Course Overview
Atherosclerotic cardiovascular disease is a common problem which may begin early in life and progress as a person ages. The atherosclerotic condition involves lipid deposition of the arterial wall, which involves the immune system, inflammatory mediators, and the endothelial system. Over time, if developing atherosclerosis is left untreated, it may be progressive and can result in several dangerous and life-threatening cardiovascular conditions including myocardial infarction, carotid artery disease and stroke, among others. While atherosclerosis can often be prevented through good lifestyle choices including proper diet and exercise, a number of therapeutic options are available for patients where lifestyle changes may not be enough.

Over the past several years there has been a substantial increase of clinical trials specifically dedicated to the management and treatment of atherosclerosis and underlying risk factors. These studies have generated comprehensive data on a large number of randomized patients and have led to new indications for medical therapies. Clinicians need to be familiar with these evolving clinical diagnoses and novel therapeutic options for their patients. The Scripps Cardiovascular Atherosclerosis conference is designed to offer a comprehensive summary of these new treatment options as well as to promote clinical awareness regarding prudent lifestyle and dietary choices to improve patient outcomes.

Educational Objectives
After attending this live internet activity, participants should be able to:

• Identify cardiac risk factors and estimation of patients’ clinical risk.
• Explain mechanism and indication of PCSK9 inhibitors and omega 3 fish oil.
• Summarize mechanism and indication of SGL2 inhibitors as well as GLP1 agonists’ mechanisms of action and cite indications for use.
• Describe the cardiovascular benefits associated with diet and exercise modifications.
• Assess cardiac CT scoring and utility of coronary CTA.
• Illustrate polygenetic risk scoring in primary prevention of atherosclerotic cardiovascular disease.

Accreditation 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 internet activity for a maximum of 5.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

ABIM MOC Points
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 5.25 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.

Nurses and Nurse Practitioners
For the purpose of recertification, the American Nurses Credentialing Center accepts AMA PRA Category 1 Credit(s)™ issued by organizations accredited by the ACCME.

For the purpose of re-licensure, the California Board of Registered Nursing accepts AMA PRA Category 1 Credit(s)™ for attendance at structured learning activities offered 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™ from organizations accredited by the ACCME.

Physician Assistants
PAs may claim a maximum of 5.25 Category 1 credits for completing this activity. NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME by the ACCME.

Commercial Support
This course is supported, in part, by educational grants from industry, in accordance with ACCME Accreditation Standards for Commercial Support. Appropriate acknowledgement will be given to all supporters at the time of the educational activity should any grant money be received.

Target Audience
• Cardiologists
• Endocrinologists
• Internists
• General Practitioners
• Nurses, Nurse Practitioners, Physician Assistants
Course Directors

David P. Cork, MD, FACC, FNLA
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Christopher J. Suhar, MD
Division Head, Scripps Center for Integrative Medicine
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Conference Faculty

Daniel Einhorn, MD, FACP, FACE
Medical Director, Diabetes Program
Scripps Whittier Diabetes Institute
Diabetes and Endocrine Associates
La Jolla, California

Jorge A. Gonzalez, MD, FACC
Director, Advanced Cardiovascular Imaging
Director, Hypertrophic Cardiomyopathy and Aorta Programs
Scripps Clinic
La Jolla, California

Sandeep R. Mehta, MD
Scripps Center for Integrative Medicine
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Amitabh C. Pandey, MD
Assistant Professor of Molecular Medicine
The Scripps Research Institute
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Douglas W. Triffon, MD, FACC, FNLA, FASE
Scripps Center for Integrative Medicine
Medical Director, Lipid Clinic
Scripps Clinic
La Jolla, California

Sotirios Tsimikas, MD, FACC, FAHA, FSCAI
Vice President of Clinical Development
Ionis Pharmaceuticals
Professor of Medicine/Cardiology
Director of Vascular Medicine
Sulpizio Cardiovascular Center
UC San Diego Health
La Jolla, California

Poulina Q. Uddin, MD
Director, Scripps Women’s Heart Center
General and Invasive Cardiology
Integrative and Holistic Medicine
Scripps Mercy Hospital San Diego
Scripps Clinic
La Jolla, California

Faculty Disclosure

In accordance with the ACCME Standards for Commercial Support, course directors, planning committees, faculty and all others in control of the educational content of the CME activity must disclose all relevant financial relationships with any commercial interest that they may have had within the past 12 months. If an individual refuses to disclose relevant financial relationships, they will be disqualified from being a part of the planning and implementation of this CME activity. Owners and/or employees of a commercial interest with business lines or products relating to the content of the CME activity will not be permitted to participate in the planning or execution of any accredited activity.

A complete listing of disclosures associated with this program can be found on the conference website: www.scripps.org/atherosclerosiscme.
Saturday, June 19, 2021

7 a.m. **Pre-Conference Non-CME Lecture**
LP(a)—A Novel Biomarker with Great Clinical Promise  
Sotirios Tsimikas, MD

7:30 a.m. Virtual Event Opens & View Exhibits

7:55 a.m. **Welcome and Introductions**  
David P. Cork, MD and Christopher J. Suhar, MD

8 a.m. **New Concepts in Dyslipidemia: Dispelling 10 Common Health “Truths” About Lipids and Risk Assessment**  
Douglas W. Triffon, MD

8:30 a.m. **Influence of Elevated Triglycerides on Atherosclerosis and Non-Statin Therapies—Review of Data: Omega 3, Bempedoic Acid, Niacin, Ezetimibe, PCSK9 Inhibitors**  
David P. Cork, MD

9 a.m. **Evaluation of Subclinical Coronary Atherosclerosis, Coronary CTA and Coronary Calcium Score**  
Jorge A. Gonzalez, MD

9:30 a.m. **Panel Discussion/Q&A**

9:45 a.m. Break & View Exhibits

10:05 a.m. **Exercise and Cardiovascular Risk**  
Christopher J. Suhar, MD

10:35 a.m. **Cardiovascular Prevention in Women**  
Poulina Q. Uddin, MD

11:05 a.m. **Optimizing Dietary Pattern in Patients with Cardiovascular Disease**  
Sandeep R. Mehta, MD

11:45 a.m. **Panel Discussion/Q&A**  
Noon Break & View Exhibits

12:15 p.m. **Cardiometabolic Disease and Novel Therapies: SGLT2 Inhibitors and GLP1 Agonists**  
Daniel Einhorn, MD

12:45 p.m. **Update on Inflammation and Novel Biomarkers for Atherosclerosis**  
Douglas W. Triffon, MD

1:15 p.m. **The Utility of Polygenic Risk Scores in Primary Prevention of Atherosclerotic Cardiovascular Disease**  
Amitabh C. Pandey, MD

1:45 p.m. **Panel Discussion/Q&A**

2 p.m. **Adjourn**

2–3 p.m. **Non-CME Symposium Hosted by Esperion**  
An Approach to Managing Lipids: Oral, Nonstatin Therapies for Lowering LDL-C  
Matthew Budoff, MD

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**Virtual Conference Details**
All registered participants will receive an email with a link to confirm participation in the virtual conference prior to the activity.

**Conference Fees & Registration**
Space is limited, so register early!

** Included:** Course tuition, live stream, course materials, virtual exhibit access, mobile conference app, and course recordings

**Register Online**
[www.scripps.org/atherosclerosiscme](http://www.scripps.org/atherosclerosiscme)

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**Attendance Policies**

**Attendee Cancellation, Substitution, Refund**
The course tuition is refundable, minus a $25 processing fee, if your cancellation is received in writing no later than Friday, June 11, 2021. Attendee substitutions will not be permitted. After June 11, 2021, under no circumstances will refunds, credits, or substitutions be granted. Failure to log-in to the live virtual broadcast will result in complete forfeiture of conference registration fees. Virtual conference participation is limited to the paid registrant only. Log-in information is unique and cannot be shared.

**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.