

Emory Heart Center  
Emory University School of Medicine  
Department of Medicine - Division of Cardiology  
presents

# 19<sup>TH</sup> ANNUAL ESCAPE 2020

Amelia Island,  
Florida

EMORY SYMPOSIUM  
ON CORONARY  
ATHEROSCLEROSIS  
PREVENTION & EDUCATION

JUNE 3-7, 2020

OMNI Amelia Plantation  
Amelia Island, Florida

Endorsed by



EMORY  
UNIVERSITY  
SCHOOL OF  
MEDICINE

## FACULTY

### COURSE DIRECTORS

Emory University School of Medicine

**LAURENCE S. SPERLING, MD, FACP, FACC, FAHA**

Katz Professor in Preventive Cardiology

**IJEOMA ISADIANSO, MD, MPH**

Associate Professor of Medicine – Cardiology  
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Professor of Medicine - Cardiology

**DANNY EAPEN, MD**

Assistant Professor of Medicine - Cardiology

**ROBERT WILSON, PA-C**

EUH Dept of Interventional Cardiology

### GUEST FACULTY

**ROGER S. BLUMENTHAL, MD**

Professor of Medicine - Cardiology  
Director of Preventive Cardiology  
Johns Hopkins

**ANDREW KOBYLIVKER, MD**

Kaiser: The Southeast Permanente Group

**GEORGE A. MENSAH, MD**

National Heart, Lung and Blood Institute

**WENDY POST, MD**

Professor of Medicine (Cardiology)  
Johns Hopkins

### EMORY FACULTY

**KUNAL BHATT, MD**

**DEVINDER DHINDSA, MD**

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**ANSHUL PATEL, MD**

**FRANCISCO PASQUEL, MD**

**KATHLEEN WELDON, NP**

**BYRON WILLIAMS JR, MD**

**PETER WILSON, MD**

# INFORMATION

## STATEMENT OF NEED

ASCVD has seen a significant reduction in the recent years. Yet, the disease is a major cause of disability and death both in the United States and globally. Physicians and clinicians must gain the knowledge, skill and resources to integrate the latest research and clinical guidelines in the context of their own practice.

At ESCAPE, attendees will hear nationally renowned speakers discuss ACC/AHA guidelines on hypertension, blood cholesterol, women's heart disease, electrophysiology, interventional cardiology and congestive heart failure.

## CORE COMPETENCIES

Patient Care and Medical Knowledge

## OBJECTIVES

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

- Describe the highlights of the ACC/AHA 2019 Primary Prevention Guidelines;
- Understand risk factors that place women at increased risk for CVD;
- Discuss the benefits of PCI vs medical therapy for patients with stable CVD;
- Understand the role that Lp(a) and Apo B play in determining CVD risk;
- List certain social factors that increase cardiovascular risk;
- Recognize the benefits of nutrition supplements in cardiovascular health;
- Summarize the latest clinical trials in hypertension management;
- Review management of atrial fibrillation;
- Discuss the ACC guidelines of pre-operative cardiac risk stratification;
- Interpret the guidelines and latest trials for anti-platelet therapy post PCI;
- Learn how to diagnose and treat cardiac amyloid;
- Review safety of Testosterone therapy for cardiac patients;
- Recognize the cardiovascular complications of the pregnant patient;
- Describe a successful system for outpatient heart failure management;
- Learn the cardiovascular benefits of guideline driven diabetes management.

## WHO SHOULD ATTEND

Cardiologists, Internists, Family Practice, Emergency Medicine, Primary Care, Physician Assistants, PharmD and Nurses would benefit from this conference.

## SPONSORSHIP AND ACCREDITATION

The program is sponsored by the Emory University School of Medicine. The Emory University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## TUITION

The tuition includes refreshment breaks, electronic course syllabus and other amenities involved in a rewarding learning experience. Minimum and maximum enrollments have been established. Cancellation prior to May 1, 2020 will be refunded less a \$75 administrative fee. **There is no refund after May 1, 2020.**

## CONTINUING EDUCATION CREDITS

The Emory University School of Medicine designates this live activity for a maximum of 20.00 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20.00 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCE for the purpose of granting ABIM MOC credit.

Participants can also earn up to 20.0 Continuing Nursing Education (CNE) contact hours. Determination of pharmacotherapeutic contact hours is pending. Emory Nursing Professional Development Center (ENPDC) is accredited as a provider of continuing nurse education by the American Nurses Credentialing Center's Commission on Accreditation. CNE contact hours are awarded by ENPDC).

This education activity has been submitted to the Georgia Society of Health-System Pharmacists. Determination of credit is pending.

## EVENTS AND ATTIRE

Attire for the symposium is business casual and comfortable. Since meeting room temperatures and personal comfort levels vary, please bring a sweater or jacket to the educational sessions. Attire for the Family Social on Friday, June 7 is casual.

### WEDNESDAY, JUNE 3 from 4:30 - 6:30 pm - PRE MEETING WORKSHOPS

### THURSDAY, JUNE 4 from 5:45 - 7 pm - ATTENDEE-SPOUSE SESSION

Spouses are invited to participate in this session. **Children's Program:** If you have children 3 years and above, we'll provide supervised activities in an adjacent room.

### FRIDAY, JUNE 5 from 6-8 pm - FAMILY SOCIAL AND COOKOUT

This is an evening cookout and social that will take place under the stars and your spouse, children, and guests may attend (the conference fee covers up to 4 people plus children ages 3 years and under. Additional fees apply for extra guests – see the registration form for details). Children will be entertained with games. Please reserve your attendance on the registration form.

## CONFERENCE LOCATION AND LODGING

The conference will be held at Omni Amelia Island Plantation, 39 Beach Lagoon, Amelia Island, Florida 32034. Room reservations may be made by calling (904) 261-6161. Emory University School of Medicine has secured a block of oceanfront rooms at the Omni Amelia Island Plantation for a group rate of \$309.00 (plus applicable taxes) per night, single or double occupancy. These rates will be honored three days prior to and three days following the meeting, based on guest room availability. See all ESCAPE special rates below:

ROOM	RATE
Oceanfront Guestroom	\$309
Oceanfront One - Bedroom Suite	\$349
Oceanfront Two - Bedroom Villa	\$489
Oceanfront Three - Bedroom Villa	\$559 (\$25 Resort Fee Included)
Resortview Guestroom	\$279
Resortview One Bedroom Suite	\$339
Resortview Two Bedroom Villa	\$349
Resortview Three Bedroom Villa	\$489

**The resort has a \$25 (plus applicable taxes) per room resort fee per night.** This fee includes: complimentary self-parking, unlimited internet access in all accommodations, on-property resort transportation service, unlimited use of the health & fitness center, in-room coffee service, local & toll-free phone access, resort beach access, preferred racquet club and golf course reservation access. Early checkout fees may apply if your check out is prior to your reserved check out date.

To receive the discounted rate, please call (904) 261-6161 and please indicate that you are attending the **EMORY ESCAPE** conference when making your reservation. Or book online at: <https://www.omnihotels.com/hotels/amelia-island-plantation/meetings/emory-escape-2020>.

Reservations should be made as soon as possible, but no later than May 1, 2020. It is highly recommended you make your reservations as soon as possible, as this rate is available through May 1 or until the block is sold out, whichever comes first. After this date, reservations will be made on space available basis.

Villas require 3 night minimum stay.

For more information about the Omni Amelia Island Plantation, you may call (904) 261-6161 or visit the Omni Amelia Island Plantation website at [www.omnihotels.com/ameliaisland](http://www.omnihotels.com/ameliaisland).

## GROUND TRANSPORTATION

Round trip transportation is available between the Jacksonville International Airport and Omni Amelia Island Plantation (29 miles). Please call Amelia Airport Shuttle Transportation at (904) 753-6480 to make reservations or visit their website at [www.ameliatransport.com](http://www.ameliatransport.com). The current rate at publication is \$70.00 per vehicle one way. Advance reservations required.

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

## WEDNESDAY, JUNE 3, 2020

4:00 pm **REGISTRATION** (OMNI Amelia Island Conference Center)

### PRE-MEETING WORKSHOPS

4:30-5:30 **CASES FROM THE CLINIC** – Devinder Dhindsa, MD Anurag Mehta, MD Danny Eapen, MD

5:30-6:30 **LIFESTYLE 2.0: E-HEALTH IN PRACTICE** – Anurag Mehta, MD, Kathleen Weldon, NP

## THURSDAY, JUNE 4, 2020

### **FOCUS: PATHS TO PREVENTION**

**Moderator:** Ijeoma Isiadinso, MD, MPH

7:00 am **REGISTRATION, BREAKFAST AND EXHIBITS**

7:25 **WELCOME** – Ijeoma Isiadinso, MD, MPH

7:30 **OVERVIEW OF 2019 PRIMARY PREVENTION GUIDELINES AND TOP 10 TAKE HOME MESSAGES**  
Roger Blumenthal, MD

7:50 **BEYOND STATIN THERAPY: CURRENT AND FUTURE DIRECTION** – Danny Eapen, MD

8:10 **THE WISE WOMEN: ADDRESSING THE NEEDS OF WOMEN AT INCREASED RISK FOR CVD**  
Gina Lundberg, MD

8:30 **ISCHEMIA: IS REVASCULARIZATION STILL AN OPTION FOR MANAGEMENT OF CAD?**  
Gautam Kumar, MD

8:50 **MEDS OR METAL: HOW SHOULD WE APPROACH OUR PATIENTS WITH ISCHEMIA?**  
Roger Blumenthal, MD and Gautam Kumar, MD

9:10 **PANEL DISCUSSION / Q & A**

9:30 **BREAK AND EXHIBITS**

9:50 **DIABETES PREVENTION: MORE THAN JUST WEIGHT LOSS?** – Francisco Pasquel, MD, MPH

10:10 **REFINING CVD RISK: ROLE OF LP(A) IN CVD** – Wendy Post, MD

10:30 **BREAK AND EXHIBITS**

10:50 **SOCIAL DETERMINANTS OF HEALTH AND CARDIOVASCULAR RISK** – Alanna Morris, MD

11:10 **CARDIO-DIABETOLOGY 101** – Francisco Pasquel, MD, MPH

11:30 **PANEL DISCUSSION / Q & A**

11:45 **ADJOURNMENT**

5:45 pm **ATTENDEE / SPOUSE RECEPTION:**  
Timothy Harrison, M.Arch: **CBCT and the Emory – Tibet partnership**

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

## FRIDAY, JUNE 5, 2020

 **FOCUS: HEALTH, WELL-BEING, MINDFULNESS, MOVEMENT**

**Moderator:** Laurence Sperling, MD

6:30 am **SIGN-IN, EXHIBITS, BREAKFAST**

7:00 **EKGS PEARLS WITH THE PROFESSORS** – Douglas Morris, MD, Byron Williams, Jr, MD

7:30 **PILLARS OF PREVENTION: HEALTH, WELL-BEING, MINDFULNESS, MOVEMENT** – Laurence Sperling, MD

7:50 **ADDRESSING THE NATURALIST PATIENT: NUTRITIONAL SUPPLEMENTS IN CVD PREVENTION** – George Mensah, MD

8:10 **HYPERTENSION TREATMENT AND CONTROL: IMPLICATIONS OF NEW CLINICAL TRIALS** – George Mensah, MD

8:30 **PANEL DISCUSSION / Q & A**

8:50 **BREAK AND EXHIBITS**

9:10 **WHERE'S THE BEEF? RED MEAT AND HEART HEALTH** – Andrew Kobylivker, MD

9:30 **UTILITY OF OMEGA-3'S: IS IT TIME TO TAKE THE BAIT?** – Peter Wilson, MD

9:50 **JEOPARDY SESSION**  
Anurag Mehta, MD; Devinder Dhindsa, MD; Danny Eapen, MD

10:10 **PANEL DISCUSSION / Q & A**

10:30 **BREAK AND EXHIBITS**

10:50 **MONEY MATTERS: FINANCIAL ISSUES THAT IMPACT CV PREVENTION**  
Neal Dickert, MD, PhD

11:10 **HOW MUCH IS TOO MUCH? A CARDIOLOGIST'S APPROACH TO GERIATRIC CARE** – Douglas Morris, MD

11:30 **FUTURE OF CV PREVENTION** – Laurence Sperling, MD

11:50 **ADJOURNMENT**

12:10 - 12:45 **OPTIONAL PRODUCT THEATRE**

6:00 pm  **FAMILY SOCIAL & COOKOUT**

19<sup>TH</sup> ANNUAL  
**ESCAPE**  
2020

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

## SATURDAY, JUNE 6, 2020

### **SUNRISE: GUIDED MEDITATION SESSION: ON THE BEACH**

Timothy Harrison, M.Arch

### **FOCUS: CARDIAC INNOVATION AND BEYOND**

**Moderator:** Arshed Quyyumi, MD

- 7:00 am **SIGN-IN, BREAKFAST AND EXHIBITS**
- 7:30 **ATRIAL FIBRILLATION: PREVENTING EVENTS AND IMPROVING QOL** – Anshul Patel, MD
- 7:50 **THE FORGOTTEN VENTRICLE: SHIFTING THE SPOTLIGHT** – Byron Williams, Jr, MD
- 8:10 **HEALTH SYSTEMS APPROACHES TO HEART FAILURE: POSSIBILITY FOR SUCCESS** – Alanna Morris, MD
- 8:30 **PANEL DISCUSSION / Q & A**
- 8:50 **BREAK AND EXHIBITS**
- 9:10 **FINDINGS OF THE COLCOT STUDY: IMPLICATIONS IN POST-MI CARE** – Adam Mitchell, MD
- 9:40 **NEXT GENERATION THERAPIES FOR THE MANAGEMENT OF CVD** – Arshed Quyyumi, MD
- 10:00 **PACEMAKERS 101 (FOR NON-ELECTRICIANS): PREVENTION OF IGNORANCE** – Anshul Patel, MD
- 10:20 **PANEL DISCUSSION/ Q & A**
- 10:40 **BREAK AND EXHIBITS**
- 11:00 **HIDDEN IN PLAIN SIGHT: AMYLOID CARDIOMYOPATHY** – Kunal Bhatt, MD
- 11:20 **OUTPATIENT HEART FAILURE MANAGEMENT: THE KAISER MODEL** – Andrew Kobylivker, MD
- 11:40 **RETHINKING HEART FAILURE IN 2020** – Kunal Bhatt, MD
- 12:00 pm **ADJOURNMENT**
- 12:10-12:45 **OPTIONAL ROUNDTABLE: PHYSICIAN BURNOUT VS. MORAL INJURY: LET'S TALK ABOUT IT**

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

**SUNDAY, JUNE 7, 2020**

**FOCUS: PREVENTION POTPOURRI**

**Moderator:** Danny Eapen MD

6:30 am **SIGN-IN, BREAKFAST AND EXHIBITS**

7:00 **CARDIOVASCULAR COMPLICATIONS IN THE PREGNANT PATIENT** – Gina Lundberg, MD

7:20 **TAKOTSUBO CARDIOMYOPATHY: BEYOND EMOTIONS – TREATMENT AND PROGNOSIS** – Puja Mehta, MD

7:40 **APOLIPOPROTEIN B: PREDICTING FUTURE CV RISK?** – Ijeoma Isiadinso, MD, MPH

8:00 **UP IN SMOKE: TOBACCO, CBD AND MORE** – Kathleen Weldon, NP

8:20 **PANEL DISCUSSION / Q & A**

8:40 **ANTIPLATELET THERAPY AND ITS EVOLVING ROLE IN SECONDARY PREVENTION** – Rob Wilson, PA-C

9:00 **SHARED DECISION MAKING IN HEALTHCARE: ARE WE LISTENING TO OUR PATIENTS?**  
Neal Dickert, MD, PhD

9:20 **TO CLEAR OR NOT TO CLEAR: PREOPERATIVE CARDIAC RISK ASSESSMENT MADE SIMPLE**  
Rob Wilson, PA-C

9:40 **SMALL VESSELS WITH BIG PROBLEMS: APPROACH TO MICROVASCULAR DISEASE** – Puja Mehta, MD

10:00 **TESTOSTERONE AND THE HEART: SAFE TO PRESCRIBE?** – Peter Wilson, MD

10:20 **GENOMICS IN CV RISK PREDICTION: TIME FOR THE MAINSTREAM?** – Adam Mitchell, MD

10:45 **ADJOURNMENT**



# REGISTRATION

## EMORY SYMPOSIUM ON CORONARY ATHEROSCLEROSIS PREVENTION & EDUCATION

**JUNE 3-7, 2020**

**Amelia Island, Florida**

**ONLINE REGISTRATION RECOMMENDED**

[www.emory.edu/CME](http://www.emory.edu/CME)

or register on this form if you are faxing or mailing

Name: \_\_\_\_\_

Specialty/Title: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

Email: \_\_\_\_\_

(REQUIRED)

 Special Needs: \_\_\_\_\_

### PRE-MEETING WORKSHOPS - June 3, 2020 (4:30-6:30 pm)

YES - I will attend

NO - I will not attend

### ATTENDEE/SPOUSE RECEPTION - June 4, 2020 (5:45-7:00 pm)

YES - # attending including myself \_\_\_\_\_

Children's Activity ages 3+ years old (coincides with the event above) and for Attendees of the Spouse Activity  
Please RSVP for the Children's Activity **ONSITE**

### FAMILY SOCIAL & COOKOUT - June 5, 2020 (6:00-8:00 pm)

Optional evening cookout and social. Games and a clown will be available for the children.  
Please RSVP for this activity below

YES - I / WE will attend

NO - I / WE will not attend

Conference fee covers up to 4 people plus children 3 years and under  
Additional Fees over 4 people: Adults 13 years plus - \$45 and children 4-12 years old - \$20

\_\_\_\_\_ Number of adults including myself (13 years and older)

\_\_\_\_\_ Number of children 4-12 years old

\_\_\_\_\_ Number of children 1-3 years old

### PHYSICIANS

### OTHER HEALTHCARE PROFESSIONALS

By May 1

After May 1

By May 1

After May 1

\$735

\$780

\$630

\$670

**TOTAL PAYMENTS** \$ \_\_\_\_\_

Make check payable to: **Emory University School of Medicine**

Detach and mail or fax to:

 **Continuing Medical Education**  
100 Woodruff Circle, Suite 331  
Atlanta, GA 30322



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