

CardioSarasota, Florida 24/24/24

24th Annual National CardioSarasota, Florida Congress for Cardiovascular Disease Prevention and Optimal Treatment Update

Hosted by 24 most renowned National and International Professors of Cardiology in February 2024

Date: February 2-3, 2024 (Friday and Saturday)

Location: Hyatt Regency, Sarasota, Florida

12 CME Approved Program by Florida Medical Association

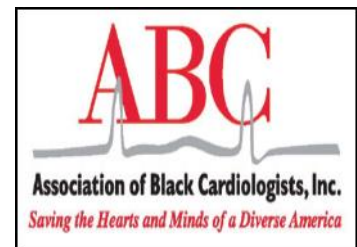
Jointly Provided by: The International Society for Cardiovascular Disease Prevention [ISCVDP], The Cardiovascular Center of Sarasota Foundation for Research and Education, The Sarasota Cardiovascular Health Assessment Center and The Florida Medical Association (FMA)

In cooperation with

The Founder and Past President of the University of Minnesota, Center for Cardiovascular Disease Prevention,

Sarasota Memorial Healthcare System, Sarasota Memorial Healthcare Foundation, And Members of the World Heart Federation

Member



Program Outline 2024

Friday, February 2, 2024, Special Optional Symposia By Invitation Only

The Optional Symposia in the session below are not part of the Florida Medical Association CME Accredited Program

11:00 AM **Registration for Optional Symposia by invitation only on Friday and Saturday and the regular CME Program. This CME and Special Symposia (Lunch, Dinner and Breakfast) will cover:**

Current Guideline Directed Treatments for Major Cardiovascular Disease Enhancing Risk Factors with Focus on Current Guidelines and Updates for A, B, C, D and much more.

These presentations will be presented by world renowned Professors of Cardiology with excellent expertise on current diagnosis and management on the topics addressed which include:

A.(A1c Diabetes) **Diabetes as a Major Cardiovascular and Renal Disease Risk Factor**

B.(Blood Pressure) **Hypertension is a Major Global Cardiovascular and Renal Disease Risk Factor: New Guidelines and Strategy for Optimal Treatment**

C.(Cholesterol) **Dyslipidemia: New Additions to the Toolbox for Optimal Control**

D.(Diet/Obesity) **Obesity: With and Without Comorbidities is a Disease: Current Diagnosis and Toolbox For Optimal Management With Emphasis on Cardio Obesity**

Symposia To Be **Addressing Risk of HF Rehospitalization With an Additional Guideline-Recommended Medication**

Presented On: **A Deeper Dive into the Early Recognition, Diagnosis, and Treatment of PH Associated with ILD..... J. Michaelson, MD**

WHO's in Second to Fifth? Distinguishing PAH from other Types of Pulmonary Hypertension.....J. Michaelson, MD

New Tools for the Treatment of Cardiovascular Inflammation.....M. Budoff, MD

12:00 PM- 1:00 PM **Optional Luncheon**
Update on Current Treatment of Heart Failure.....TBA

CME Accredited Program

Session I Friday Afternoon, February 2, 2024

1:15 PM Registration for CME Program

1:20 PM WELCOME:

M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director

Gregory Carter: Past Chair Sarasota County Public Hospital Board

Professors J. Cohn and N. Wenger: Program Co-Directors

**ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY
CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT
FOR THE A, B, C, D**

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

**1:30 PM The Role of World Heart Federation (WHF) in Promoting Global Cardiovascular Health
.....F. Pinto, MD**

1:50 PM Health Equity and Disparity in the U.S.....I. Fergus, MD

2:10 PM Cardiovascular Disease Prevention and Beyond.....B. Zarif, MD

2:30 PM Cardiovascular Disease Progression as a Target for Therapy.....J. Cohn, MD

2:50 PM Coffee Break

**3:10 PM Diabetes as a Major Cardiovascular/Renal Risk Factor: What to Do in 24
.....M. El Shahawy, MD**

3:30 PM Hypertension: Drug Treatment Strategies.....M. Pohl, MD

**3:50 PM New Lipid Therapy to Reduce Atherosclerotic Cardiovascular Disease Risk With
Emphasis on Statin Intolerant Patients.....M. Budoff, MD**

4:30 PM Triglyceride Rich Lipoproteins and Remnant Cholesterol.....A. Reda, MD

4:50 PM Time-Restricted Eating as Strategy for Cardiovascular Disease Prevention...L. Sperling, MD

5:10 PM Where Has All the Aspirin Gone? 2024.....N. Wenger, MD

**5:30 PM Panel Discussion: Moderators.....Drs. R. Gillespie, J. Nalura, and N. Wenger
Panelists.....All Faculty**

6:00 PM Adjourn

6:00 PM **Optional Dinner Symposium, pre-registration required, space is limited:
A Deeper Dive into the Early Recognition, Diagnosis, and Treatment of PH Associated
with ILD..... J. Michaelson, MD**

Session II Saturday Morning, February 3, 2024

6:15-7:15 AM Optional Breakfast Symposium: WHO's in Second to Fifth? Distinguishing PAH from other Types of Pulmonary Hypertension.....J. Michaelson, MD

MORNING CME SESSION

7:30 AM REGISTRATION

**7:45 AM WELCOME: M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director
David Verinder: President and CEO SMH Healthcare System**

**ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY
CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT
FOR THE A, B, C, D**

Chairpersons: Drs. M. El Shahawy, T. Kelly, and A. Fletcher

**8:00 AM 2023 ESC Guidelines for the Management of Acute Coronary Syndrome
.....N. Wenger, MD**

8:20 AM Management of Chronic Coronary Syndromes.....F. Pinto, MD

8:40 AM Can We Eliminate Heart Attacks?.....J. Narula, MD

**9:00 AM Obesity: Abdominal Visceral and/or EpiCardial Adiposity Even Without Symptomatic
Comorbidities is a Disease and a Major Cardiovascular Risk Factor.....M. El Shahawy, MD**

9:20 AM Ventricular Arrhythmias and Sudden Death.....F. Sogade, MD

9:40 AM How to Prevent Atrial Fibrillation.....F. Kusumoto, MD

10:00 AM Coffee Break

10:20 AM Stress Testing: Is It Still Relevant in 2024.....R. Gillespie, MD

10:40 AM Navigating the Guideline Recommendations for Stress Testing.....A. DeMaria, MD

11:00 AM Review of Ascending Thoracic Aortic Disease..... Drs. J. Sell, and K. Walker

**11:20 AM Panel Discussion: Moderators.....Drs. T. Kelly, M. El Shahawy and V. Robinson
Panelists.....All Faculty**

**12:15 PM Optional Lunch Symposium, pre-registration required, space is limited:
New Tools for the Treatment of Cardiovascular Inflammation.....M. Budoff, MD**

Session III Saturday Afternoon, February 3, 2024

1:15 PM WELCOME:

M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director
Thomas Kelly, MD: Board Trustee Sarasota Memorial Healthcare Foundation
Stacey Corley, Sarasota Memorial Healthcare Foundation President

**ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY
CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT
FOR THE A, B, C, D**

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

- 1:30 PM Focus on Cardio-Renal Metabolic Health.....L. Sperling MD**
- 2:00 PM Cardio Metabolic Syndrome Update 2024 with Emphasis on Microbiota.....E. Ofili MD**
- 2:15 PM Coronary Calcium Score Values and its Implication What You Need To Know
.....M. Budoff, MD**
- 2:30 PM Excess Epicardial Fat Volume: Novel Cardiovascular Risk Factor.....M. El Shahawy, MD**
- 2:45 PM Global Programs for the Treatment of Hypertension.....S. Smith, MD**
- 3:00 PM Coffee Break**
- 3:15 PM Cardiac Amyloid: An Under-diagnosed Disease.....R. Gillespie, MD**
- 3:30 PM Treatment of Advanced Heart Failure: Novel Approach.....S. Rahangdale, MD**
- 3:45 PM How to Prevent and Treat Heart Failure Update 2024.....M. Abdelhamid, MD**
- 4:00 PM Novel Approach for Heart Failure Treatment with Emphasis on Sleep Disorders
.....F. Zannad, MD**
- 4:15 PM Women, Heart Disease and Pregnancy.....B. Sogade, MD**
- 4:30 PM Women’s Heart Disease Prevention Strategy in 2024.....M. Gulati, MD**
- 4:45 PM Lifestyle Modifications Antismoking Campaign.....G. Nasr, MD**
- 5:00 PM COVID-19 2024 Update: Where Do We Stand?.....F. Pinto, MD**
- 5:15 PM Cardiovascular Disease in Women: Epidemiology, Awareness, Access, and Delivery of
Equitable Healthcare.....N. Wenger, MD**
- 5:30 PM Panel Discussion: Moderators.....Drs., M. El Shahawy, T. Kelly and L. Sperling
Panelists.....All Faculty**
- 5:55 PM Conclusion.....M. El Shahawy, MD**
- 6:00 PM Adjourn**