Know the most recent dietary guidelines and their recommendations on salt, sugar, cholesterol and saturated fat
- Understand the controversies in cholesterol and saturated fat with respect to their links to cardiovascular disease
- Describe how early influences on the human microbe can effect metabolic development

ACCREDITATION STATEMENT
This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the NYU Post-Graduate Medical School and the NY Chapter American College of Physicians. The NYU Post-Graduate Medical School is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT
The NYU Post-Graduate Medical School designates this live activity for a maximum of 4.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DIETICIAN CREDITS
This activity has been approved by the Commission on Dietetic Registration for 4.0 CPEUs.

NURSING CREDITS
4.1 Contact hours will be provided.

DISCLOSURE STATEMENT
The NYU Post-Graduate Medical School adheres to ACCME accreditation requirements and policies, including the Standards for Commercial Support regarding industry support of continuing medical education. In order to resolve any identified conflicts of interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships, as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty, will be fully noted at the meeting.

REGISTER ONLINE AT www.med.nyu.edu/cme/diet_cardiovascular
12:30 pm  Registration and Light Refreshments

1:00  Introduction by Course Director, Dr. Eugenia Gianos

1:05  The Heart-Gut Connection: How early life microbes affect metabolic development
     Martin Blaser, MD (Keynote Speaker)

1:35  The Mediterranean Diet: Did the Greeks get it Right?
     Eugenia Gianos, MD

2:05  The Vascular Biology of Eating
     Robert A. Vogel, MD

2:35  Coffee Break

     Jeannette M. Beasley, PhD, MPH, RDN

3:20  Plant Based Nutrition and Cardiac Health
     Robert Ostfeld, MD, MSc., FACC

3:50  Dietary Counseling 101: How to Apply Basic Dietary Counseling to Your Practice
     Maria A. Bella, MS, RD, CDN, CPT

4:10  Innovations in Behavioral Change: Can technology make the difference?
     Antoinette Schoenthaler, EdD

4:30  Panel discussion & Audience Q&A: Your Questions Answered!
     Above Speakers and Medical Staff of the Center for the Prevention of Cardiovascular Disease

5:30 pm  Adjourn
Please do not reduce or enlarge this form.

PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS AND NUMBERS.

After 12 pm on May 17, 2016, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional $20 charge and will receive a receipt by email in 1–2 weeks.

Name ___________________________________________________________________________

Address ________________________________________________________________________

City _______________________________ State ___________ Zip _________________________

COURSE CONFIRMATION:
Please supply your email address to receive a confirmation letter. Make sure your email address is clearly written.

Degree ___________________________ Day Phone ( ) _________________________ Fax ( ) _________________________

Email ______________________________ Specialty ________________________________

☐ Full Fee: $125
☐ Reduced Fee*: $60
☐ NYU Langone Faculty and Staff: $60
☐ NYU Langone Residents and Fellows: Waived (must provide valid NYU Langone ID)
☐ Outside Residents and Fellows: $25
☐ Dietitian Student Fee: $25 (must provide valid student ID)

*Reduced fee applies to NYU School of Medicine alumni, former residents and fellows; physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners; retired physicians; and all other non-physician healthcare professionals.

METHODS OF PAYMENT:
(Cash, email and phone registration are not accepted) If faxing, do not mail or refax. This will only result in a duplicate charge to your account. Registration is non-transferable.

☐ Check in U.S. Dollars only: $____________
☐ Credit Card Payment (see below)
☐ International Postal Money Order: $____________ (Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card.)

REFUND POLICY: In order to request a refund, you must email maria.mercado@nyumc.org no later than 14 days prior to first day of the course. An administrative fee of $75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund.

COURSE CANCELLATION POLICY: If a course is cancelled due to inclement weather, insufficient enrollment, or any other reason, NYU PGMS will refund registration fees in full. NYU PGMS will provide at least two weeks’ advance notice if cancelling due to insufficient enrollment and as soon as possible in all other circumstances. NYU PGMS is not responsible for any airfare, hotel, or other non-cancellable costs incurred by the registrant.

PAYMENT BY CREDIT CARD: Credit card payments may be faxed to (212) 263-5293.

Bill To: ☐ Visa ☐ MasterCard ☐ American Express

Amount to be charged: $____________

Credit Card Number: ___________________________ Exp. Date ___________ CVV Code ___________ 

Card Member’s Name ___________________________ Signature ___________________________

☐ Special needs or requests: ___________________________
COURSE DESCRIPTION

This one-day course will cover state-of-the-art management of patients with cardiovascular risk factors, with a focus on prevention. This year’s program focuses on recent clinical trial results with implications in the management of cardiovascular disease risk factors, such as diabetes, hypertension and ischemia. Additional topics include new developments in PCSK9 treatments for familial hypercholesterolemia, the use of aspirin in cardiac prevention and weight loss surgery insights. The course will also explore how environmental toxins can affect cardiovascular health.

Each year this course includes a research-oriented presentation that highlights bench-to-bedside relevance. This year the featured research-oriented presentation will focus on the latest in insulin resistance in type 2 diabetes.

Eight (8) half-hour presentations will be given. During lunch, attendees will participate in a case conference with challenging cases in cardiovascular disease risk reduction. Course participants are given the opportunity to submit questions to the featured speakers and panel members. The course will include a morning and afternoon panel discussion segment in which the questions from the audience are answered and debated among panel members.

TARGET AUDIENCE

Internists, family practitioners, cardiologists, general practice, endocrinologists and nurse practitioners with an interest in the prevention of heart disease. Lecture, case conference and a Q&A panel discussion give learners multiple methods of instruction to interact with the information being presented.

EDUCATIONAL OBJECTIVES

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

- Discuss the EMPA-REG Outcome trial results and the potential impact on diabetes treatment approaches
- Discuss recent scientific advances in the understanding of diabetes and related disorders
- Describe the rationale behind the design of the SPRINT trial
- Describe how PCSK9 modulates LDL levels and how PCSK9 expression is affected by statin treatment
- Describe the rationale behind the ISCHEMIA trial and how this trial may affect standard of care in patients with stable ischemic heart disease
- Summarize the role of aspirin in preventing cardiovascular events and their efficacy and safety in light of recent clinical trials
- Describe surgical interventions for obesity and the effects on co-morbidities such as cardiovascular disease and diabetes
- Describe the role of toxins, such as air pollution, as a risk factor for cardiovascular disease

ACCREDITATION STATEMENT

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CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School designates this live activity for a maximum of 7.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DISCLOSURE STATEMENT

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REGISTER ONLINE AT www.med.nyu.edu/cme/cardiovascular
**Course Schedule | Friday, May 20, 2016**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:45 am</td>
<td>Registration &amp; Continental Breakfast</td>
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<tr>
<td>8:30</td>
<td>Cardiovascular Benefits of SGLT2 Inhibitors: EMPA REG OUTCOME Study</td>
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<td></td>
<td>Bernard Zinman, MD</td>
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<tr>
<td>9:00</td>
<td>Role of Ectopic Lipid and Inflammation in the Pathogenesis of Type 2 Diabetes</td>
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<td>Jerry Shulman, MD, PhD</td>
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<tr>
<td>9:30</td>
<td>Hypertension: How Low to Go?</td>
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<td>Arthur Z. Schwartzbard, MD</td>
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<tr>
<td>10:00</td>
<td>Coffee Break</td>
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<tr>
<td>10:15</td>
<td>PCSK9 Inhibition Supporting the LDL Hypothesis</td>
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<td></td>
<td>Howard S. Weintraub, MD</td>
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<tr>
<td>10:45</td>
<td>Morning Panel Discussion</td>
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<td>All speakers and medical staff of the Center for Prevention of Cardiovascular Disease</td>
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<tr>
<td>11:45</td>
<td>Lunch Case Conference: Navigating the Challenging Cases in Cardiovascular Disease Management</td>
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<tr>
<td></td>
<td>Ira J. Goldberg, MD</td>
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<tr>
<td>12:45 pm</td>
<td>ISCHEMIA Trial Update</td>
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<td>Judith Hochman, MD</td>
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<tr>
<td>1:15</td>
<td>Cardiovascular Prevention: Does Aspirin Still Have a Role?</td>
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<td>Jeffrey Berger, MD</td>
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<tr>
<td>1:45</td>
<td>Emerging Concepts in Metabolic Surgery and Cardiovascular Risk</td>
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<td></td>
<td>Sean P. Heffron, MD, MS, Msc</td>
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<tr>
<td>2:15</td>
<td>Environmental Exposures, Cardiovascular Disease and Diabetes</td>
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<tr>
<td></td>
<td>(<em>CHARNEY LECTURE</em>)</td>
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<tr>
<td></td>
<td>Jonathan D. Newman, MD</td>
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<tr>
<td>2:45</td>
<td>Afternoon Panel Discussion</td>
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<td>All speakers and medical staff of the Center for Prevention of Cardiovascular Disease</td>
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<tr>
<td>3:45 pm</td>
<td>Adjourn</td>
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*Dr. Jonathan Newman’s presentation has been designated as the 5th Annual Leon H. Charney Lecture. This lecture series features outstanding basic, translational or clinical research by a member of the Leon H. Charney Division of Cardiology in an area related to the prevention of cardiovascular disease.*

**COURSE FACULTY**

**Course Director**
Arthur Schwartzbard, MD  
Associate Professor of Medicine  
NYU School of Medicine  
Director, Clinical Lipid Research  
NYU Langone Center for the Prevention of Cardiovascular Disease

**Course Planners**
Edward Fisher, MD, PhD, MPH  
Ira J. Goldberg, MD  
James Underberg, MD  
Lawrence Phillips, MD  
(NY Chapter American College of Physicians)

**Guest Faculty**
Jerry Shulman, MD, PhD  
Professor of Medicine and Cellular & Molecular Physiology  
Yale University, New Haven, CT  
Bernard Zinman, MD  
Professor of Medicine  
University of Toronto  
Ontario, Canada

**NYU School of Medicine Faculty**
Maria A. Bella, MS, RD, CDN  
Registered Dietitian
Richardo J. Benenstein, MD  
Assistant Professor of Medicine  
Associate Director, Echocardography Lab
Jeffrey Berger, MD  
Associate Professor of Medicine  
(Cardiology and Hematology)  
Associate Professor of Surgery (Vascular Surgery)  
Director, Cardiovascular Thrombosis Program
Edward A. Fisher, PhD, MPH, MD  
The Leon H. Charney Professor of Cardiovascular Medicine and Professor of Pediatrics and Cell Biology  
Director, Marc and Ruti Bell Vascular Biology and Disease Program  
Director, NYU Langone Center for the Prevention of Cardiovascular Disease
Eugenia Gianos, MD  
Assistant Professor of Medicine  
Co-Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease
Ira J. Goldberg, MD  
Clarissa and Edgar Bronfman, Jr. Professor of Endocrinology Professor  
Director, Division of Endocrinology, Diabetes and Metabolism

**Dennis Goodman, MD, FACP, FACC, FCCP, ABIM**  
Clinical Associate Professor of Medicine  
Director of Integrative Medicine
Sean P. Heffron, MD, MS, Msc.  
Instructor of Medicine
Judith Hochman, MD  
Harold Snyder Family Professor of Cardiology  
Associate Director Leon H Charney Division of Cardiology  
Senior Associate Dean for Clinical Sciences  
NYUSOM
Jonathan D. Newman, MD, MPH  
Assistant Professor of Medicine
Richard A. Stein, MD  
Professor of Medicine
Howard S. Weintraub, MD  
Clinical Professor of Medicine  
Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease
REGISTRATION FORM

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Name
________________________________________________________________________________________________________________

Address
_______________________________________________________________________________________________________________

City _______________________________________________________________ State ___________ Zip ______________________________________

COURSE CONFIRMATION:
Please supply your email address to receive a confirmation letter. Make sure your email address is clearly written.

Degree ________________________________ Day Phone (  ) _________________________ Fax (  ) _________________________

Email ______________________________________________________ Specialty ____________________________

(REQUIRED FOR CME CREDIT)

☐ Full Fee: $175
☐ Reduced Fee*: $60
☐ NYU Langone Faculty and Staff: $60
☐ NYU Langone Residents and Fellows: Waived (must provide valid NYU Langone ID)
☐ Outside Residents and Fellows: $25

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Credit Card Number: _____________________________________ Exp. Date ________ CVV Code __________________________

Card Member’s Name: ______________________________________ Signature __________________________

(Please Print)

Special needs or requests: ________________________________________________________________

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ADVANCES IN CARDIOVASCULAR RISK REDUCTION

MAKE CHECK PAYABLE TO:
NYU Post-Graduate Medical School

SEND TO:
New York University School of Medicine
P.O. Box 419252
Boston, MA 02241-9252
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The NYU Langone Center for the Prevention of Cardiovascular Disease is a component of the Leon H. Charney Division of Cardiology and the Cardiac and Vascular Institute. To learn more about the NYU Langone Center for the Prevention of Cardiovascular Disease, visit www.med.nyu.edu/cvprevention