

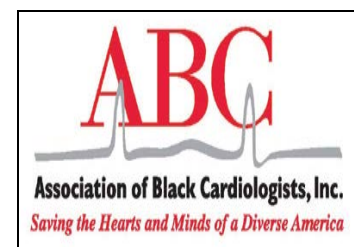
**20<sup>th</sup> Annual National Sarasota Congress for  
Cardiovascular Disease Prevention Update 2020:  
Time to Focus on Early Cardiovascular Disease Prevention and Optimal Diagnosis and  
Management of Primary and  
Secondary Cardiovascular Diseases**

**February 7, 2020 1-5 PM (Optional Program)  
February 8-9, 2020 (CME Program)  
Location: Hyatt Regency, Sarasota, Florida**

**Approved for 13 CME**

**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, Sarasota Memorial Healthcare Foundation,  
Association of Black Cardiologists [ABC]  
The American College of Cardiology Florida Chapter**



# Program Outline

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## Friday, February 7<sup>th</sup>, 2020 Afternoon Session

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- 1:00-5:00 PM** Pre-Congress Optional Symposia on Current 2020 Guidelines Directed Treatments for Diabetes, Hypertension, Dyslipidemia, Obesity, Novel Oral Anticoagulants, Peripheral Arterial Disease, Pulmonary Hypertension, Heart Failure, Women’s Heart Disease, Amyloid Heart Disease and much more. Space is Limited. 1st Congress Registrants, 1st Served (This is not part of the regular CME Program)
- 5:00-7:00 PM** Reception with faculty by invitation only and early meeting registration
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## Saturday, February 8<sup>th</sup>, 2020 Morning Session

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- 6:00-7:00 AM** Optional Breakfast Symposia, TBA
- 7:00-7:30 AM** REGISTRATION

### SESSION I:

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

Chairpersons: Drs. J. Cohn, M. El Shahawy, and A. DeMaria

- 7:30 AM** 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
- 8:00 AM** “Slowing Cardiovascular Disease Progression: A 21<sup>st</sup> Century Approach to Prevention” .....J. Cohn, MD
- 8:20 AM** Diabetes and Cardiovascular Risk Reduction.....K. Ferdinand, MD
- 8:40 AM** A Community Model for Reducing Myocardial Infarction: The San Diego Model  
.....A. DeMaria, MD
- 9:00 AM** Transforming Cardiac Rehabilitation: 2020.....N. Wenger, MD
- 9:20 AM** Cardio Renal Syndrome.....M. Pohl, MD
- 9:40 AM** Coffee Break
- 9:55AM** Stroke Prevention and Nonvalvular A Fib.....F. Sogade, MD
- 10:15 AM** Cardiac CT in 2020.....M. Budoff, MD
- 10:35 AM** ECG Pearls.....A. Epstein, MD
- 10:55 AM** Update in Myocardial Perfusion Imaging : Doing the Best Test, The Right Way,  
For the Right Patient .....D. Wolinsky, MD
- 11:15 AM** Current Diagnosis and Management of Peripheral Arterial Disease.....M. El Shahawy, MD
- 11:35 AM** Panel Discussion: Moderators..... Drs. M. El Shahawy, A. DeMaria, F. Pinto  
Panelists.....All Faculty
- 12:30 PM** Optional Lunch Symposia, TBA

**SESSION II:**

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

**Chairpersons: Drs. M. El Shahawy, A. DeMaria, T. Kelly and N. Wenger**

- 2:00 PM Heart Disease in Women: Understanding the Journey..... N. Wenger, MD**
- 2:20 PM New Cardiovascular Therapies in Diabetes.....M. Budoff MD**
- 2:40 PM Management of the Silent Killer: Familial Hypercholesterolemia ..... S. Kopecky, MD**
- 3:00 PM Current Diagnosis and Management of Dyslipidemia Beyond Statin and PCSK9  
.....M. El Shahawy, MD**
- 3:20 PM Evolving Concepts in Hypertension, Implications of Three Guideline Recommendations in  
Three Years.....C. Pepine, MD**
- 3:40 PM Risk Assessment Tools for Primary Cardiovascular Disease Prevention.....L. Sperling, MD**
- 4:00 PM Coffee Break**
- 4:30 PM Application of Myocardial Strain Measurements to Predict Cardiac Dysfunction  
.....A. DeMaria, MD**
- 4:50 PM Hypertension Related to Pregnancy: A Tailored Management Approach ....B. Sogade, MD**
- 5:10 PM Cardiac Surgery Update 2020: TAVR and Mitral Clips.....J. Sell, MD**
- 5:30 PM Panel Discussion: Moderators.....Drs. T. Kelly, A. DeMaria and Z. Fras  
Panelists.....All Faculty**
- 6:30 PM Optional Dinner Symposia, TBA**

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**Sunday, February 9<sup>th</sup>, 2020**

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**6:00 – 7:00 AM Optional Breakfast Symposia, TBA**

**7:15 AM REGISTRATION**

**SESSION III:  
ADVANCES IN THE PAST 12 MONTHS IN CARDIOVASCULAR DISEASE PREVENTION**

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

**7:45 AM WELCOME Program Director: M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC**

**8:00 AM “Blood Pressure and Cholesterol: Are They the Targets for Therapy?”.....J. Cohn, MD**

**8:20 AM Can Artificial Intelligence Improve Cardiovascular Prevention and Patient Care?  
.....E. Ofili, MD**

**8:40 AM Present Concepts and Recent Advances in Resistant Hypertension.....K. Ferdinand, MD**

**9:00 AM Remote Monitoring of Cardiac patients: Arrhythmias and Heart Failure.....A. Epstein, MD**

**9:20 AM The 2019 ACC/AHA Afib Guidelines- What Has Changed? What About Prevention?  
..... M. Valentine, MD**

**9:40 AM Statin Intolerance: Is It Real? What Are the Treatment Options?.....S. Kopecky, MD**

**10:00 AM Coffee Break**

**10:30 AM Ischemic Heart Disease in Women.....C. Pepine, MD**

**10:50 AM The Genetics of Atrial Fibrillation, Risk Factors and Novel Therapies.....J. Fontaine, MD**

**11:10 AM Expert Consensus Decision Pathway DM and CVD.....L. Sperling, MD**

**11:30 AM Hypertension Guidelines for 2020: Controversies.....A. Schwartz, MD**

**11:50 AM The Expanding Role of Implantable Monitoring Devices for Cardiac Prevention  
.....M. Yacoub, MD**

**12:10 PM Obesity Even Without Comorbidities is a Disease: Novel Data From Our Center  
.....M. El Shahawy, MD**

**12:30 PM Panel Discussion: Moderators.....Drs. T. Kelly, M El Shahawy, MD  
Panelists.....All Faculty**

**1:30 PM Concluding Remarks and Adjourn**