

Cardiovascular Atherosclerosis:

Prediction, Prevention and Management

May 21, 2022 · San Diego Marriott · La Jolla, California

Attendees can also opt to participate virtually via our live stream!

Visit www.scripps.org/atherosclerosiscmc for conference details!



Course Introduction

Conference 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 activity, participants should be able to:

- Identify risk factors for atherosclerosis.
- Review hypertension guidelines and management.
- Explain mechanism of action of pharmacotherapies used to reduce risk of atherosclerosis.
- Summarize mechanism and indication of SGL2 inhibitors as well as GLP1 agonists and review indications for use.
- Identify and address health disparities that could negatively impact patient care within the clinical encounter.
- Describe the cardiovascular benefits associated with diet and exercise modifications.
- Assess cardiac CT scoring and utility of coronary CTA.
- Review inflammation effect on atherosclerotic risk.
- Implement dyslipidemia management strategies.

Target Audience

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

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 activity for a maximum of *7.5 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 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.

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(s)*[™] 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)*[™] from organizations accredited by the ACCME.

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.

Faculty

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

Matthew Budoff, MD, FACC, FAHA

Professor of Medicine
David Geffen School of Medicine at UCLA
Program Director and Director of Cardiac CT
Division of Cardiology
The Lundquist Institute
Harbor-UCLA Medical Center
Los Angeles, California

Samantha Harris, MD

Endocrinologist, Diabetes & Weight Management
Scripps Whittier Diabetes Institute
La Jolla, California

Jeffrey Hsu, MD, MPH, PhD, FACC

Assistant Clinical Professor, Medicine
UCLA School of Medicine
Cardiologist
Harbor-UCLA Medical Center
Los Angeles, California

Luke Laffin, MD

Co-Director, Center for Blood Pressure Disorder
Medical Director of Cardiac Rehabilitation (Main Campus)
Cleveland Clinic
Cleveland, Ohio

Sandeep Mehta, MD

Scripps Center for Integrative Medicine
Division of Cardiovascular Disease
Scripps Clinic
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Evan Muse, MD, PhD, MCTI, FACC, FAHA

Assistant Professor
Scripps Translational Science Institute
Division of Cardiovascular Disease
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Douglas Triffon, MD, FACC, FNLA, FASE

Scripps Center for Integrative Medicine
Medical Director, Lipid Clinic
Division of Cardiovascular Disease
Scripps Clinic
La Jolla, California

Poulina Uddin, MD

Director, Scripps Women's Heart Center
General and Invasive Cardiology
Integrative and Holistic Medicine
Scripps Clinic and Scripps Mercy Hospital
San Diego, California

Michael Wilkinson, MD, FACC

Assistant Professor of Medicine
Advanced Lipid Treatment Program
UC San Diego Health
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 disclosures associated with this program can be found on the conference website: www.scripps.org/atherosclerosiscon.

Conference Agenda

May 21, 2022

- 7 a.m. Registration, Breakfast & View Exhibits
- 7:55 a.m. **Welcome & Introductions**
*David Cork, MD and
Christopher Suhar, MD*
- 8 a.m. **Personalized Medicine and Genetics**
Evan Muse, MD, PhD
- 8:40 a.m. **Atherosclerosis is Inflammatory**
Douglas Triffon, MD
- 9:20 a.m. **Non-statin Pharmacotherapies
for Risk Reduction**
Michael Wilkinson, MD
- 10 a.m. **Panel Discussion/Q&A**
- 10:15 a.m. Break & View Exhibits
- 10:45 a.m. **Hypertension Updates: Pharmacotherapies with
A Focus on Clinical Cases**
Luke Laffin, MD
- 11:25 a.m. **Cardiometabolism:
Expanding Your Specialty**
Samantha Harris, MD
- 12:05 p.m. **CT Coronary Calcium Scoring, Hard Plaque and
Soft Plaque Visualization: Where Are We At?**
Matthew Budoff, MD
- 12:45 p.m. **Panel Discussion/Q&A**
- 1 p.m. Lunch Break
- 1:45 p.m. **How Do I Reverse Coronary Plaque?**
Christopher Suhar, MD
- 2:15 p.m. **Hormonal Influences on
Vascular Disease**
Poulina Uddin, MD
- 2:45 p.m. **Exercise and Sports Cardiology**
Jeffrey Hsu, MD, MPH, PhD
- 3:15 p.m. **Panel Discussion/Q&A**
- 3:30 p.m. Break & View Exhibits
- 3:45 p.m. **Dietary Guidelines, Current Dietary Patterns
and Cardiovascular Risk Association**
Sandeep Mehta, MD
- 4:15 p.m. **Select Dyslipidemia Cases**
David Cork, MD
- 4:45 p.m. **Panel Discussion/Q&A**
- 5 p.m. Adjourn

*Topics, times, and speakers are subject to change and
all times listed are Pacific Standard Time.*

Conference Location & Hotel Registration

San Diego Marriott La Jolla

4240 La Jolla Village Drive
La Jolla, California 92037
Reservations: 858-587-1414

Discounted rooms available—visit course website for details

Conference Course Materials

All course materials will be available in the Scripps Health CME conference app. Presentations will be added to the app as they are received. Presentations may be downloaded and saved for your personal use. Recordings of all presentations will also be available in the app approximately one month after the conference. No printed syllabus will be available.

Register Online

www.scripps.org/atherosclerosiscme

Conference Fees & Registration

Space is limited, so register early!

Scripps Health Meeting Guidelines

1. Proof of vaccination will be required for all staff, participants, and vendors who wish to attend the conference in-person.
2. Staff, participants, and vendors will be required to wear masks and remain physically distanced during the conference.
3. Virtual conference participation will be available for unvaccinated staff, participants, and vendors.

Included: Course tuition, breakfasts, breaks, lunch, internet access, course materials, mobile conference app, and course recordings

Not Included: Travel costs, lodging, and dinner

Attendance Policies

IN-PERSON Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$100 processing fee (MD, DO, RN, PA, NP) or a \$50 processing fee (Fellow, Resident, Student), if your cancellation is received in writing no later than **Monday, May 16, 2022**. Attendee substitutions are allowed, but notification must be made in writing by **Monday, May 16, 2022**. After this date, under no circumstances will refunds, credits, or substitutions be granted. No refunds or credits will be given to “no shows.”

VIRTUAL Attendee Cancellation, Substitution, Refund

The course tuition is refundable, minus a \$50 processing fee (MD, DO, RN, PA, NP) or a \$25 processing fee (Fellow, Resident, Student), if your cancellation is received in writing no later than **Monday, May 16, 2022**. Attendee substitutions will

In-Person Participation

Rates	Thru Apr 20	Apr 21– May 19	After May 19
Physicians (MD, DO, MBBS)	\$250	\$275	\$300
RN, NP, PA, Other	\$150	\$175	\$200
Students, Residents, Fellows	\$100	\$125	\$150

Virtual Participation Only

Included: Course tuition, live stream, course materials, mobile conference app, and course recordings

Rates	Thru May 19	After May 19
Physicians (MD, DO, MBBS)	\$275	\$300
RN, NP, PA, Other	\$175	\$200
Students, Residents, Fellows	\$125	\$150



not be permitted. After Monday, **Monday, May 16, 2022**, 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.

Family/Guest Attendance Policy

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

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. We are unable to refund any travel costs (flight, hotel, etc.) in the case of Scripps cancellation.