



**19<sup>th</sup> Annual National Sarasota Congress for  
Cardiovascular Disease Prevention Update 2019:  
Time to Focus on Early Cardiovascular Disease Prevention and Optimal  
Diagnosis and Management of Primary and  
Secondary Cardiovascular Diseases**

**February 1, 2019 to February 2, 2019  
Location: Hyatt Regency, Sarasota, Florida**

**CME Accredited Program by FMA**

**Jointly Provided by: The International Society for Cardiovascular Disease Prevention [ISCVDP], The Cardiovascular Center of Sarasota Foundation for Research and Education, The Cardiovascular Health Assessment Center and The Florida Medical Association (FMA)**

**In cooperation with  
University of Minnesota, Center for Cardiovascular Disease Prevention  
Sarasota Memorial Healthcare System  
Association of Black Cardiologists [ABC]  
The American College of Cardiology Florida Chapter**

**CME Credit Information:**

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 Florida Medical Association and ISCVDP. The Florida Medical Association is accredited by the ACCME to provide continuing medical education for physicians.

The Florida Medical Association designates this live activity for a maximum of 11.50 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity

**Disclosure:** Planner and speaker disclosure information will be communicated in writing in advance of the meeting.



Florida  
CHAPTER



# Program Outline

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Friday, February 1<sup>st</sup> 2019

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## SESSION I:

### ADVANCES IN THE PAST 12 MONTHS IN CARDIOVASCULAR DISEASE PREVENTION

Chairpersons: Drs. J. Cohn, M. El Shahawy, and N. Wenger

- 11:30–1:00 PM    **Optional Luncheon Symposia Early Registration Encouraged, Space Limited**  
1. Diabetic Heart Disease  
2. CT Imaging and Heartflow
- 1:00 PM    **REGISTRATION**
- 1:15 PM    **WELCOME**    Program Director: M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC  
Past Chairman Sarasota County Public Hospital Board: Gregory Carter  
Co-Directors Professors: J. Cohn, A. DeMaria, and N. Wenger
- 1:30 PM    **Novel Approach for Cardiovascular Disease Risk Assessment.....J. Cohn, MD**
- 1:50 PM    **Diabetic Heart Disease.....M. El Shahawy, MD**
- 2:10 PM    **Hypertension: New Guidelines.....A. Schwartz, MD**
- 2:30 PM    **Heart Failure: Diagnosis and Management Update.....A. DeMaria, MD**
- 2:50 PM    **Stroke Prevention in Atrial Fibrillation.....R. Gillespie, MD**
- 3:10 PM    **Coronary Artery Calcium Scores to Guide Discussion for Use of Statins in Primary  
Prevention.....E. Michos, MD**
- 3:30 PM    **Coffee Break**
- 3:45 PM    **Cardio-Oncology.....M. Fradley, MD**
- 4:00 PM    **Cardiac Rehabilitation: 2019.....N. Wenger, MD**
- 4:20 PM    **Panel Discussion: Moderators..... Drs. M. El Shahawy, J. Schoepf, M. Valentine  
Panelists.....All Faculty**
- 5:30 PM    **Adjourn**
- 6:00 PM    **Optional Dinner Symposia Early Registration Encouraged, Space Limited:  
Clinical Implications of Anticoagulation in Peripheral Arterial Disease..... M. Patel, MD**

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**Saturday, February 2<sup>nd</sup> 2019 Morning Session**

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**7:00-8:00 AM Optional Breakfast Symposia Early Registration Encouraged, Space Limited**  
**Elevated Triglyceride Levels as a Cardiovascular Risk Factor: What are the Management Implications?..... N. Wenger, MD**

**SESSION II:**

**ADVANCES IN THE PAST 12 MONTHS IN CARDIOVASCULAR DISEASE PREVENTION**

**Chairpersons: Drs. J. Cohn, M. El Shahawy, and N. Wenger**

**7:30 AM REGISTRATION**

**8:00 AM WELCOME Program Director: M. El Shahawy, MD, MS, FESC, FAHA, FACC**  
**President and CEO Sarasota Memorial Hospital: David Verinder**  
**Past Chairman Sarasota County Public Hospital Board: Gregory Carter**

**8:30 AM Hypertension in Women Across the Lifespan..... N. Wenger, MD**

**8:50 AM Novel Drugs for the Treatment of Diabetes.....M El Shahawy, K. Ferdinand MD**

**9:10 AM Familiar Hyperlipidemia ..... S. Kopecky, MD**

**9:30 AM Cardiac Amyloidosis.....I. Fergus, MD**

**9:50 AM Aortic Valve Disease.....W. Roberts, MD**

**10:10 AM Coffee Break**

**10:30 AM Cardio Renal Syndrome.....M. Pohl MD**

**10:50 AM Novel Anticoagulants .....D. Perloff, MD**

**11:10 AM Acute Coronary Syndrome and Secondary Prevention..... M. Valentine, MD**

**11:30 AM Cardiac Surgery; Update 2019.....J. Sell, MD**

**11:50 AM Panel Discussion: Moderators.....Drs. T. Kelly, K Ferdinand, A. DeMaria and Z. Fras**  
**Panelists.....All Faculty**

**12:30 PM Optional Lunch Symposia Early Registration Encouraged, Space Limited**  
**1. Current Treatment of Dyslipidemia Beyond Statin: PCSK9**  
**2. Current Management of Obesity**  
**3. Genetics and Cardiovascular Disease Update 2019: The Role of Genetics in Cardiovascular Disease Risk Stratification and Treatment**

**SESSION III:  
Joint Session with Association of Black Cardiologists (ABC)**

**Women's Heart Disease Update 2019**

**ADVANCES IN THE PAST 12 MONTHS IN CARDIOVASCULAR DISEASE PREVENTION**

**Chairpersons: Drs. M. El Shahawy, J. Cohn and N. Wenger**

**1:15 PM REGISTRATION**

**1:30 PM Welcome: Program Director: M. El Shahawy, MD, MS, FESC, FASPC, FAHA, and FACC  
Co-Directors Professors: J. Cohn, and N. Wenger**

**1:45 PM Coronary Heart Disease in Women: Evolution of our Knowledge.....N. Wenger, MD**

**2:15 PM Pregnancy and Women's Heart Disease.....B. Sogade, MD**

**2:35 PM Obesity Is A Major Risk Factor.....M. El Shahawy, MD**

**2:55 PM Diet and Supplements for Cardiovascular Disease Prevention.....E. Michos, MD**

**3:10 PM Cardiovascular Risk Factors .....I. Fergus, MD**

**3:30 PM Coffee Break**

**3:50 PM Cardio Metabolic Syndrome.....K. Ferdinand, MD**

**4:10 PM Controversies in Cardiac Arrhythmia Management.....J. Fontaine, MD**

**4:30 PM Prevention in Atrial Fibrillation.....F. Sogade, MD**

**4:50 PM Cardiovascular Imaging Modalities: Update 2019 .....A. DeMaria, MD**

**5:10 PM Slowing Disease Progression: A Therapeutic Approach to Prevention.....J. Cohn, MD**

**5:30 PM Panel Discussion: Moderators.....Drs. I. Fergus, M El Shahawy, MD  
Panelists.....All Faculty**

**6:00 PM Concluding Remarks and Adjourn**