



11th Annual Advances in Heart Disease Prevention and Rehabilitation

Helping Patients
Help Themselves

**Saturday,
March 9, 2019**

Detroit Marriott Troy Troy, Michigan
Troy, Michigan

Beaumont

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

Supported by
The Lois Walts Farrell
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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

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

Beaumont Health designates this live activity for a maximum of 5.75 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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:

- Describe the healthcare needs of an aging population, the importance of rebranding traditional cardiac rehabilitation programs, and the value in reaching out to families to facilitate these objectives
- Summarize the rationale for the changes made in the most recent American College of Cardiology/ American Heart Association guidelines on the management of hypertension
- Assess the strengths and limitations of traditional atherosclerotic cardiovascular disease risk assessment and examine their impact on blood pressure management
- Describe the changes in creatine kinase and cardiac troponin that occur with vigorous exercise and their clinical significance
- Identify potential mechanisms by which high-volume, high-intensity exercise training may increase the risk of atrial fibrillation
- Review the inherited cardiac condition where habitual vigorous exercise appears to worsen prognosis
- Clarify the pathophysiology of lipoprotein (a), an emerging novel target for therapy, and review current and future approaches to treatment
- Review the individual and collective impact of increased physical activity, proper nutrition, weight management and avoidance of tobacco products, on lowering the risk of heart disease, diabetes and other chronic metabolic conditions, and the emerging field of “Lifestyle Medicine”
- Summarize the evidence supporting the role of selected physical, chemical, and psychological stressors in the triggering of acute cardiovascular events, as well as the potential role of various preventive interventions, including cardioprotective medications and regular moderate-to-vigorous intensity exercise training
- Review an interesting case study pertaining to a patient with cardiovascular disease (e.g., atherosclerotic coronary artery disease and/ or structural abnormalities), including the diagnostic evaluations employed, the treatment approach used, and related cardiovascular outcomes
- Discuss the cardiac and non-cardiac benefits of daily aspirin and the management of patients on varied anticoagulation therapies
- Understand the proximate cause of acute myocardial infarction, as well as the morphology, detection, and potential management of vulnerable coronary plaque
- Review the role of vitamin and mineral supplements for the primary and secondary prevention of cardiovascular disease, with specific reference to potential mechanisms of benefit and which supplements may be harmful
- Identify the role of evidence-based integrative medicine approaches in the prevention of chronic disease, and the fundamentals in guiding patients toward complementary mind/body techniques
- Understand the causes of sudden death in young athletes and the relative roles and efficacy of different screening strategies
- Identify the barriers and facilitators to adoption of healthy lifestyle behaviors in medically-supervised, home-based and worksite settings

FACULTY

Director

Barry A. Franklin, Ph.D.

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

Guest Faculty



Kathy Berra, MSN, NP

Nurse Practitioner, Cardiovascular Medicine
and Coronary Interventions
Redwood City, CA
Stanford Prevention Research Center (Retired)



Roger S. Blumenthal, M.D.

The Kenneth Jay Pollin Professor of Cardiology
Director, The Johns Hopkins Ciccarone Center
for the Prevention of Cardiovascular Disease
Baltimore, MD



Steven N. Nissen, M.D.

Chairman, Department of Cardiovascular
Medicine
Cleveland Clinic Foundation
Cleveland, OH



James M. Rippe, M.D.

Cardiologist, Founder/Director
Rippe Lifestyle Institute
Shrewsbury, MA



Paul D. Thompson, M.D.

Chief of Cardiology
Hartford Hospital
Hartford, CT

Beaumont Faculty

Aaron D. Berman, M.D.

Clinical Chief, Cardiovascular Medicine
Associate Professor, Department of Internal Medicine
OUWB School of Medicine

Abhay Neil Bilolikar, M.D.

Director, Echocardiography Lab
Assistant Professor of Medicine
OUWB School of Medicine

Allan W. Chernick, M.D.

Staff Cardiologist

Harold Z. Friedman, M.D.

Medical Director, Preventive Cardiology
and Cardiac 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

Ivan D. Hanson, M.D.

Interventional Cardiologist
Assistant Professor of Medicine
OUWB School of Medicine

Andrew M. Hauser, M.D.

Staff Cardiologist

Gail Elliott Patricolo, B.A. (Hons), Grad CertCAM

Director, Integrative 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 of Medicine
OUWB School of Medicine

SCHEDULE OF EVENTS

- 7:15 – 7:50 a.m. Registration and Continental Breakfast
- 7:50 – 8:00 a.m. Welcome and Opening Remarks
Barry A. Franklin, Ph.D.
- 8:00 – 8:35 a.m. Should Everyone Take an Aspirin Every Day?
Justin E. Trivax, M.D.
- 8:35 – 9:10 a.m. Lipoprotein(a): An Emerging Novel Target for Therapy
Steven E. Nissen, M.D.
- 9:10 – 9:45 a.m. Blood Pressure – How Low to Go and How to Do it Safely
Roger S. Blumenthal, M.D.
- 9:45 – 10:20 a.m. Can Too Much Exercise Hurt the Heart?
Paul D. Thompson, M.D.
- 10:20 – 10:50 a.m. Case Presentation
Neil Bilolikar, M.D.
(Discussants: Allan W. Chernick, M.D.; Abdul R. Halabi, M.D.;
Andrew M. Hauser, M.D.; Steven B.H. Timmis, M.D.; Justin E. Trivax, M.D.)
- 10:50 – 11:10 a.m. **BREAK**
- 11:10 – 11:45 a.m. Expanding Your Reach, Increasing Access to Cardiopulmonary
Services and Empowering Life Long Wellness
Kathy Berra, MSN, NP
- 11:45 – 12:20 p.m. Are We Ready to Practice Lifestyle Medicine?
James M. Rippe, M.D.
- 12:20 – 12:35 p.m. Panel Discussion/Questions and Answers
- 12:35 – 1:30 p.m. **LUNCH**
- HOT TOPICS – BRIEF UPDATES**
- 1:30 – 1:50 p.m. Triggers of Acute Cardiovascular Events and Potential Preventive Strategies
Barry A. Franklin, Ph.D.
- 1:50 – 2:10 p.m. Influenza and Cardiovascular Disease
Ivan D. Hanson, M.D.
- 2:10 – 2:30 p.m. Vitamins and Mineral Supplements for Primary and
Secondary Prevention of Cardiovascular Disease
Aaron D. Berman, M.D.
- 2:30 – 2:45 p.m. **BREAK**
- 2:45 – 3:05 p.m. An Integrative Medicine/Mind Body Approach to Prevention
Gail Elliott Patricolo, B.A. (Hons), Grad CertCAM
- 3:05 – 3:15 p.m. Q&A
- 3:15 p.m. Adjournment

REGISTRATION

Register on or before Feb. 28, 2019 to take advantage of reduced registration rates.

Register online at:

<https://beaumont.cloud-cme.com/prevention2019>

Early bird registration rates are available until 2/28/19. Online registration will close on 3/8/19. After 3/8/19, 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 2/28/19	After 2/28/19
Attending Physician	\$149	\$199
Physicians-in-training, NP, RN, 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 Feb. 28, 2019 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 or fax 248-898-9075.

Any questions

Call 800-732-6368 or email:
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 \$107/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

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To register

Online

<https://beaumont.cloud-cme.com/prevention2019>

Fax

248-898-9075

Mail

Completed registration form and payment:
Kathryn Tewilliager
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 _____

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<input type="checkbox"/> Physicians-in-training, NP, RN, PA-C, other cardiac care providers	\$75	\$99
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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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