



9th Annual  
**Advances in Heart Disease  
Prevention and Rehabilitation**

**“Helping Patients Help Themselves”**

Saturday, March 11, 2017

Detroit Marriott Troy ▪ Troy, Michigan

**Beaumont**

**OU**  
**WB** | School of  
MEDICINE



# INTRODUCTION

Recent studies have shown that arterial inflammation plays a key role in the development and progression of atherosclerosis, that acute myocardial infarctions often evolve from mild-to-moderate coronary artery stenoses, that patients who experience a fatal coronary event invariably had antecedent exposure to one or more major coronary risk factors (i.e., hypercholesterolemia, hypertension, cigarette smoking, diabetes, obesity), that angiographic findings may vastly underestimate underlying atherosclerotic coronary artery disease, and that aggressive medical management may represent a safe and effective alternative to many elective coronary revascularization procedures. Moreover, cardiorespiratory fitness appears to be one of the strongest prognostic markers in persons with and without heart disease. Collectively, these data highlight the value of lifestyle modification and contemporary pharmacotherapies in the prevention of initial and recurrent cardiovascular events. Several mechanisms may contribute to improved clinical outcomes, including partial (albeit small) anatomic regression of coronary artery stenoses, a reduced incidence of coronary inflammation, platelet aggregation, and plaque rupture, and enhanced coronary artery vasomotor function.

Conference registrants will be provided the latest information on heart disease prevention and rehabilitation by a nationally distinguished faculty to “help patients help themselves.”

## Target audience

This one-day conference will provide cardiologists, internists, physician assistants, cardiac nursing personnel, and associated allied health professionals (e.g., physiologists, physical and occupational therapists, cardiac rehabilitation personnel, dietitians, recreational directors, public health professionals, health care administrators) with an overview of recent advances in the primary and secondary prevention of cardiovascular disease.

## CME accreditation and credit designation

William Beaumont Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

William Beaumont Hospital designates this live activity for a maximum of 6.0 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Non-physician professionals should check with their individual credentialing bodies to confirm that participation in this CME activity will be approved for credit. CME credits can be used to meet the continuing education requirements needed for Michigan physician assistant and nursing relicensure without limitation.

## Disclosure

All planning committee members and speakers have been asked to disclose any significant relationships they may have with commercial companies within the past 12 months that are relevant to their presentation. The presence or absence of relationships as well as off-label discussion of products will be disclosed at the time of the conference.

## Acknowledgement

This conference will be partially supported by educational grants and display fees from commercial supporters.

# OBJECTIVES

**By attending this conference, attendees should improve their ability to:**

- Identify the potential impact of lifestyle modification and drug therapy on cardiovascular risk reduction, with specific reference to hypercholesterolemia, hypertension, cigarette smoking, physical inactivity, diabetes, and obesity
- Summarize recent guidelines regarding the management of cholesterol and lipoprotein metabolism, especially LDL- and HDL-cholesterol, as these subfractions relate directly and inversely to atherosclerosis and vascular diseases, respectively
- Discuss novel pharmacologic treatments (e.g., PCSK9 Inhibitors) and their mechanisms of action for patients with elevated LDL-cholesterol, despite statin therapy or in patients who are statin intolerant
- Identify high risk and cardioprotective levels of physical activity and cardiorespiratory fitness (metabolic equivalents; METs) for patients with and without cardiovascular disease, with specific reference to health outcomes associated with varied doses of exercise (i.e., moderate, vigorous, extreme)
- Discuss clinical studies that have now unequivocally disproven the hypothesis that marathon running provides “immunity” to atherosclerotic cardiovascular disease
- Examine the interpretation and implications of several recent epidemiologic studies linking increased all-cause and cardiovascular mortality rates in population subsets participating in high intensity or extreme levels of physical activity (i.e., highlighting the J-curve or U-curve pattern)
- Review an interesting case study pertaining to a patient with cardiovascular disease, including the diagnostic evaluations employed, the treatment approach used, and related cardiovascular outcomes
- Understand the importance of defining, predicting, promoting and favorably impacting cardiovascular health, rather than simply preventing initial and recurrent cardiovascular events
- Highlight recent advances and innovations in cardiovascular medicine for hospitalized patients who have experienced acute myocardial infarction, acute coronary syndrome, or sudden cardiac death
- Review the technology, methodology, and outcomes resulting from Beaumont’s minimally invasive cardiac surgery program over the past decade
- Identify new interventions and technologic advances to prevent acute cardiovascular events, selected arrhythmias (e.g., atrial fibrillation), stroke and transient ischemic attacks
- Summarize relevant studies that regular exercise, a heart-healthy diet, weight management and the elimination of cigarette smoking/secondhand smoke reduces the risk of cardiovascular events, even in those individuals at high genetic risk
- Understand the causes of sudden death in young athletes and the relative roles and efficacy of different screening strategies
- Clarify the most common sources of chronic stress, its negative impact on cardiovascular health, and research-based interventions to manage stress successfully
- Review the available prognostic evidence involving the coronary artery calcium screening of asymptomatic patients, and the implications of these data for targeting patients for preventive strategies of care
- Understand differences in evidence available from randomized controlled trials that may influence or limit recommendations for quality improvement programs in secondary prevention
- Understand the relation between peripheral artery disease (PAD) and coronary artery disease in terms of global atherosclerotic risk factors, with specific reference to the presentation, diagnosis, and management of PAD



# FACULTY

## Director

### **Barry A. Franklin, Ph.D.**

Director, Preventive Cardiology and Rehabilitation  
Beaumont Hospital, Royal Oak  
Professor, Department of Internal Medicine  
Oakland University William Beaumont  
(OUWB) School of Medicine

## Guest faculty



### **Robert O. Bonow, M.D., M.S.**

Goldberg Distinguished Professor of Cardiology  
Northwestern University,  
Feinberg School of Medicine  
Northwestern Memorial Hospital  
Chicago, IL  
Past President, American Heart Association  
Editor, JAMA Cardiology



### **Barry J. Maron, M.D.**

Director, Hypertrophic Cardiomyopathy Clinic  
Professor of Medicine  
Tufts Medical Center  
Boston, MA



### **Joseph C. Piscatella**

President, Institute for Fitness and Health  
Gig Harbor, WA



### **Leslee Shaw, Ph.D.**

Professor of Medicine  
Director, Women's Health Research  
Co-Director, Emory Clinical Cardiovascular  
Research Institute  
Emory University School of Medicine  
Atlanta, GA



### **Sidney C. Smith, Jr., M.D.**

Professor of Medicine  
Division of Cardiology  
University of North Carolina  
Chapel Hill, NC  
Past President, American Heart Association  
Past President, World Heart Federation

## Beaumont faculty

### **Amr E. Abbas, M.D.**

Co-Director, Echo Laboratory  
Beaumont Hospital, Royal Oak  
Associate Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Abhay Neil Bilolikar, M.D.**

Clinical Cardiologist  
Assistant Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Simon R. Dixon, MBChB**

Chair, Department of Cardiovascular Medicine  
Dorothy Susan Timmis Endowed Chair of Cardiology  
Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Michael S. Doyle, M.D., M.P.H.**

Director, Unasource Lipid Clinic  
Clinical Assistant Professor of Internal Medicine  
Wayne State University School of Medicine

### **Harold Z. Friedman, M.D.**

Medical Director, Preventive Cardiology and  
Rehabilitation  
Associate Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Abdul R. Halabi, M.D.**

Interventional Cardiologist  
Assistant Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Marc P. Sakwa, M.D.**

Chief of Cardiovascular Surgery  
Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Steven B.H. Timmis, M.D.**

Director, Coronary Care Unit  
Assistant Professor, Department of Internal Medicine  
OUWB School of Medicine

### **Justin E. Trivax, M.D.**

Interventional Cardiologist  
Assistant Professor, Department of Internal Medicine  
OUWB School of Medicine

# SCHEDULE OF EVENTS

7:15-7:50 a.m.	Registration and Continental Breakfast
7:50-8 a.m.	Welcome and Opening Remarks Barry A. Franklin, Ph.D.
8-8:35 a.m.	Recent Advances in Cardiovascular Medicine Simon Dixon, MBChB
8:35-9:10 a.m.	Minimally Invasive Cardiac Surgery: Our 9 Year Experience Marc P. Sakwa, M.D.
9:10-9:45 a.m.	The Cardioprotective Polypill: Exercise and Lifestyle Robert O. Bonow, M.D.
9:45-10:20 a.m.	Screening Asymptomatic Patients with Coronary Artery Calcium: State of the Evidence Leslee Shaw, Ph.D.
10:20-10:50 a.m.	Case Presentation Neil Bilolikar, M.D. (Discussants: Harold Z. Friedman, M.D.; Abdul R. Halabi, M.D.; Steven B.H. Timmis, M.D.; Justin E. Trivax, M.D.)
10:50-11:10 a.m.	<b>BREAK</b>
11:10-11:45 a.m.	National and International Impact of Quality Improvement Programs on the Secondary Prevention of Cardiovascular Disease Sidney C. Smith, Jr., M.D.
11:45 a.m. to 12:20 p.m.	Sudden Cardiac Death in Young Athletes: Screening, New Insights, and Preventive Strategies Barry J. Maron, M.D.
12:20-12:35 p.m.	Panel Discussion/Questions and Answers
12:35-1:30 p.m.	<b>LUNCH</b>
	<b>HOT TOPICS – BRIEF UPDATES</b>
1:30-1:50 p.m.	Peripheral Artery Disease: Screening, Prevention, and Treatment Amr E. Abbas, M.D.
1:50-2:10 p.m.	Lipid Management in the Era of PCSK9 Inhibitors Michael S. Doyle, M.D.
2:10-2:30 p.m.	Extreme Exercise and Cardiovascular Health: Changing Paradigms and Perceptions Barry A. Franklin, Ph.D.
2:30-2:45 p.m.	<b>BREAK</b>
2:45-3:25 p.m.	Managing Chronic Stress in a Multi-Tasking World Joseph C. Piscatella
3:25-3:30 p.m.	Review, Closing Remarks and Adjournment

# REGISTRATION

Register on or before March 3, 2017 to take advantage of reduced registration rates.

**Register online at:**

<http://www.beaumont.edu/cardiology-conferences>

Early bird registration rates are available until 3/3/17. Online registration will close on 3/10/17. After 3/10/17, you may register onsite at the registration desk.

## Registration fees

Conference registration fees include CME credit, access to online presentations, continental breakfast, lunch and breaks.

	Early Bird On or before 3/3/17	After 3/3/17
Attending Physician	\$149	\$199
Physicians-in-training, N.P., R.N., PA-C other cardiac care providers	\$75	\$99
Students (must show College ID at Registration)	\$30	\$40

## Cancellation Policy

Cancellation requests received on or before March 3, 2017 are fully refundable. Cancellations or refunds after this date will not be honored. Substitutions are permitted.

To cancel a registration, send an email to [heartandvascularconferences@beaumont.edu](mailto:heartandvascularconferences@beaumont.edu) or fax 248-898-9075.

## Any questions

Call 800-732-6368 or email:  
[heartandvascularconferences@beaumont.edu](mailto:heartandvascularconferences@beaumont.edu)

## Location

Detroit Marriott Troy  
200 West Big Beaver Road  
Troy, MI 48084  
Phone: 248-680-9797



## Accommodations

Rooms are available at the Detroit Marriott Troy at a rate of \$106/night double/king. To book a room at the discounted rate, call 877-757-7131 or 248-680-9797 and ask for the Beaumont PREVENTION group rate.

# REGISTRATION FORM

9th Annual Advances in Heart Disease Prevention and Rehabilitation  
Saturday, March 11, 2017

**Early bird registration fees are available until March 3, 2017.**

**Online registration closes on March 10, 2017.**

**After March 10, 2017, you may register onsite at the registration desk.**

**Questions? Call 800-732-6368 or email: [heartandvascularconferences@beaumont.edu](mailto:heartandvascularconferences@beaumont.edu)**

## To register

### Online

<http://www.beaumont.edu/cardiology-conferences>

### Fax

248-898-9075

### Mail

Completed registration form and payment:  
Shannon Herrington  
Department of Cardiovascular Medicine  
Beaumont Hospital  
3601 West 13 Mile Road  
Royal Oak, MI 48073-6769

NAME

MD  DO  PAC  NP  RN  OTHER \_\_\_\_\_

ADDRESS

CITY, STATE

ZIP

INSTITUTION

CITY, STATE (FOR NAME BADGE)

TELEPHONE

FAX

EMAIL ADDRESS

## Specialty

Clinical cardiology  Interventional cardiology  Internal medicine  Family practice  
 Other \_\_\_\_\_

## Registration fees

	On or before 3/3/17	After 3/3/17
<input type="checkbox"/> Attending physician	\$149	\$199
<input type="checkbox"/> Physicians-in-training, N.P., R.N., PA-C, other cardiac care providers	\$75	\$99
<input type="checkbox"/> Students (must show College ID at registration)	\$30	\$40

## Method of payment

Make checks payable to: Beaumont Health

Credit card:  Visa  Mastercard  Discover  American Express

CREDIT CARD NO.

EXPIRATION DATE

SECURITY CODE

NAME ON CREDIT CARD (PRINT)

SIGNATURE

# Beaumont

Department of Cardiovascular Medicine  
3601 West 13 Mile Road  
Royal Oak, MI 48073-6769

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