

# Cardiovascular Atherosclerosis: Prediction, Prevention and Management

May 18, 2024 · Coronado Island Marriott · Coronado, California



Visit [www.scripps.org/atherosclerosiseme](http://www.scripps.org/atherosclerosiseme) for conference updates!

## Conference Overview

Despite notable advances in management, atherosclerotic cardiovascular disease (ASCVD) and its major clinical manifestations remains a leading cause of both morbidity and mortality worldwide. In the United States alone, ASCVD is the leading cause of death in most racial and ethnic populations and is estimated to cost more than \$200 billion per year due to medications, healthcare service utilization, and productivity losses. Many of these human and economic costs are largely attributable to poor implementation of prevention strategies in adults and failure to control ASCVD risk factors using available medications and lifestyle interventions. The Scripps Cardiovascular Atherosclerosis conference is designed to assist clinicians in the prevention, diagnosis, treatment, and ongoing management of ASCVD among patients in their clinical practices as well as to promote increased awareness of prudent lifestyle and dietary choices to improve patient outcomes.

## Educational Objectives

**After attending this live activity, participants should be able to:**

- Assess the latest guideline-directed medical therapy and emerging strategies for the management of cardiovascular disease.
- Describe current evidence-based treatment approaches for the management of risk factors for atherosclerotic cardiovascular disease.
- Explain how dietary approaches, lifestyle interventions, supplements, and integrative medicine modalities can help to prevent cardiovascular disease and promote healthy aging.
- Describe special care considerations and strategies to mitigate risks in the peri-operative management of high-risk patients with cardiovascular disease.
- Discuss current and emerging techniques and technologies including artificial intelligence for cardiovascular disease risk assessment, prediction, and prevention.

## Target Audience

- Cardiologists
- Endocrinologists
- Internists
- General Practitioners
- Nurses, Nurse Practitioners, Physician Assistants

## Accreditation, Maintenance of Certification and Disclosure

### Physicians

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

Scripps Health designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Nurses and Nurse Practitioners

For the purpose of recertification, the American Nurses Credentialing Center accepts *AMA PRA Category 1 Credit(s)*<sup>™</sup> issued by organizations accredited by the ACCME.

The American Academy of Nurse Practitioners Certified Program (AANPCP) and the American Association of Nurse Practitioners (AANP) accept *AMA PRA Category 1 Credit(s)*<sup>™</sup> from organizations accredited by the ACCME.

### Physician Assistants

PAs may claim a maximum of 7.5 Category 1 credits for completing this activity. NCCPA accepts *AMA PRA Category 1 Credit(s)*<sup>™</sup> from organizations accredited by the ACCME.

### Pharmacists

The California Board of Pharmacy accepts as continuing professional education those courses that meet the standard of relevance to pharmacy practice and have been approved for *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

### American Board of Internal Medicine (ABIM)

Successful completion of this CME activity, **which includes participation in the evaluation component**, enables the participant to earn up to 7.5 Medical Knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### American Board of Pathology (ABPATH)

Successful completion of this CME activity enables the learner to earn 7.5 Lifelong Learning (CME) credit toward the CME requirement(s) of the American Board of Pathology's Continuing Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABP credit.

### Commercial Support

This course is supported, in part, by educational grants from industry. In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, a complete list of commercial support received will be provided to all learners who participate in the continuing education activity. For more information:

[www.accme.org/standards](http://www.accme.org/standards).



# CONFERENCE AGENDA

## Saturday, May 18, 2024

- 7 a.m. Registration, Breakfast & View Exhibits
- 7:55 a.m. **Welcome & Introductions**  
*David Cork, MD and Christopher Suhar, MD*
- 8 a.m. **Hypertension Management: Know the Guidelines and Be Ready for Future Therapies**  
*David Cork, MD*
- 8:30 a.m. **Chronic Kidney Disease and Advanced Hypertension Management**  
*Christian Mende, MD*
- 9 a.m. **Coronary Calcium Scoring and Coronary CT Angiograms: Present and Future**  
*Austin Robinson, MD*
- 9:30 a.m. **Panel Discussion/Q&A**
- 9:45 a.m. Break & View Exhibits
- 10:15 a.m. **Master Class on LDL-C, LP(a), non-HDL: How Low to Go?**  
*Douglas Triffon, MD*
- 10:45 a.m. **Triglycerides and Low HDL: Best Practices to Optimize Outcomes**  
*P. Barton Duell, MD*
- 11:15 a.m. **Treating Inflammation to Reduce Atherosclerotic Risk**  
*Michael Garshick, MD*
- 11:45 a.m. **Panel Discussion/Q&A**
- 1 p.m. **Obesity: A Serious Cardiovascular Risk Factor? A Review of GLP1 Agonist Therapies**  
*Lauren Vincent, MD*
- 1:30 p.m. **SGLT2 Therapy Deep Dive: Mechanisms and Indications**  
*Rola Khedraki, MD*
- 2 p.m. **Optimal Diet, Lifestyle, and Supplements to Promote Longevity**  
*Carol Kirkpatrick, PhD*
- 2:30 p.m. **Women's Hormonal Health: Risks and Benefits of Supplementing**  
*Sarah Dalhousi, MD*
- 3 p.m. **Panel Discussion/Q&A**
- 3:15 p.m. Break & View Exhibits
- 3:30 p.m. **The Role of Integrative Medicine in Cardiology**  
*Christopher Suhar, MD*
- 4 p.m. **Peri-Operative Management of High-Risk Patients with Pulmonary Hypertension and Heart Failure**  
*J. Thomas Heywood, MD*
- 4:30 p.m. **AI in Preventive Cardiology**  
*Sanjeev Bhavnani, MD*
- 5 p.m. **Panel Discussion/Q&A**
- 5:15 p.m. Adjourn

Noon Lunch

Noon *Non-CME Lunch Symposium Hosted by Kiniksa Pharmaceuticals*  
**BREAKING THE CYCLE OF RECURRENT PERICARDITIS: A Targeted Approach for Pain Relief, Inflammation Resolution, and Flare Prevention**  
*Ajit Raisinghani, MD*

**Topics, times, and speakers are subject to change.**



# REGISTRATION

## Conference Location & Hotel Information

### Coronado Island Marriott

2000 2nd St. · Coronado, CA 92118 · *Discounted Rooms Available*

## Rates and Reservations

**Please make your own hotel reservations and request the Scripps conference reduced rate of \$289 per night.**

This low rate also includes:

- Reduced resort fee
- Discounted daily and overnight self-parking
- Complimentary guestroom internet service

**Make your reservations early!** A block of rooms is being held for us at the special rate of \$289 per night until **Friday, April 26, 2024, or until the room block fills, whichever comes first.** After this date, reservations will be accepted on a space and rate availability basis only. Be sure to mention that you are attending the Scripps conference when making your reservations to receive the reduced rate.

**Please note:** Attendees who book their room through an online, third-party service (Hotels.com®, Expedia.com®, Priceline.com®, etc.) are not eligible to receive the amenities listed above.

### REGISTER ONLINE:

[www.scripps.org/atherosclerosis](http://www.scripps.org/atherosclerosis)

**Included:** Course tuition, breakfast, breaks, lunch, internet access, electronic course materials, and course recordings

**Not Included:** Travel costs, lodging, parking, dinner

	Thru Apr 16	Apr 17–May 15	After May 15
<b>Physicians (MD, DO, MBBS)</b>	\$300	\$350	\$400
<b>RN, NP, PA, Other</b>	\$225	\$275	\$325
<b>Students, Residents, Fellows</b>	\$100	\$150	\$200

## Attendance Policies

### Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, MBBS) or a \$50 processing fee (RN, NP, PA, Others, Student, Resident, Fellow) if your cancellation is received in writing no later than **Friday, May 3, 2024.** Attendee substitutions are allowed, but notification must be made in writing by **Friday, May 3, 2024.** After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.” No refunds shall be made for cancellations due to inclement weather.

### Scripps Conference Modification or Cancellation

Scripps reserves the right to modify the course’s schedule or program as necessary. Scripps also reserves the right to cancel this conference, in which case a full refund of the registration fee will be provided. Attendees who purchase non-refundable airline tickets do so at their own risk. Scripps encourages the purchase of travel insurance as we are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.

### Family and Guest Attendance Policy

All conference activities and meals are exclusively reserved for paid conference attendees. Children and family members are not allowed to attend meal functions or permitted in the meeting space.

### Health and Safety Waiver and Assumption of Risk

By completion and submission of the online registration form, participants certify they have read and fully understand the Health and Safety Waiver and Assumption of Risk Agreement.

### Recording and Photography Clause

Scripps reserves exclusive rights to record (audio and video) and/or photograph all conference proceedings for use in marketing materials, presentations and course content sales.

## Course Directors

### **David Cork, MD, FACC, FNLA**

Division of Cardiovascular Disease  
Scripps Clinic  
La Jolla, California

### **Christopher Suhar, MD**

Division Head, Scripps Center for Integrative Medicine  
Division of Cardiovascular Disease  
Scripps Clinic  
La Jolla, California

## Conference Faculty

### **Sanjeev Bhavnani, MD, FACC**

Senior Cardiologist  
Scripps Clinic  
La Jolla, California

### **Sarah Dalhoumi, MD**

Family Medicine Specialist  
Scripps Center for Integrative Medicine  
La Jolla, California

### **P. Barton Duell, MD**

Professor of Medicine  
Director, Sterol Analysis Laboratory  
Director, LDL Apheresis Unit  
Center for Preventive Cardiology, Knight Cardiovascular  
Institute and Division of Endocrinology, Diabetes and  
Clinical Nutrition  
Oregon Health & Science University  
Portland, Oregon

### **Michael Garshick, MD**

Assistant Professor  
NYU Grossman School of Medicine  
New York, New York

### **J. Thomas Heywood, MD, FACC**

Director, Advanced Heart Failure and Mechanical  
Circulatory Support Program  
Scripps Clinic  
La Jolla, California

### **Rola Khedraki, MD, FACC**

Advanced Heart Failure and Transplant Cardiology  
Mechanical Circulatory Support Program  
Cardiac Amyloidosis Program  
Scripps Clinic  
La Jolla, California

### **Carol Kirkpatrick, PhD, MPH, RDN, LD, CLS, FNLA**

Clinical Scientist  
Midwest Biomedical Research  
Pocatello, Idaho

### **Christian Mende, MD, FACP, FACN, FASN, FAHA**

Clinical Professor of Medicine  
University of California, San Diego  
La Jolla, California

### **Austin Robinson, MD**

Advanced Cardiovascular Imaging  
Director, Pericardial Diseases Clinic  
Scripps Clinic  
La Jolla, California

### **Douglas Triffon, MD, FACC, FNLA, FASE**

Medical Director, Lipid Clinic  
Scripps Center for Integrative Medicine  
Scripps Clinic  
La Jolla, California

### **Lauren Vincent, MD**

Endocrinologist, Diabetes & Metabolism  
Scripps Whittier Diabetes Institute  
La Jolla, California

## Faculty Disclosure

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education, course directors, planners, moderators, faculty, and all others in control of the educational content of the continuing education activity must disclose all financial relationships with ineligible companies that they may have had within the past 24 months. If an individual refuses to disclose financial relationships, they will be disqualified from being a part of the planning and implementation of the activity. Owners and/or employees of an ineligible company with business lines or products relating to the content of the activity will not be permitted to participate in the planning or execution of any accredited program. All relevant financial relationships with ineligible companies listed for individuals in control of content have been mitigated.

*A complete listing of faculty disclosures associated with this program can be found on the conference website: [www.scripps.org/atherosclerosisicme](http://www.scripps.org/atherosclerosisicme).*





**Scripps Conference Services & CME**

4275 Campus Point Court, CPB205  
San Diego, California 92121  
858-678-6400  
[www.scripps.org/conferenceservices](http://www.scripps.org/conferenceservices)  
[med.edu@scrippshealth.org](mailto:med.edu@scrippshealth.org)

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