ADVANCES IN CARDIOVASCULAR RISK REDUCTION
Improving treatment for patients with diabetes
Jointly provided by the NYU Post-Graduate Medical School and the New York Chapter American College of Physicians

Thursday, May 11, 2017
LOCATION:
NYU Langone Medical Center
Alumni Hall, Farkas Auditorium
550 First Avenue • New York, NY 10016
COURSE DIRECTOR:
Arthur Schwartzbard, MD
med.nyu.edu/cme/cardiovascular

DIETARY AND LIFESTYLE STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION
Jointly provided by the NYU Post-Graduate Medical School and the New York Chapter American College of Physicians

Friday, May 12, 2017
LOCATION:
NYU Langone Medical Center
Alumni Hall, Farkas Auditorium
550 First Avenue • New York, NY 10016
COURSE DIRECTOR:
Eugenia Gianos, MD
med.nyu.edu/cme/diet_cardiovascular
**ADVENTS IN CARDIOVASCULAR RISK REDUCTION**  
Improving treatment for patients with diabetes

**COURSE DESCRIPTION**
This one-day course will cover state-of-the-art management of patients with cardiovascular risk factors, with a focus on prevention. The morning session will focus on the latest scientific and clinical advances in the management of diabetes. In addition, the release of updated guidelines in diabetes management will provide state-of-the-art principles that will guide presentations and discussions throughout the morning session. Topics will include recent technological advances in diabetic care, a new algorithm for choice of therapies for T2DM and the management of inpatient diabetics. The role of diabetes nurses and their impact on a medical practice will also be presented. The afternoon session will include an update on platelets, PCSK9, APO C3 and triglycerides. Current strategies for atherosclerosis imaging will be reviewed as well as the clinical management of resistant hypertension.

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 research in diabetes expanding our understanding of this complex disease.

Ten (10) half-hour presentations will be given. Attendees will participate in a lunchtime hour-long 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 morning and afternoon panel discussion segments (45 min each) in which the questions from the audience are answered and debated among expert panel members.

**TARGET AUDIENCE**
Cardiologists, endocrinologists, internists, general practice, family practitioners, nurse practitioners, nurses and physician trainees with an interest in the prevention of heart disease.

**EDUCATIONAL OBJECTIVES**
At the conclusion of this activity, participants should be able to:
- Describe novel technological advances in diabetic care and how they may improve patient outcomes
- Discuss best practices for the inpatient management of diabetics
- Describe the role and benefits of incorporating diabetes nurses in an outpatient private practice setting
- Summarize recent changes to the diabetes management algorithm, including modifications based on cardiovascular risk factors such as dyslipidemia and high blood pressure
- Describe how PCSK9 modulates LDL levels and how PCSK9 expression is affected by statin treatment
- Summarize the role of aspirin in preventing cardiovascular events and their efficacy and safety in light of recent clinical trials
- Incorporate noninvasive testing modalities for atherosclerosis in assessing risk for development as well as identification of subclinical disease
- Describe recent APOC3 studies and how the results of these studies have elucidated the role of APOC3 on triglyceride levels and CAD risk

**ACCREDITATION STATEMENT**
The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**CREDIT DESIGNATION STATEMENT**
The NYU Post-Graduate Medical School designates this live activity for a maximum of 7.50 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**NURSING CREDIT**
The program has been assigned 6.25 continuing nursing education contact hours.

The NYU Meyers College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses’ Credentialing Center’s Commission on Accreditation.

**COURSE FEES**
- Full: $175
- Reduced*: $95
- Outside Residents, Fellows & Students: $60 (must provide valid ID)
- NYU Langone/NYU Lutheran Residents & Fellows: Waived (must provide valid NYU Langone ID)

* Reduced fee applies to NYU Langone/NYU Lutheran faculty & Staff; non-physician healthcare professionals; NYU School of Medicine alumni, former residents & fellows; physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; & retired physicians.

**REGISTRATION**
Visit our secure website med.nyu.edu/cme/cardiovascular
To submit online registration

After 12 pm on May 9, 2017, 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. Registration is non-transferable.

**SYLLABUS**
In an effort to be more environmentally conscious, we will distribute syllabus materials electronically. You will receive an email with a link one week prior to the course to view, download or print the course materials. During the course you will also have the option to view the course materials from your smartphone, tablet or laptop by using the link. These materials will remain available for one year following the course.
## Course Schedule | Thursday, May 11, 2017

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:45 am</td>
<td>Registration and Continental Breakfast</td>
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<tr>
<td>8:20</td>
<td>Course Director Welcome</td>
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<tr>
<td></td>
<td>Arthur Z. Schwartzbard, MD</td>
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<tr>
<td>8:30</td>
<td>Difference in Cardiovascular Disease in Type 1 vs Type 2 Diabetes</td>
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<tr>
<td></td>
<td>Robert H. Eckel, MD</td>
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<tr>
<td>9:00</td>
<td>A New Algorithm for Choice of Therapies for T2DM</td>
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<td>Valentina Rodriguez, MD</td>
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<tr>
<td>9:30</td>
<td>Management of Diabetes in the Hospital</td>
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<td>Steven P. Hodak, 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>New DM Technology — Pumps, Sensors and Other Aids</td>
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<tr>
<td></td>
<td>Michael Bergman, MD</td>
</tr>
<tr>
<td>10:45</td>
<td>How Our Diabetes Nurses Practice and Can Improve Your Practice</td>
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<td></td>
<td>Iryna Sasinovich, RN, MSN</td>
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<tr>
<td>11:15</td>
<td>Morning Panel Discussion</td>
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<td>Course Faculty and Medical Staff of the Center for the Prevention of Cardiovascular Disease</td>
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<tr>
<td>12:00 pm</td>
<td>Lunch Case Conference: Navigating Diabetes Treatment</td>
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<td></td>
<td>Ira J. Goldberg, MD</td>
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<tr>
<td>1:00</td>
<td>Use of Noninvasive Atherosclerosis Imaging to Improve CV Risk Assessment</td>
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<tr>
<td></td>
<td>Roger S. Blumenthal, MD</td>
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<tr>
<td></td>
<td>Ira J. Goldberg, MD</td>
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<tr>
<td></td>
<td>Dr. Ira Goldberg’s presentation has been designated as the 6th Annual Leon H Charney Lecture. This lecture series features outstanding basic, translational or clinical research by a NYU Langone faculty member in an area related to the prevention of cardiovascular disease.</td>
</tr>
<tr>
<td>2:00</td>
<td>PCSK9 Update</td>
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<td>Howard S. Weintraub, MD</td>
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<tr>
<td>2:30</td>
<td>Coffee Break</td>
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<tr>
<td>2:45</td>
<td>Update in Platelets: treatment and testing</td>
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<td></td>
<td>Jeffrey S. Berger, MD</td>
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<tr>
<td>3:15</td>
<td>CKD-Hypertension-Heart Failure: The pressure’s On and It’s More Than Just Systolic</td>
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<td>Raymond R. Townsend, MD</td>
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<tr>
<td>3:45</td>
<td>Afternoon Panel Discussion</td>
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<tr>
<td></td>
<td>Course Faculty and Medical Staff of the Center for the Prevention of Cardiovascular Disease</td>
</tr>
<tr>
<td>4:30 pm</td>
<td>Adjourn</td>
</tr>
</tbody>
</table>

### Course Faculty

**Course Director**

Arthur Z. Schwartzbard, MD  
Associate Professor of Medicine  
Director, Clinical Lipid Research  
Center for the Prevention of Cardiovascular Disease

**NYU School of Medicine**

- **Maria A. Bella, MS, RD, CDN**  
  Registered Dietitian  
  NYU Langone Center for the Prevention of Cardiovascular Disease
- **Ricardo J. Benenstein, MD**  
  Assistant Professor of Medicine  
  Associate Director, Echocardiography Lab
- **Jeffrey S. Berger, MD**  
  Associate Professor of Medicine and Surgery  
  (Vascular Surgery)  
  Director, Cardiovascular Thrombosis Program
- **Michael Bergman, MD**  
  Clinical Professor of Medicine  
  Director, NYU Langone Diabetes Prevention Program  
  Section Chief, Endocrinology, Diabetes and Metabolism  
  Manhattan VA Medical Center
- **Edward A. Fisher, MD, MPH, PhD**  
  Leon H. Charney Professor of Cardiovascular Medicine  
  Director, Marc and Ruti Bell Vascular Biology Program  
  Director, Center for the Prevention of Cardiovascular Disease
- **Eugenia Gianos, MD**  
  Assistant Professor of Medicine  
  Co-Clinical Director, Center for the Prevention of Cardiovascular Disease
- **Ira J. Goldberg, MD**  
  Clarissa and Edgar Bronfman, Jr. Professor of Endocrinology  
  Director, Division of Endocrinology, Diabetes and Metabolism
- **Dennis A. Goodman, MD, ABIHM**  
  Clinical Professor of Medicine  
  Director, Integrative Medicine
- **Sean Heffron, MD, MS, MSc**  
  Instructor of Medicine
- **Steven P. Hodak, MD**  
  Professor of Medicine, Endocrinology and Metabolism  
  Associate Director, Division of Endocrinology and Metabolism
- **Jonathan D. Newman, MD, MPH**  
  Assistant Professor of Medicine
- **Valentina Rodriguez, MD**  
  Clinical Instructor of Medicine
- **Iryna Sasinovich, RN, MSN**  
  Nurse Practitioner
- **Richard A. Stein, MD, MPH**  
  Professor of Medicine
- **Howard S. Weintraub, MD**  
  Clinical Professor of Medicine  
  Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease

**Content Planners**

- Edward A. Fisher, MD, MPH, PhD  
  Mattia Gilmartin, PhD, RN  
  Ira J. Goldberg, MD  
  Ana Mola, PhD, RN, ANP-C  
  Lawrence Phillips, MD  
  (NY Chapter American College of Physicians)
  James Underberg, MD

**Guest Faculty**

- Roger S. Blumenthal, MD  
  The Kenneth Jay Pollin Professor of Cardiology  
  Johns Hopkins University School of Medicine  
  Director, Ciccarone Center for Prevention of Heart Disease  
  Baltimore, MD
- Robert H. Eckel, MD  
  Professor of Medicine, Physiology and Biophysics  
  University of Colorado Anschutz Medical Campus  
  Aurora, CO
- Raymond R. Townsend, MD  
  Professor of Medicine  
  University of Pennsylvania  
  Philadelphia, PA
- Maria A. Bella, MS, RD, CDN  
  Registered Dietitian  
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  Professor of Medicine
- Howard S. Weintraub, MD  
  Clinical Professor of Medicine  
  Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease
COURSE DESCRIPTION

Diet and lifestyle are crucial components in the development and progression of cardiovascular disease (CVD), but are underemphasized in the educational training of most health care providers. Health care providers with a background knowledge about the evidence for diet and exercise in cardiovascular disease are better equipped to educate their patients on these important aspects of cardiovascular disease prevention. The objective of this course is to review the evidence for diet and cardiovascular disease including recent guidelines, analyses and controversies while providing practical counseling advice for assessing and implementing change to patients’ diets and lifestyle patterns. The evidence for dietary supplements will be reviewed as well as the evidence for exercise and how to appropriately and safely prescribe an exercise regimen for the prevention and treatment of cardiovascular disease. The goal is for attendees to have a better understanding of the evidence for Mediterranean diet, DASH diet and a whole food/plant-based diet as well as other diets with evidence for CVD prevention. Attendees will learn specific time-efficient strategies to assess patients’ diet, use technology and motivational strategies for greater patient engagement and convey basic dietary advice within the time constraints of an office visit.

TARGET AUDIENCE

The target audience includes physicians, physician assistants, medical trainees, nurse practitioners, nurses (and nursing students), dietitians (and dietitian students) and allied health professionals

EDUCATIONAL OBJECTIVES

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

- Describe how the Mediterranean, DASH and plant based/whole food diets can be used in the primary prevention of cardiovascular disease as well as what the current sets of guidelines recommend
- Review the evidence for dietary supplement use in cardiovascular risk reduction and appropriately counsel patients about their use
- Describe the cardiovascular benefits of exercise, create an exercise prescription for patients and understand the technology available for patients to use for their exercise goals
- Describe the factors influencing the American diet and steps to mitigate disparities in access to healthy food and exercise
- Describe the importance of motivating patients to achieve positive clinical outcomes
- Outline the ideal eating patterns for diabetes, hypertension and dyslipidemias and describe how those diets optimize patient outcomes

ACCREDITATION STATEMENT

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School designates this live activity for a maximum of 5 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 5.5 CPEUs.

CONTINUING NURSING EDUCATION CONTACT HOURS

This program has been approved for 4.00 continuing nursing education contact hours.

The NYU Meyers College of Nursing Center for Continuing Education in Nursing is accredited as a provider of continuing nursing education by the American Nurses’ Credentialing Center’s Commission on Accreditation.

REGISTRATION

Visit our secure website www.med.nyu.edu/cme/Diet_Cardiovascular
To submit online registration
After 12 pm on May 10, 2017, 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. Registration is non-transferable.

SYLLABUS

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COURSE FEES

<table>
<thead>
<tr>
<th>Category</th>
<th>Regular</th>
<th>Reduced*</th>
<th>Outside Residents, Fellows &amp; Students (must provide valid ID)</th>
<th>NYU Langone/ NYU Lutheran Residents &amp; Fellows (must provide valid NYU Langone ID)</th>
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<tr>
<td>Full</td>
<td>$130</td>
<td>$75</td>
<td>$40</td>
<td>Waived</td>
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<tr>
<td>Reduced*</td>
<td>$110</td>
<td>$65</td>
<td>N/A</td>
<td>N/A</td>
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<tr>
<td>Outside Residents, Fellows &amp; Students (must provide valid ID)</td>
<td>$40</td>
<td>N/A</td>
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<tr>
<td>NYU Langone/ NYU Lutheran Residents &amp; Fellows (must provide valid NYU Langone ID)</td>
<td>Waived</td>
<td>N/A</td>
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*Reduced fee applies to NYU Langone/ NYU Lutheran faculty & staff; non-physician healthcare professionals; NYU School of Medicine alumni, former residents & fellows; physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; & retired physicians.
Dietary and Lifestyle Strategies for Cardiovascular Risk Reduction

Course Schedule | Friday, May 12, 2017

7:15 am  Registration and Continental Breakfast

8:00  Introduction
Eugenia Gianos, MD

8:05  Diet and Cardiovascular Disease: What is the Evidence?
Eugenia Gianos, MD

8:30  Processing the Latest Dietary Guidelines
Jeannette Beasley, PhD, MPH, RD

8:55  Plant-Based Diets: Cardiometabolic Protection and Beyond
Michelle McMacken, MD

9:20  Dietary Assessment and Counseling in a Busy Practice
Maria Bella, MS, RD, CDN

9:45  Modern Motivation: Integrating Behavioral Counseling with Technology to Change Lifestyle Behaviors
Mary Ann Sevick, ScD

10:10  Questions & Answers

10:20  Coffee Break

10:35  Access to Healthy Food and Exercise: Is Your Neighborhood to Blame?
Andrew Rundle, DrPH

11:00  Dietary Supplements: Benefits, Risks and Pitfalls
Dennis A. Goodman, MD, ABIHM

11:25  An Exercise Prescription for Cardiovascular Health
Sean Heffron, MD, MS, MSc

11:50  Coffee Break

12:05 pm  Keynote: Dietary Fats and Cardiovascular Risk: A Fresh Look at the Evidence
Dariush Mozaffarian, MD, DrPH

12:35  Panel Discussion/Questions & Answers
Course Faculty and Medical Staff of the Center for the Prevention of Cardiovascular Disease

1:30 pm  Adjourn

Course Director
Eugenia Gianos, MD
Assistant Professor of Medicine
Co-Clinical Director, Center for the Prevention of Cardiovascular Disease

Content Planners
Maria A. Bella, MS, RD, CDN
Edward A. Fisher, MD, MPH, PhD
Mattia Gilmartin, PhD, RN
Dennis A. Goodman, MD, ABIHM
Ana Mola, PhD, RN, ANP-C
Lawrence Phillips, MD
(NY Chapter American College of Physicians)
Howard S. Weintraub, MD

Guest Faculty
Dariush Mozaffarian, MD, DrPH
Dean, Friedman School of Nutrition Science and Policy
Tufts University
Boston, MA

Andrew Rundle, DrPH
Associate Professor
Mailman School of Public Health
Columbia University
New York, NY

NYU School of Medicine
Jeannette Beasley, PhD, MPH, RD
Assistant Professor of General Internal Medicine and Clinical Innovation
Maria A. Bella, MS, RD, CDN
Registered Dietitian
NYU Langone Center for the Prevention of Cardiovascular Disease
Ricardo J. Benenstein, MD
Assistant Professor of Medicine
Associate Director, Echocardiography Lab
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Director, Integrative Medicine
Sean Heffron, MD, MS, MSc
Instructor of Medicine
Michelle McMacken, MD
Assistant Professor of Medicine
Director, Bellevue Weight Management Clinic
Ana Mola, PhD, RN, ANP-C
Director of Care Transitions
Jonathan D. Newman, MD, MPH
Assistant Professor of Medicine
Arthur Z. Schwartzbard, MD
Associate Professor of Medicine
Director, Clinical Lipid Research Center for the Prevention of Cardiovascular Disease
Mary Ann Sevick, ScD
Professor of Population Health
Richard A. Stein, MD, MPH
Professor of Medicine
Howard S. Weintraub, MD
Clinical Professor of Medicine
Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease