




# SPRING

APRIL 16-18



**CONFERENCE  
GUIDE  
2021**



# 16<sup>th</sup> Annual

Cardiometabolic Health Congress



## Pushing Boundaries in Cardiometabolic Health: Challenges and Controversies

# WE'RE GOING

OCTOBER 14-17, 2021  
NATIONAL HARBOR, MD

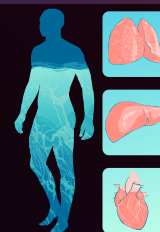


Join the event in cardiometabolic medicine to uncover evidence-based solutions and strategies surrounding the greatest challenges and controversies in cardiometabolic health today.

SPECIAL ONE DAY PRE-CONFERENCE OCTOBER 14<sup>TH</sup>

### A WOLF IN SHEEP'S CLOTHING:

ACTIONABLE CARDIOMETABOLIC RARE DISEASES YOU MIGHT MISS



Explore several rare diseases in the cardiometabolic domain that often overlap with common cardiometabolic diseases, which makes the diagnosis, referral, and treatment difficult.

**Join Us Live this October!**





# WELCOME TO CMHC SPRING 2021

The Cardiometabolic Challenge: Navigating a Syndemic. It is hard to believe it has been over a year since the COVID-19 pandemic began and completely changed the ways in which we live each and every day. That said, the resilience and perseverance of the healthcare community is more important and appreciated now more than ever. However, while the world inches closer to returning to pre-pandemic life, the detrimental effects of the pandemic on at-risk populations continues to justify the importance of cardiometabolic education.

**A syndemic or synergistic epidemic is the aggregation of two or more concurrent or sequential epidemics or disease clusters in a population with biological interactions, which exacerbate the prognosis and burden of disease.**

This year's meeting has been curated in direct response to the real-world clinical needs of active practitioners and patients, with arguably one of the most important topics kicking off the conference on Friday: Keynote – Call to Action: Addressing the Disproportionate Burden and Disparities with COVID-19, led by CMHC Senior Planning Committee member Keith C. Ferdinand, MD. The aim of the address is to raise awareness, facilitate discussion on these challenges, and provide practical steps and strategies that clinicians can implement to close these gaps and optimize outcomes in underserved populations.

Day 1 of CMHC Spring will continue following the Keynote Address with Dr. George Bakris chairing

the Kidney Disease, Heart Failure, and Hypertension Sessions; Dr. Anne Peters will finish up the first day with Diabetes Management. Day 2 kicks off with the Obesity and Lifestyle Medicine Sessions, chaired by Dr. Robert Eckel, followed by the Dyslipidemia, Atherosclerosis, and Thrombosis Sessions, chaired by Dr. Christie Ballantyne. The final day will feature lively presentations and discussions on the Impacts of COVID-19 on Cardiometabolic Risk, including challenging cases and expert panel discussions.

CMHC has once again partnered with Array and their Virtual platform to enhance attendees' experience through an innovative and engaging livestream platform. All sessions will be streamed live, so participants will be able to directly engage with faculty members throughout the conference. While we encourage everyone to attend the event live, do not worry if you miss a few sessions: we will be recording all presentations and archiving them for 1 year. We encourage all attendees to explore the Company Spotlight, attend the PME and CME Symposia, peruse the Digital Grab Bag, visit our valued Partners, and participate in the Passport to Prizes.

On behalf of the entire CMHC team, we want to thank each of you for bringing your vision, expertise, and commitment to our event. As the leaders of the cardiometabolic field, you have the knowledge, motivation, and experience to help us pave the future of health—and are truly our greatest asset.

We hope you enjoy CMHC Spring 2021 and appreciate your continued dedication and support. We cannot wait to see you in-person in the Fall at the 16th Annual Cardiometabolic Health Congress!



**CMHC SPRING CONGRESS**

**SAVE**

**THE DATE** **APRIL 8-10, 2022**

Westin Kierland in Scottsdale, AZ



Access the Latest Clinical Education



Hear From World-Renowned Faculty,  
Clinicians, & Speakers



Network & Socialize with Peers



Discover the Fusion of Cultural  
Heritage & Cardiometabolic Health

[www.cardiometabolichealth.org](http://www.cardiometabolichealth.org)



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# SCHEDULE AT A GLANCE

FRIDAY, APRIL 16, 2021

Please note all sessions are in Pacific Daylight Time (PDT)

7:00 AM - 8:00 AM **PME Symposium**  
**A Treatment Option for Heart Failure Patients With Reduced Ejection Fraction**  
Wilson S. Colucci, MD, FACC, FAHA  
*Sponsored by Merck Sharp and Dohme Corp.*

8:00 AM - 8:30 AM Break

8:30 AM - 9:00 AM **KEYNOTE ADDRESS**  
**Keynote - Call to Action: Addressing the Disproportionate Burden & Disparities with COVID-19**  
Keith C. Ferdinand, MD

9:00 AM - 10:00 AM **Keynote Panel Discussion - Roadblocks & Reflections: Looking for Solutions in a Time of Crisis**  
Moderator: Keith C. Ferdinand, MD  
Panelists: Kevin M. Alexander, MD; Yvonne Commodore-Mensah, PhD; Takeisha C. Davis, MD; Alanna A. Morris, MD; Pam R. Taub, MD

## SESSION I: KIDNEY DISEASE/HEART FAILURE/HYPERTENSION

10:00 AM **Chair Introduction**  
George L. Bakris, MD

10:00 AM - 11:30 AM **SPECIAL SYMPOSIUM**  
**New Frontiers in Heart Failure Management**  
I. **The Changing Spectrum of HF: From HFrEF to HFmrEF to HFpEF**  
Alanna A. Morris, MD  
II. **Assessing the Data for HF Prevention and Treatment with SGLT-2 Inhibitors**  
Stephen D. Wiviott, MD  
III. **New and Emerging Treatment Targets in HF**  
Ileana L. Piña, MD  
IV. **Predicting the Impact of Treatment Advances; Anticipating Updates in the Guidelines**  
Clyde W. Yancy, MD  
V. **HF Challenging Cases & Expert Panel Discussion**  
Moderator: George L. Bakris, MD  
Case Presenter: Sarah Chuzy, MD  
Panel: Alanna A. Morris, MD; Ileana L. Piña, MD; Stephen D. Wiviott, MD; Clyde W. Yancy, MD

11:30 AM - 12:00 PM **Company Spotlight Break**

12:00 PM - 1:00 PM **PME Symposium**  
**The Continuum of Heart Failure**  
Jonathan D. Rich, MD, FACC, FHFSA  
*Sponsored by Boehringer Ingelheim Pharmaceuticals, Inc and Lilly USA, LLC.*

1:00 PM - 1:30 PM Break

1:30 PM - 1:50 PM **Evaluating Risk of CKD Progression**  
Joseph A. Vassalotti, MD

1:50 PM - 2:10 PM **Updates in the Prevention and Treatment of CKD**  
Aldo J. Peixoto, MD

# SCHEDULE AT A GLANCE

FRIDAY, APRIL 16, 2021

Please note all sessions are in Pacific Daylight Time (PDT)

2:10 PM - 2:30 PM **Primary Aldosteronism: An Underappreciated Issue in HTN**  
William F. Young, Jr., MD

2:30 PM - 3:00 PM **DKD/HTN Challenging Cases & Expert Panel Discussion**  
Moderator: George L. Bakris, MD  
Panel: Aldo J. Peixoto, MD; Ileana L. Piña, MD; Joseph A. Vassalotti, MD; William F. Young, Jr., MD

3:00 PM - 3:10 PM **Break**

## SESSION II: DIABETES MANAGEMENT

3:10 PM - 3:15 PM **Chair Introduction**  
Anne L. Peters, MD

3:15 PM - 3:35 PM **Glycemic Management in Patients with CVD**  
Vanita Aroda, MD

3:35 PM - 3:55 PM **Exercise as "Medicine" in the Treatment of T2DM**  
Jane Reusch, MD

3:55 PM - 4:15 PM **Relationship Between TIR and Diabetes Complications**  
Nicholas B. Argento, MD

4:15 PM - 4:35 PM **What is the Role of CGM in Prediabetes/Type 2 Diabetes?**  
Viral N. Shah, MD

4:35 PM - 5:05 PM **Company Spotlight Break**

5:05 PM - 5:25 PM **Inpatient Use of CGM**  
Joseph A. Aloï, MD

5:25 PM - 5:45 PM **Use of Insulin Pumps in the Management of T2DM**  
Grazia Aleppo, MD

5:45 PM - 6:15 PM **Challenges Cases & Panel Discussions**  
Moderator: Anne L. Peters, MD  
Panel: Joseph A. Aloï, MD; Grazia Aleppo, MD; Nicholas B. Argento, MD; Vanita Aroda, MD; Jane Reusch, MD; Viral N. Shah, MD

6:15 PM **Closing Remarks**  
Anne L. Peters, MD

6:15 PM - 6:45 PM **Break**

6:45 PM - 7:45 PM **PME Symposium**  
**Jardiance® (empagliflozin) tablets: A Review of Multiple Clinical Trials and Approved Indications**  
Matthew J. Budoff, MD  
*Sponsored by Boehringer Ingelheim Pharmaceuticals, Inc and Lilly USA, LLC.*



# SCHEDULE AT A GLANCE

SATURDAY, APRIL 17, 2021

Please note all sessions are in Pacific Daylight Time (PDT)

7:30 AM - 8:30 AM **CME Symposium**  
Lipid Management in Very High-Risk Patients Post-MI: Applying Real-World Evidence to Improve Outcomes  
Chair: Pam R. Taub, MD  
Faculty: Nihar R. Desai, MD; Michael D. Shapiro, DO

## SESSION III: OBESITY AND LIFESTYLE MEDICINE

8:30 AM - 8:35 AM **Chair Introduction and Opening Remarks**  
Robert H. Eckel, MD

8:35 AM - 8:55 AM **Trends in Obesity Treatment**  
Louis J. Aronne, MD

8:55 AM - 9:15 AM **Practical Tips to Help Your Patients Succeed In Their Weight Loss Journey**  
Donna H. Ryan, MD

9:15 AM - 10:05 AM **Challenges Cases & Panel Discussions - Practical Approaches to Weight Reduction**  
Moderator: Robert H. Eckel, MD  
Panel: Louis J. Aronne, MD; Donna H. Ryan, MD

10:05 AM - 10:35 AM **Company Spotlight Break**

10:35 AM - 11:20 AM **Expert Perspectives - Best Approaches to Diets for Cardiometabolic Health**  
Kim A. Williams, Sr., MD; Penny M. Kris-Etherton, PhD; Sarah Hallberg, DO

11:20 AM - 12:05 PM **Challenging Cases & Expert Panel Discussion**  
Moderator: Robert H. Eckel, MD  
Panel: Penny M. Kris-Etherton, PhD; Sarah Hallberg, DO; Kim A. Williams, Sr., MD

12:05 PM - 12:10 PM **Closing Remarks**  
Robert H. Eckel, MD

12:10 PM - 12:25 PM **Break**

12:25 PM - 1:25 PM **CME Symposium**  
Antithrombotic Therapy for Symptomatic PAD: Interpreting the Evidence and Recent Advances  
Chair: Deepak L. Bhatt, MD  
Faculty: Marc P. Bonaca, MD; Manesh R. Patel, MD

1:25 PM - 1:40 PM **Break**

# SCHEDULE AT A GLANCE

SATURDAY, APRIL 17, 2021

Please note all sessions are in Pacific Daylight Time (PDT)

## SESSION IV: DYSLIPIDEMIA / ATHEROSCLEROSIS / THROMBOSIS

- |                   |                                                                                                                                                                                                                                                                                              |
|-------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1:40 PM - 1:45 PM | <b>Chair Introduction</b><br>Christie M. Ballantyne, MD                                                                                                                                                                                                                                      |
| 1:45 PM - 2:15 PM | <b>Risk Prediction: Role of Imaging, Biomarkers, and Genetics</b><br>Matthew J. Budoff, MD                                                                                                                                                                                                   |
| 2:15 PM - 2:35 PM | <b>Update on Inflammation and Cardiovascular Disease</b><br>Brendan M. Everett, MD                                                                                                                                                                                                           |
| 2:35 PM - 3:05 PM | <b>Post-MI: When to Start Lipid-lowering Therapy and How Low to Go</b><br>Pamela B. Morris, MD                                                                                                                                                                                               |
| 3:05 PM - 3:35 PM | <b>Company Spotlight Break</b>                                                                                                                                                                                                                                                               |
| 3:35 PM - 4:05 PM | <b>Stroke Prevention in the Cardiometabolic Patient with Atrial Fibrillation</b><br>Elaine M. Hylek, MD                                                                                                                                                                                      |
| 4:05 PM - 4:45 PM | <b>Antithrombotic and Antiplatelet Therapy in the Cardiometabolic Patient</b><br>Deepak L. Bhatt, MD                                                                                                                                                                                         |
| 4:45 PM - 5:10 PM | <b>Challenging Cases &amp; Expert Panel Discussion and Q&amp;A</b><br>Moderator: Christie M. Ballantyne, MD<br>Panel: Deepak L. Bhatt, MD, MPH; Matthew J. Budoff, MD; Robert H. Eckel, MD; Brendan M. Everett, MD; Elaine M. Hylek, MD; Margo B. Minissian, PhD, ACNP; Pamela B. Morris, MD |
| 5:10 PM - 5:15 PM | <b>Closing Remarks</b><br>Christie M. Ballantyne, MD                                                                                                                                                                                                                                         |
| 5:15 PM - 5:45 PM | <b>Break</b>                                                                                                                                                                                                                                                                                 |
| 5:45 PM - 6:45 PM | <b>PME Symposium</b><br><b>VASCEPA® (icosapent ethyl): Elevating the Standard of Care</b><br>Norman Lepor, MD, FACC<br><i>Sponsored by Amarin Pharma, Inc.</i>                                                                                                                               |

# SCHEDULE AT A GLANCE

SUNDAY, APRIL 18, 2021

Please note all sessions are in Pacific Daylight Time (PDT)

## Cardiometabolic Risk and COVID-19: Implications and Practice Considerations

7:25 AM - 7:30 AM	<b>Introduction and Opening Remarks</b> Robert H. Eckel, MD
7:30 AM - 8:30 AM	<b>Impacts of COVID-19 on Cardiometabolic Risk</b> I. COVID-19 & Obesity Carl J. Lavie, MD II. COVID-19 & Cardiovascular disease Clyde W. Yancy, MD III. COVID-19 & Diabetes Jay H. Shubrook, DO
8:30 AM - 9:20 AM	<b>Challenging Cases &amp; Expert Panel Discussion: COVID-19 and Cardiometabolic Diseases</b> Moderator: Robert H. Eckel, MD Panelists: Carl J. Lavie, MD; Margo B. Minissian, PhD, ACNP; Ileana L. Piña, MD; Jay H. Shubrook, DO; Clyde W. Yancy, MD
9:20 AM - 10:40 AM	<b>Telemedicine in Cardiometabolic Health: The Good, The Bad, and The Ugly</b> I. Improving the Management of Obesity with Telemedicine Bartolome Burguera, MD II. Telemedicine and Hypertension Assessment and Management Daichi Shimbo, MD III. Telemedicine and Glucose Monitoring Anne L. Peters, MD IV. Optimizing Reimbursement in Telemedicine Ahmed M. Soliman, MD
10:40 AM - 11:10 AM	<b>Interactive Panel Discussion: Optimizing Telemedicine to Meet Immediate and Long-term Demands in the COVID-19 Era</b> Moderator: Robert H. Eckel, MD Panelists: Bartolome Burguera, MD; Anne L. Peters, MD; Daichi Shimbo, MD; Ahmed M. Soliman, MD
11:10 AM - 11:15 AM	<b>Closing Remarks</b> Robert H. Eckel, MD

## COMPANY SPOTLIGHT HOURS

FRIDAY, APRIL 16

11:30 AM - 12:00 PM PDT

4:35 PM - 5:05 PM PDT

SATURDAY, APRIL 17

10:05 AM - 10:35 AM PDT

3:05 PM - 3:35 PM PDT





**Participate in the Passport to Prizes**  
for your chance to win an iPhone,  
Airpods, or an Apple Watch!

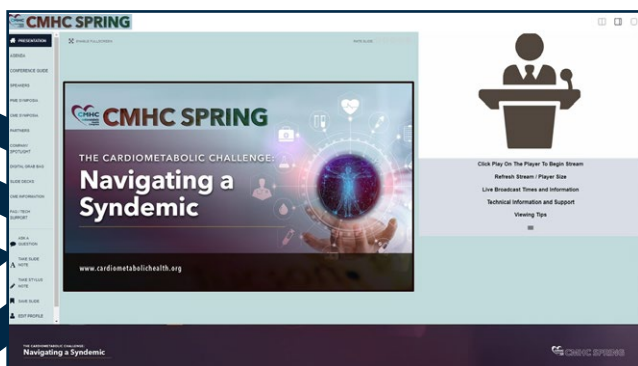
# PLAY PASSPORT TO PRIZES



## HOW TO PLAY:

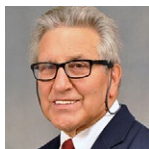
- Attend the live sessions and engage with the event platform and speakers. The Virtual Array livestream platform allows attendees to engage with the sessions by saving slides, reacting to polls, and asking questions directly to faculty.
- Visit each Company Spotlight and review the company's information. Enter your name at the bottom of the page and click "submit."

CMHC will enter your name into the drawing each time you attend a live session, submit a question, visit a Company Spotlight, participate in polling, and engage with the event platform. CMHC will randomly select the winners from the pool, which will be announced at the conclusion of the meeting on Sunday, April 18th.



# EXPERT SPEAKER LINE-UP

## CHAIRPERSONS



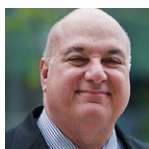
Robert H.  
**Eckel, MD**

Professor of Medicine, Emeritus  
Division of Endocrinology, Metabolism and Diabetes  
Division of Cardiology  
Charles A. Boettcher II Chair in Atherosclerosis, Emeritus  
University of Colorado Anschutz Medical Campus  
Past President, American Heart Association, FAHA, FACC  
President of Medicine and Science, American Diabetes Association  
Aurora, CO



Christie M.  
**Ballantyne, MD**

Professor of Medicine  
Chief, Section of Cardiovascular Research  
Chief, Section of Cardiology  
Department of Medicine, Baylor College of Medicine  
Director, Center for Cardiovascular Disease Prevention  
Baylor College of Medicine  
Methodist DeBakey Heart Center  
Houston, TX



George L.  
**Bakris, MD**

Professor of Medicine  
Director, ASH Comprehensive Hypertension Center  
University of Chicago Medicine  
Chicago, IL



Anne L.  
**Peters, MD**

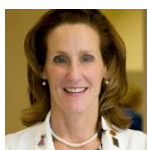
Professor, Keck School of Medicine  
Director, Clinical Diabetes Programs  
University of Southern California  
Los Angeles, CA

## SENIOR PLANNING COMMITTEE



Deepak L.  
**Bhatt, MD, MPH**

Professor of Medicine  
Harvard Medical School  
Executive Director  
Interventional Cardiovascular Programs  
Brigham and Women's Hospital Heart and Vascular Center  
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Pamela B.  
**Morris, MD**

Director, Seinsheimer Cardiovascular Health Program  
Co-Director, Women's Heart Care  
Medical University of South Carolina  
Charleston, SC



Keith C.  
**Ferdinand, MD, FACC, FAHA**

Professor of Medicine  
Tulane University School of Medicine  
Tulane Heart and Vascular Institute  
New Orleans, LA



Clyde W.  
**Yancy, MD, MSc, MACP**

Magerstadt Professor of Medicine  
Professor of Medical Social Sciences  
Chief, Div. of Cardiology, Northwestern Univ.  
Feinberg School of Medicine  
Assoc. Director, Bluhm Cardiovascular Institute  
Northwestern Memorial Hospital  
Chicago, IL

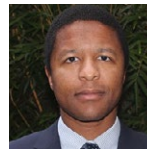
# EXPERT SPEAKER LINE-UP

## DISTINGUISHED FACULTY



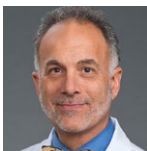
Grazia  
**Aleppo,**  
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Professor of Medicine  
Director, NM Diabetes Training and Education Program  
Feinberg School of Medicine  
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Kevin M.  
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**MD, FACC**

Assistant Professor of Medicine  
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Joseph A.  
**Aloï,**  
**MD**

Chief: Section on Endocrinology and Metabolism  
Wake Forest Baptist Health  
Winston-Salem, NC



Nicholas B.  
**Argento,**  
**MD, FACE**

Diabetes Technology Director  
Maryland Endocrine and Diabetes Center  
Columbia, MD



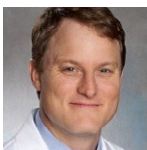
Vanita R.  
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**MD**

Director, Diabetes Clinical Research  
Brigham and Women's Hospital  
Harvard Medical School  
Boston, MA



Louis J.  
**Aronne,**  
**MD**

Sanford I. Weill Professor of Metabolic Research  
Medical Director  
Center for Weight Management & Metabolic Clinical Research  
Weill-Cornell Medical College  
New York, NY



Marc P.  
**Bonaca,**  
**MD, MPH**

Director of Vascular Research  
Associate Professor of Medicine  
University of Colorado School of Medicine  
Aurora, CO



Matthew J.  
**Budoff,**  
**MD**

Professor of Medicine  
David Geffen School of Medicine  
Program Director & Director of Cardiac CT  
Division of Cardiology  
Harbor-UCLA Medical Center  
Torrance, CA

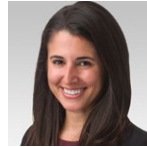


# EXPERT SPEAKER LINE-UP



Barto  
**Burguera,**  
**MD, PhD**

Chairman of Endocrinology and Metabolism Institute (EMI)  
Cleveland Clinic  
Cleveland, OH



Sarah E.  
**Chuzi,**  
**MD**

Cardiovascular Diseases Fellow  
Northwestern University Feinberg School of Medicine  
Chicago, IL



Yvonne  
**Commodore-Mensah,**  
**PhD, MHS, RN, FAHA, FPCNA,**  
**FAAN**

Assistant Professor, Johns Hopkins School of Nursing  
Johns Hopkins University  
Baltimore, MD



Takeisha C.  
**Davis,**  
**MD, MPH**

President & Chief Executive Officer  
New Orleans East Hospital  
New Orleans, LA



Nihar R.  
**Desai,**  
**MD, MPH**

Associate Professor  
Yale School of Medicine Section of Cardiovascular Medicine  
New Haven, CT



Brendan M.  
**Everett,**  
**MD, MPH**

Associate Professor, HMS  
Director, Inpatient General Cardiology  
Brigham and Women's Hospital  
Boston, MA



Sarah  
**Hallberg,**  
**DO, MS, ACSM-CEP, FOMA,**  
**FNLA**

Medical Director  
Virta Health  
San Francisco, CA



Elaine M.  
**Hylek,**  
**MD, MPH**

Professor of Medicine  
Boston University School of Medicine  
Boston, MA



Penny  
**Kris-Etherton,**  
**PhD**

Evan Pugh University Professor of Nutritional Sciences  
Distinguished Professor of Nutrition  
The Pennsylvania State University  
State College, PA



Carl J.  
**Lavie Jr.,**  
**MD**

Professor of Medicine  
Medical-Director, Preventive Cardiology  
John Ochsner Heart and Vascular Inst.  
Ochsner Clinical School-The UQ School of Medicine,  
New Orleans, LA

# EXPERT SPEAKER LINE-UP



Margo  
**Minissian,**  
**PhD, ACNP**

Nurse Scientist  
Cardiology Nurse Practitioner  
Clinical Lipid Specialist  
Barbra Streisand Women's Heart Center, Cedars-Sinai Heart Institute  
Los Angeles, CA



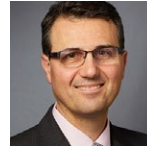
Alanna A.  
**Morris,**  
**MD, MSc**

Assistant Professor of Medicine  
Emory University School of Medicine  
Atlanta, GA



Manesh  
**Raman Patel,**  
**MD**

Chief, Division of Clinical Pharmacology  
Chief, Division of Cardiology  
Core Faculty in Innovation & Entrepreneurship  
Member in the Duke Clinical Research Institute  
Durham, NC



Aldo J.  
**Peixoto,**  
**MD**

Professor of Medicine  
Vice Chair for Quality and Safety (Dept of Internal Medicine)  
Clinical Chief (Section of Nephrology)  
Yale School of Medicine  
New Haven, CT



Ileana L.  
**Piña,**  
**MD, MPH, FAHA, FACC**

Professor of Medicine, Wayne State University  
Clinical Professor of Medicine  
Central Michigan University  
Mount Pleasant, MI



Jane  
**Reusch,**  
**MD**

Professor of Medicine and Integrative Physiology  
University of Colorado SOM  
Aurora, CO



Donna H.  
**Ryan,**  
**MD**

Professor Emerita  
Interim Executive Director  
Pennington Biomedical Research Center  
New Orleans, LA



Viral N.  
**Shah,**  
**MD**

Associate Professor of Medicine & Pediatrics, Barbara Davis Center  
for Diabetes  
University of Colorado Anschutz Medical Campus  
Aurora, CO



Michael D.  
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**DO, MCR, FACC, FAHA**

Fred M. Parrish Professor of Cardiology and Molecular Medicine  
Wake Forest University School of Medicine  
Winston-Salem, NC



Daichi  
**Shimbo,**  
**MD**

Professor of Medicine  
Columbia University Irving Medical Center  
New York, NY

# EXPERT SPEAKER LINE-UP



Jay H.  
**Shubrook,**  
**DO, FACP, FAFAP**

Professor, Primary Care Department  
Touro University California College of Osteopathic Medicine  
Vallejo, CA



Ahmed M.  
**Soliman,**  
**MD**

Associate Medical Director  
Houston Methodist DeBakey Cardiology Associates  
Houston, TX



Pam  
**Taub,**  
**MD, FACC**

Associate Professor of Medicine  
Director of Step Family Foundation Cardiovascular Rehabilitation  
and Wellness Center  
UC San Diego Health System  
Division of Cardiovascular Medicine  
La Jolla, CA



Joseph  
**Vassalotti,**  
**MD**

Clinical Professor - Icahn School of Medicine at Mount Sinai  
Chief Medical Officer – National Kidney Foundation  
New York, NY



Kim A.  
**Williams, Sr.,**  
**MD**

James B. Herrick Professor  
Chief, Division of Cardiology  
Editor-in-Chief, International Journal of Disease Reversal and  
Prevention  
Rush University Medical Center  
Chicago, IL



Stephen D.  
**Wiviott,**  
**MD, FACC**

Associate Professor of Medicine, Harvard Medical School  
Vice President for Clinical Trials Research and Administration  
Senior Investigator, TIMI Study Group  
Mass General Brigham  
Boston, MA



William F.  
**Young, Jr.,**  
**MD, MSc**

Professor of Medicine  
Mayo Clinic  
Rochester, MN





The 2021 Cardiometabolic Health Congress gratefully acknowledges our valued partners:

## MEDIA PARTNERS



## ASSOCIATION PARTNERS



American Society of Endocrine  
Physician Assistants



Society for  
Nutrition Education  
and Behavior



NMC Alliance



# EXHIBITORS AND SPONSORS



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Bridgewater, NJ 08807  
andrew.watson@amarincorp.com  
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Amarin Corporation plc. is a rapidly growing, innovative pharmaceutical company focused on developing and commercializing therapeutics to cost-effectively improve cardiovascular health. Amarin's lead product, VASCEPA® (icosapent ethyl), is available by prescription in certain countries, including in the United States. For more information about Amarin, visit [www.amarincorp.com](http://www.amarincorp.com). For more information about VASCEPA, visit [www.vascepahcp.com](http://www.vascepahcp.com).



## **Boehringer Ingelheim Pharmaceuticals, Inc. and Lilly USA, LLC**

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203-798-9988



## **Esperion Therapeutics, Inc.**

3891 Ranchero Drive, Suite 150, Ann Arbor, MI 48108  
gbhasin@esperion.com  
734-548-3407

Esperion Therapeutics is The Lipid Management Company. Our products, NEXLETOL (bempedoic acid) and NEXLIZET (bempedoic acid and ezetimibe) tablets are oral, non-statins used with diet & maximally tolerated statins to treat adults with HeFH or ASCVD needing added LDL-C lowering. The effect on cardiovascular morbidity/mortality has not been determined. Contraindication for NEXLIZET is known hypersensitivity to ezetimibe. Warnings: Both increase risk of hyperuricemia & tendon rupture. [www.nexletolhcp.com/risk](http://www.nexletolhcp.com/risk)



## **Pfizer Inc.**

235 East 42nd Street NY, NY 10017  
margaret.campbell@pfizer.com  
601-402-0781

At Pfizer our biotechnology is our foundation. With 25,000 clinical researchers testing everyday, pharmaceutical development and innovation are our focus. Our products are the results of 1500 scientists overseeing more than 500,000 lab tests and over 36 clinical trials before the first prescription. Pfizer is committed to designing clinical trials so that enrollment can reflect the racial and ethnic diversity of the countries in which we operate and the epidemiology of the diseases we intend to treat or prevent. Our purpose is grounded in our commitment to fund programs that provide public benefit, advance medical care and improve patient outcomes. Our belief is that all people deserve to live healthy lives. This drives our desire to provide access to medicines that are safe, effective, and affordable.



## **Merck**

51 N Sumneytown Pike | North Wales, PA 19454  
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1-800-NSC-MERCK  
Pharmaceutical Manufacturer



## **Society for Nutrition Education and Behavior**

3502 Woodview Trace, Suite 300 | Indianapolis, IN 46268  
[info@sneb.org](mailto:info@sneb.org)  
317.328.4627

The Society for Nutrition Education and Behavior (SNEB) represents the unique professional interests of nutrition educators in the United States and worldwide. SNEB is dedicated to promoting effective nutrition education and communication to support and improve healthful behaviors and has a vision of healthy communities through nutrition education and advocacy. SNEB provides forums for sharing innovative strategies for nutrition education, expressing a range of views on important issues, and disseminating research findings. Members of SNEB educate individuals, families, fellow professionals, and students, and influence policy makers about nutrition, food, and health.



# Cardiometabolic Health Congress: **BRIDGING THE FRONTIERS OF CARE**

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# PROFESSIONAL MEDICAL EDUCATION (NON-CME)

Round out your CMHC educational experience by attending Professional Medical Education/Product Theater symposia focused on novel therapies. These non-certified activities are planned solely by the sponsoring organizations/companies.

## FRIDAY, APRIL 16, 2021

7:00 – 8:00 AM Pacific Time

*Sponsored by Merck Sharp and Dohme Corp.*

### PME SYMPOSIUM The Continuum of Heart Failure

The objective of this presentation is to review safety and efficacy of a treatment option for patients with symptomatic chronic HF with EF <45%.

#### Presenter



#### **Wilson S. Colucci, MD, FACC, FAHA**

- Thomas J. Ryan Professor of Cardiovascular Medicine
- Director of the Myocardial Biology Unit
- Boston University School of Medicine
- Chief of the Cardiovascular Medicine Section
- Co-Director of the Cardiovascular Center
- Boston Medical Center
- Boston, Massachusetts

## FRIDAY, APRIL 16, 2021

12:00 – 1:00 PM Pacific Time

*Sponsored by Boehringer Ingelheim Pharmaceuticals, Inc and Lilly USA, LLC.*

### PME SYMPOSIUM The Continuum of Heart Failure

The objective of this program is to discuss the pathophysiology, disease burden, and management of heart failure (HF). The program will present data on HF prevalence and health outcomes, review the implications of type 2 diabetes as a common comorbidity, and provide guidance on diagnosing HF. It will conclude with a brief overview of current treatment options for HF.

#### Presenter



#### **Jonathan D. Rich, MD, FACC, FHFSa**

- Associate Professor of Medicine
- Northwestern University,
- Feinberg School of Medicine
- Medical Director, Mechanical
- Circulatory Support Program
- Program Director, Advanced Heart
- Failure and Transplant Fellowship
- Bluhm Cardiovascular Institute,
- Northwestern Memorial Hospital
- Chicago, Illinois



## FRIDAY, APRIL 16, 2021

6:45 – 7:45 PM Pacific Time

*Sponsored by Boehringer Ingelheim Pharmaceuticals, Inc  
and Lilly USA, LLC.*

### PME SYMPOSIUM Jardiance® (empagliflozin) tablets: A Review of Multiple Clinical Trials and Approved Indications

This program will review multiple clinical trials and approved indications for JARDIANCE. The presentation will cover efficacy and safety data, as well as the dosing information for JARDIANCE. Attendees will also have the opportunity to ask the faculty questions about the data presented.

#### Presenter



#### **Matthew Budoff, MD**

- Professor of Medicine, UCLA
- Endowed Chair of Preventive Cardiology
- Lundquist Institute
- Torrance, California

## SATURDAY, APRIL 17, 2021

5:45 – 6:45 PM Pacific Time

*Sponsored by Amarin Pharma, Inc.*

### PME SYMPOSIUM VASCEPA® (icosapent ethyl): Elevating the Standard of Care

There is an urgency to treat Persistent Cardiovascular Risk (P-CVR) as it remains high despite statin-based standard-of-care therapy in patients with elevated triglycerides. In this program, we will review data from a practice changing trial that provides a groundbreaking therapeutic option to elevate the current standard of care.

#### Presenter



#### **Norman Lepor, MD, FACC**

- Clinical Professor of Medicine
- Geffen School of Medicine-UCLA
- Cedars-Sinai Medical Center
- Los Angeles, California

# SPRING 2021 CME INFORMATION

## ACTIVITY TITLE:

Spring 2021: The Cardiometabolic Challenge - Navigating a Syndemic

## ACTIVITY DATE:

April 16-18, 2021 | Live Online | Pacific Time

## TARGET AUDIENCE

US-based healthcare professionals, including cardiologists, endocrinologists, lipidologists, primary care clinicians (PCPs), registered nurses, advanced practice registered nurses, dietitians, pharmacists, and other allied health professionals.

## PROGRAM OVERVIEW

The 2021 CMHC Spring meeting will highlight the latest updates in hypertension, heart failure, diabetes, dyslipidemia, lifestyle management, cardiovascular health, as well as the impacts of COVID-19 on cardiometabolic health, and translate the latest cutting-edge medical research into practical, clinical strategies for preventing, delaying, and managing cardiovascular and metabolic disorders.

## EDUCATIONAL OBJECTIVES

After completing this activity, the participant should be better able to:

- Discuss the interrelationships among cardiometabolic risk factors and their impact on the development of cardiometabolic diseases, including diabetes, dyslipidemia, hypertension, obesity, kidney disease, and cardiovascular disease.
- Interpret the latest evidence and guidelines for the prevention, screening, and treatment of the complex patient with cardiometabolic risk or cardiometabolic disease.
- Outline strategies aimed at timely screening and prevention of cardiometabolic disease, including biomarkers, imaging, genetic risk assessment, and lifestyle modifications.
- Develop individualized treatment regimens for patients with cardiometabolic disease based on the efficacy and safety of current and new pharmacotherapies, patient comorbidities and preferences to optimize outcomes.
- Review therapy for chronic cardiometabolic diseases, including diabetes, CVD, and obesity in the COVID-19 era, as well as incorporate technology and telemedicine when appropriate to ensure the continuum of care for these patients

## FACULTY

Please refer to the Expert Speaker Line-Up section in the conference guide or [go online](#) to view the listings.

## PROGRAM AGENDA

Please refer to the Schedule-at-a-Glance section in the conference guide or [click here](#) to view the full agenda.

## JOINT ACCREDITATION STATEMENT



In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and CMHC. Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

## PHYSICIAN CONTINUING MEDICAL EDUCATION

The Postgraduate Institute for Medicine designates this live activity for a maximum of 14 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## CONTINUING PHARMACY EDUCATION

Postgraduate Institute for Medicine designates this continuing education activity for 14 contact hour(s) (1.4 CEUs) of the Accreditation Council for Pharmacy Education. This is an application-based activity. Universal Activity Numbers (UAN) JA4008162-9999-21-2676-L01-P. For Pharmacists: Upon completion of the online evaluation, your credit will be submitted to CPE Monitor within 4-6 weeks. Pharmacists have up to thirty (30) days from the live event to complete the evaluation and claim credit.

## CONTINUING NURSING EDUCATION

The maximum number of hours awarded for this Continuing Nursing Education activity is 14 contact hours. Pharmacotherapy contact hours for Advanced Practice Registered Nurses will be designated on your certificate.

## CONTINUING DIETICIAN EDUCATION

This program offers 14 CPEUs for dietitians.

## ABIM MOC CERTIFICATION



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 14 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## DISCLOSURE OF CONFLICTS OF INTEREST

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

## Faculty

A full listing of faculty disclosures may be found online by [clicking here](#) (or go to <https://ispri.ng/YWmXD>)

## Planners and Managers

The PIM planners and managers have nothing to disclose. The CMHC planners and managers have nothing to disclose.

## DISCLOSURE OF UNLABELED USE

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

## DISCLAIMER

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

## REQUEST FOR CREDIT

Learners may earn up to a maximum of 19.25 AMA/ABIM MOC/ACPE/ANCC/CDR credits for attending general sessions and all satellite symposia. Upon completing the activity evaluations, your certificates will be emailed to you.

The evaluation links will be accessible on Sunday, April 18; attendees will be notified on the Virtual Array Platform when it is available. It will also be posted in multiple locations online including the [accreditation page](#) and the [meeting access page](#). Several email reminders will be sent post-meeting.

## Please claim your CE credits by completing the evaluations by Friday, April 30, 2021.

For Pharmacists: Pharmacists have up to 30 days to complete the evaluation and claim credit for participation so that information can be submitted to CPE Monitor as required.

For questions about the accreditation of this activity, please visit [www.pimed.com](http://www.pimed.com).

For questions regarding the evaluation, please contact [cmhc\\_eval@cardiometabolichealth.org](mailto:cmhc_eval@cardiometabolichealth.org)

## FEE INFORMATION & REFUND/CANCELLATION POLICY

There is no registration fee for participating and receiving CME/CE credit for this educational activity. Registration information can be found [online here](#).

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*(icosapent ethyl)*

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**Amarin Pharma, Inc.**, maker of VASCEPA<sup>®</sup>,  
is a proud sponsor of the  
Cardiometabolic Health Congress





# LET'S UNDO UNDERREPRESENTED DIVERSITY IN CLINICAL TRIALS

Including diverse populations in clinical studies can improve the development of medicines and vaccines for everyone. The enrollment of the types of people who are likely to use the medical product may provide information on whether a medicine may work on specific groups of patients in different ways.

That's why it is useful for people from diverse and underrepresented communities to join clinical studies. This helps address healthcare disparities in gender, age, race and ethnicity, and is needed to help identify differences in clinical outcomes.

## LIVE DISCUSSION

### Impacting Disparities in Clinical Trials

Clinical Trials Diversity

Margaret Campbell, PharmD  
Senior Field Medical Director  
Cardiovascular/Metabolic



## JOIN US LIVE

**FRIDAY, APRIL 16<sup>TH</sup>**

11:30am – 12:00pm Pacific  
4:35pm – 5:05pm Pacific

**SATURDAY, APRIL 17<sup>TH</sup>**

10:05am – 10:35am Pacific  
3:05pm – 3:35pm Pacific

## Historically Underrepresented

Historically, some groups have been underrepresented. There are barriers to participation, some higher for people of color and indigenous people. They include language barriers, distrust of medical researchers and the healthcare system, low levels of awareness and limited access to clinical trials. The mistrust runs deep. Many in the Black community still remember the syphilis study conducted with Black men in Tuskegee, Alabama. The study ended 50 years ago, but the sentiments of betrayal and exploitation felt by many remains to this day.

For example, Black Americans account for roughly 13 percent of the U.S. population but make up only 5 percent of clinical trial participants. Latinx account for roughly 19 percent of the population in the U.S. but make up only 1 percent of clinical trial participants.\*

Today, participants' health and safety are protected by law and by committees such as "institutional review boards." These ethics committees, also known as "IRBs," are independent from the people conducting the study. IRBs carefully review plans for research involving people before research can be conducted and at least once a year while research is conducted. An IRB

consists of at least five members of varying backgrounds, and should strive for appropriate representation in gender and racial and cultural heritage.

Ensuring diversity in clinical trials is a matter of equity and being represented. Everyone deserves a chance to raise their hand and participate, contribute and benefit themselves and their communities.

## Be Represented

We're committed to designing clinical trials so that enrollment can reflect the racial and ethnic diversity of the countries in which we operate and the epidemiology of the diseases we intend to treat or prevent. By choosing to volunteer, you will represent people like you—in age, gender, race, ethnicity, and from communities like yours.

The choice to participate in a clinical trial is a personal one and should be made in consultation with your doctor and family. A first step is to learn about the process and see if it might be right for you. More information about the clinical trial experience can be found in the resources below. Help yourself, your family, and your communities be represented.

More information about specific clinical trials is available on [Pfizer's website](#), [CenterWatch](#) and [ClinicalTrials.gov](#).

\*U.S. Census and U.S. FDA data

# CARDIOMETABOLIC RESOURCES

We encourage our healthcare professionals and practitioners to take advantage of our newest online educational resources, designed to help you stay updated in the sphere of cardiovascular care. Our featured activities spotlight a range of relevant topics within cardiometabolic health, rooted in the most recent scientific research and findings. Enjoy the benefits of advanced education at your own convenience and schedule, while earning CME credits and staying clinically current.



Cardiometabolic Beat



Cardiometabolic Chronicle



Faculty Spotlight



Cardiometabolic IQ Challenge



The Monthly Beat



Webinar Spotlight



Clinician Resources



Culinary Wellness



Conference Highlights



# THE INTERSECTION OF CARDIOMETABOLIC HEALTH AND SLEEP DISORDERS

MAY 22, 2021

COMPLIMENTARY REGISTRATION

It is clear that lifestyle plays an important role in both the prevention and treatment of cardiometabolic disease. In addition to nutrition and physical activity, sleep is a key lifestyle behavior that has a tremendous role in cardiometabolic health, but it is often the "forgotten" pillar.

Sleep disorders, including sleep-disordered breathing, insomnia, and obstructive sleep apnea are known risk factors for obesity, hypertension, stroke, coronary heart disease, heart failure, and more. As such, recognizing the impact of sleep disorders on cardiometabolic health and how to address them should be part of comprehensive lifestyle modifications for cardiometabolic disease prevention or treatment. During this meeting, you will have a chance to hear from multidisciplinary experts about the links between sleep disorders and cardiometabolic health, as well as practical approaches for screening, referral, or treatment.



CHAIR  
**VIREND K.  
SOMERS, MD**

*Virend Kristen Somers received his Medicine degree from the University of Natal in South Africa. He was then awarded a Nuffield Dominion Scholarship to Oxford University where he received his Doctor of Philosophy Degree. He subsequently completed a Post-Doctoral Fellowship, Internal Medicine Residency and Cardiology Fellowship at the University of Iowa, where he served as Director of the Cardiovascular Neurophysiology Laboratory.*

## AGENDA

SATURDAY, MAY 22, 2021

All sessions are in Eastern Time

8:00 AM - 8:05 AM	<b>Opening Remarks and Introduction</b> Virend K. Somers, MD, PhD
8:05 AM - 8:50 AM	<b>An Introduction to Sleep Disorders: Principles of Sleep Health</b> Reena Mehra, MD, MS
8:50 AM - 9:35 AM	<b>Sleep Deprivation and Cardiometabolic Risk</b> Eve Van Cauter, PhD
9:35 AM - 10:20 AM	<b>Sleep Disorders and Type 2 Diabetes</b> Naresh M. Punjabi, MD, PhD
10:20 AM - 10:50 AM	<b>Panel Discussion</b> Moderator: Virend K. Somers, MD, PhD Panelists: Reena Mehra, MD, MS; Eve Van Cauter, PhD; Naresh M. Punjabi, MD, PhD
10:50 AM - 11:00 AM	<b>Break</b>
11:00 AM - 12:00 PM	<b>Lunch</b>
12:00 PM - 12:45 PM	<b>Disparities in Sleep Disorders and Cardiometabolic Consequences</b> Susan Redline, MD, MPH
12:45 PM - 1:30 PM	<b>Sleep Disorders and Atrial Fibrillation</b> Tomas Konecny, MD, FAHA
1:30 PM - 2:15 PM	<b>Sleep Disorders and MI/Sudden Death</b> Apoor S. Gami, MD, FHRS
2:15 PM - 2:30 PM	<b>Break</b>
2:30 PM - 3:00 PM	<b>Panel Discussion &amp; Closing Remarks</b> Moderator: Virend K. Somers, MD, PhD Panelists: Apoor S. Gami, MD, FHRS; Tomas Konecny, MD, FAHA; Susan Redline, MD, MPH

Sessions times are subject to change

REGISTER NOW

# CME SYMPOSIUM - KEYNOTE

FRIDAY, APRIL 16, 2021  
8:30 – 10:00 AM Pacific Time

## Call To Action: Addressing The Disproportionate Burden & Disparities with COVID-19

Presented by: Keith C. Ferdinand, MD

Panelists: Kevin M. Alexander, MD; Yvonne Commodore-Mensah, PhD; Takeisha C. Davis, MD; Alanna A. Morris, MD; Pam R. Taub, MD

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

By now, it is established that the burden of cardiometabolic risk, including CVD, diabetes, atherosclerosis, hypertension, obesity, and more, are higher in certain racial and ethnic minorities, including African Americans, Latinos, and Native Americans. As such, it is by no means a coincidence that the burden of COVID-19 morbidity and mortality is disproportionate towards these communities, stemming not only from a higher prevalence of these comorbidities, but also from socioeconomic factors. Additionally, vaccine hesitancy, including towards the COVID-19 vaccines, is highly prevalent in these populations, which can significantly increase COVID-19 morbidity and mortality given the increased risk for infection and severe outcomes, and remains an important issue that needs to be addressed.

Given these developments, it is important that clinicians are not only aware of these impacts and disparities, but they need help and expert perspectives about immediate and long-term solutions to improve patient care. This will be the focus of a special keynote address which will be followed by a panel discussion with several key stakeholders and experts.

### LEARNING OBJECTIVES

After completing this activity, the participant should be better able to:

- Discuss the disproportionate burden of COVID-19 in racial and ethnic minorities
- Identify clinical, behavioral, and cultural factors that contribute to the increased COVID-19 burden in racial and ethnic minorities
- List strategies to decrease the burden of COVID-19, including improving cardiometabolic risk parameters, as well as COVID-19 preventive measures, in individuals from racial and ethnic minorities
- Recognize common and new misconceptions about COVID-19 vaccines in individuals from racial and ethnic minorities, as well as identify practical steps to improve immunization uptake and access

### TARGET AUDIENCE

This activity is designed for US-based healthcare professionals, including primary care clinicians (PCPs), nurse practitioners (NPs), physician assistants (PAs), endocrinologists, diabetologists, pharmacists, cardiologists, lipidologists, dietitians, and other allied health professionals.



## CME SYMPOSIUM - KEYNOTE

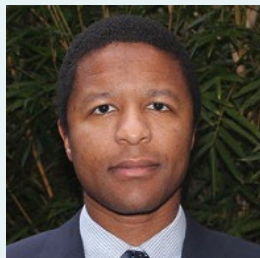
Call To Action: Addressing The Disproportionate Burden & Disparities with COVID-19

### FACULTY



**Keith C. Ferdinand, MD, FACC, FAHA, FASPC, FNLA (Chair)**

Gerald S. Berenson Endowed Chair in Preventive Cardiology  
Professor of Medicine  
John W. Deming Department of Medicine  
Tulane University School of Medicine  
New Orleans, LA



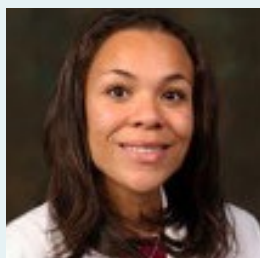
**Kevin M. Alexander, MD**  
Assistant Professor of Medicine  
Stanford University  
Stanford, CA



**Yvonne Commodore-Mensah, PhD, RN**  
Assistant Professor, Johns Hopkins School of Nursing  
Johns Hopkins University  
Baltimore, MD



**Takeisha C. Davis, MD, MPH**  
President & Chief Executive Officer  
New Orleans East Hospital  
New Orleans, LA



**Alanna A. Morris MD**  
Associate Professor of Medicine, Division of Cardiology  
Emory University Clinical Cardiovascular Research Institute  
Atlanta, GA



**Pam R. Taub, MD**  
Associate Professor of Medicine  
Director of Step Family Foundation Cardiovascular Rehabilitation and Wellness Center  
UC San Diego Health System  
Division of Cardiovascular Medicine  
La Jolla, CA

### ABIM MOC CERTIFICATION



Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 1.5 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

### DISCLOSURE OF CONFLICTS OF INTEREST

Postgraduate Institute for Medicine (PIM) requires instructors, planners, managers, and other individuals who are in a position to control the content of this activity to disclose any real or apparent conflict of interest (COI) they may have as related to the content of this activity. All identified COI are thoroughly vetted and resolved according to PIM policy. PIM is committed to providing its learners with high quality activities and related materials that promote improvements or quality in healthcare and not a specific proprietary business interest of a commercial interest.

A full listing of faculty disclosures may be found online [here](#).

The PIM planners and managers have nothing to disclose. The CMHC planners and managers have nothing to disclose.

### REQUEST FOR CREDIT

Please refer to the Spring 2021 Accreditation page of this conference guide (page 23) for instructions on how to access the evaluation link to this activity.

For Pharmacists: Pharmacists have up to 30 days to complete the evaluation and claim credit for participation so that information can be submitted to CPE Monitor as required.

For questions about the accreditation of this activity, please visit [www.pimed.com](http://www.pimed.com).

For questions regarding the evaluation, please contact [cmhc\\_eval@cardiometabolichealth.org](mailto:cmhc_eval@cardiometabolichealth.org)

### DISCLOSURE OF UNLABELED USE

This educational activity may contain discussion of published and/or investigational uses of agents that are not indicated by the FDA. The planners of this activity do not recommend the use of any agent outside of the labeled indications. The opinions expressed in the educational activity are those of the faculty and do not necessarily represent the views of the planners. Please refer to the official prescribing information for each product for discussion of approved indications, contraindications, and warnings.

### DISCLAIMER

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities.

## ACCREDITATION STATEMENT



Postgraduate Institute  
for Medicine

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC). Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### PHYSICIAN CONTINUING MEDICAL EDUCATION

The Postgraduate Institute for Medicine designates this live activity for a maximum of 1.5 AMA PRA Category 1 Credits™.

Physicians should claim only the credits commensurate with the extent of their participation in the activity.

### NURSING CONTINUING EDUCATION

The maximum number of hours awarded for this Continuing Nursing Education activity is 1.5 contact hours. Pharmacotherapy contact hours for Advanced Practice Registered Nurses will be designated on your certificate.

### PHARMACIST CONTINUING EDUCATION

Postgraduate Institute for Medicine designates this continuing education activity for 1.5 contact hour(s) (0.15 CEUs) of the Accreditation Council for Pharmacy Education.

This is a knowledge-based activity. Universal Activity Numbers (UAN): JA4008162-9999-21-2680-L01-P.

### DIETICIAN CONTINUING EDUCATION

This program offers 1.5 CPEUs for dietitians.

# CME GENERAL SESSIONS

FRIDAY, APRIL 16, 2021

## What is the Role of CGM in Prediabetes/Type 2 Diabetes?

4:15 – 4:35 PM Pacific Time

Presented by: Viral Shah, MD

## Inpatient Use of CGM

5:05 – 5:25 PM Pacific Time

Presented by: Joseph A. Aloï, MD

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

Educating both clinicians and patients on how to properly use CGM technology is crucial, and a multidisciplinary healthcare team, including primary care clinicians, endocrinologists, and diabetes educators is needed to optimize the use of CGM and improve patient outcomes. To maximize the utility of CGM in T2DM management, particularly in the COVID-19 era, these sessions at 2021CMHC Spring meeting will cover the latest evidence-based studies, barriers, recommendations, as well as current and emerging indications for CGM in order to optimize glycemic goals and decrease the long-term complications of diabetes.

### LEARNING OBJECTIVES

After completing this activity, the participant should be better able to:

- Summarize the guidelines and evidence for the use of CGM in patients with type 2 diabetes.
- List new and emerging CGM technologies and their associated clinical features.
- Identify multi-faceted approaches, including effective patient education and collaborative multidisciplinary team care, in order to optimize the utility of CGM in real-world practice.
- Discuss recent data with CGM in hospitalized patients with diabetes.

### TARGET AUDIENCE

This activity is designed for US-based healthcare professionals, including primary care clinicians (PCPs), nurse practitioners (NPs), physician assistants (PAs), endocrinologists, diabetologists, pharmacists, cardiologists, lipidologists, dietitians, and other allied health professionals.

## CME GENERAL SESSIONS

What is the Role of CGM in Prediabetes/Type 2 Diabetes?  
Inpatient Use of CGM

## FACULTY



**Joseph A. Aloj, MD**

Chief, Section on Endocrinology and Metabolism  
Wake Forest Baptist Health  
Winston-Salem, NC



**Viral N. Shah, MD**

Associate Professor of Medicine & Pediatrics, Barbara Davis Center for Diabetes  
University of Colorado Anschutz Medical Campus  
Aurora, CO

## ACCREDITATION STATEMENT



Postgraduate Institute  
for Medicine

In support of improving patient care, this activity has been planned and implemented by the Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC). Postgraduate Institute for Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

### PHYSICIAN CONTINUING MEDICAL EDUCATION

The Postgraduate Institute for Medicine designates this live activity for a maximum of 0.75 AMA PRA Category 1 Credits™. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

### NURSING CONTINUING EDUCATION

The maximum number of hours awarded for this Continuing Nursing Education activity is 0.75 contact hours. Pharmacotherapy contact hours for Advanced Practice Registered Nurses will be designated on your certificate.

### PHARMACIST CONTINUING EDUCATION

Postgraduate Institute for Medicine designates this continuing education activity for 0.75 contact hour(s) (0.075 CEUs) of the Accreditation Council for Pharmacy Education.

This is a knowledge-based activity. Universal Activity Numbers (UAN): JA4008162-9999-21-2681-L01-P.

## DIETICIAN CONTINUING EDUCATION

This program offers 0.75 CPEUs for dietitians.

## ABIM MOC CERTIFICATION



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# CME GENERAL SESSION

FRIDAY, APRIL 16, 2021  
5:25 – 5:45 PM Pacific Time

## Use of Insulin Pumps in the Management of T2DM

Presented by: Grazia Aleppo, MD

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

The number of T2DM patients using insulin pumps is increasing, owing in part to the advances in insulin pumps, smart insulin delivery systems and apps, and pumps designed for patients with T2DM. The landscape of insulin pumps in T2DM is rapidly-changing and clinicians may not be aware of these new advances. This session at 2021CMHC Spring meeting will offer an overview of insulin pumps and insulin delivery systems for T2DM, as well as expert feedback and practical strategies on how to integrate them to patient care.

### LEARNING OBJECTIVES

After completing this activity, the participant should be better able to:

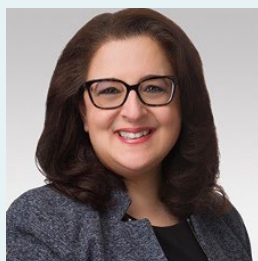
- Summarize the recent advances in insulin pump therapy for patients with T2DM
- Recognize the benefits of insulin pump therapy and how to initiate it in T2DM patients who are unable to meet glycemic goals despite multiple-daily insulin injections.

### TARGET AUDIENCE

This activity is designed for US-based healthcare professionals, including primary care clinicians (PCPs), nurse practitioners (NPs), physician assistants (PAs), endocrinologists, diabetologists, pharmacists, cardiologists, lipidologists, dieticians, and other allied health professionals.



## FACULTY

**Grazia Aleppo, MD, FACE, FACP**

Professor of Medicine  
 Director, Diabetes Education Program  
 Associate Chief for Clinical Affairs  
 Division of Endocrinology, Metabolism  
 and Molecular Medicine  
 Northwestern University  
 Chicago, IL

## ACCREDITATION STATEMENT



Postgraduate Institute  
 for Medicine

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**PHYSICIAN CONTINUING MEDICAL EDUCATION**

The Postgraduate Institute for Medicine designates this live activity for a maximum of 0.25 *AMA PRA Category 1 Credits*<sup>SM</sup>. Physicians should claim only the credits commensurate with the extent of their participation in the activity.

**NURSING CONTINUING EDUCATION**

The maximum number of hours awarded for this Continuing Nursing Education activity is 0.25 contact hours. Pharmacotherapy contact hours for Advanced Practice Registered Nurses will be designated on your certificate.

**PHARMACIST CONTINUING EDUCATION**

Postgraduate Institute for Medicine designates this continuing education activity for 0.25 contact hour(s) (0.025 CEUs) of the Accreditation Council for Pharmacy Education.

This is a knowledge-based activity. Universal Activity Numbers (UAN): JA4008162-9999-21-2682-L01-P.

**DIETICIAN CONTINUING EDUCATION**

This program offers 0.25 CPEUs for dietitians.

**ABIM MOC CERTIFICATION**

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# CME SYMPOSIUM

SATURDAY, APRIL 17, 2021  
7:30 – 8:30 AM Pacific Time

## Lipid Management in Very High-Risk Patients Post-MI: Applying Real-World Evidence to Improve Outcome

Chaired by: Pam Taub, MD

Presenters: Nihar R. Desai, MD; Michael D. Shapiro, DO

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

Patients with a recent myocardial infarction (MI) are classified as very high-risk for future atherosclerotic cardiovascular disease (ASCVD) events according to current guidelines, however, targeted LDL-C achievement and optimization of lipid-lowering therapy (LLT) in these patients remains suboptimal. For example, recent numbers from the GOULD registry, have shown that <40% of patients with a prior MI were on optimal LLT at enrollment, and only 13.2% had lipid therapy intensified.

In turn, these gaps perpetuate the risk of future adverse events that patients with a recent MI will experience. Despite the intensive medical management following an MI, risk of a recurrent CV event is substantial and patients with a recent MI have significant loss of productivity the year after the event. Furthermore, this burden is more pronounced in very high-risk patients, including those with a high burden of cardiometabolic comorbidities, compared to patients who are not very-high risk. During this symposium, experts will provide guidance on the clinical application of statin and non-statin therapies in this setting, as well as information about new and emerging studies that can further inform patient selection in order to optimize outcomes.

### LEARNING OBJECTIVES

After completing this activity, the participant should be better able to:

- Review current guideline recommendations for lipid testing, lipid targets, and lipid-lowering therapy in patients with a recent MI
- Interpret the efficacy and safety of PCSK9 inhibitors from clinical trials and RWE studies in ACS patients and their implications for patient selection
- Develop individualized treatment strategies for very-high risk ASCVD patients with a recent MI that prioritize the early initiation and intensification of treatment to optimize overall outcomes

### TARGET AUDIENCE

This activity is designed for US-based healthcare professionals, including primary care clinicians (PCPs), nurse practitioners (NPs), physician assistants (PAs), endocrinologists, diabetologists, pharmacists, cardiologists, lipidologists, dietitians, and other allied health professionals.

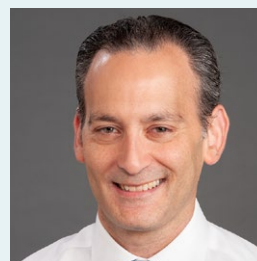
## FACULTY

**Pam Taub, MD (Chair)**

Associate Professor of Medicine  
Director of Step Family Foundation Cardiovascular Rehabilitation and Wellness Center  
UC San Diego Health System  
Division of Cardiovascular Medicine  
La Jolla, CA

**Nihar R. Desai, MD**

Associate Professor of Medicine  
Yale School of Medicine  
New Haven, CT

**Michael D. Shapiro, DO**

Fred M. Parrish Professor of Cardiology and Molecular Medicine  
Director, Center for Prevention of Cardiovascular Disease  
Section on Cardiovascular Disease  
Wake Forest Baptist Health  
Wake Forest, NC

## ACCREDITATION STATEMENT



Postgraduate Institute  
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Postgraduate Institute for Medicine designates this continuing education activity for 1.0 contact hour(s) (0.1 CEUs) of the Accreditation Council for Pharmacy Education.

This is an application-based activity. Universal Activity Numbers (UAN): JA4008162-9999-21-2683-L01-P.

**DIETICIAN CONTINUING EDUCATION**

This program offers 1.0 CPEUs for dietitians.

**ABIM MOC CERTIFICATION**

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# CME SYMPOSIUM

SATURDAY, APRIL 17, 2021  
12:25 – 1:25 PM Pacific Time

## Antithrombotic Therapy for Symptomatic PAD: Interpreting the Evidence and Recent Advances

Chaired by: Deepak L. Bhatt, MD

Presenters: Marc P. Bonaca, MD, MPH, Manesh R. Patel, MD

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

Patients with diabetes and PAD, particularly those with concomitant polyvascular disease, are at a greater risk for future adverse cardiovascular and limb events.

Furthermore, peripheral revascularization has become increasingly common in PAD patients, however, patients who undergo this procedure are still at an increased risk for future adverse events, particularly for acute limb ischemia. Given these heightened risks in PAD patients with cardiometabolic disease or risk, traditional antiplatelet strategies may not be adequate. Several clinical trials have been recently concluded or ongoing that have evaluated novel antithrombotic therapy in this setting, and these advances and their clinical practice implications will be covered during this symposium by expert faculty.

### LEARNING OBJECTIVES

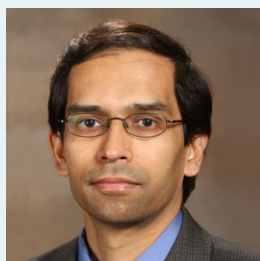
After completing this activity, the participant should be better able to:

- Describe the pathophysiology and major complications of peripheral artery disease and the heightened risk in cardiometabolic patients.
- Summarize the major findings and implications of trials evaluating the role of direct oral anticoagulants in the management of high-risk patients with stable PAD
- Discuss recent data about the role of direct oral anticoagulants in patients with PAD who have undergone lower-extremity revascularization
- Develop individualized strategies for the prevention of adverse cardiovascular and limb events in high-risk cardiometabolic patients with PAD.

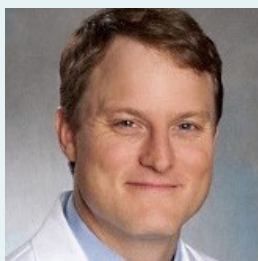
### TARGET AUDIENCE

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## FACULTY

**Deepak L. Bhatt, MD (Chair)**

Professor of Medicine  
Harvard Medical School  
Executive Director  
Interventional Cardiovascular Programs  
Brigham and Women's Hospital Heart  
and Vascular Center  
Boston, MA

**Marc P. Bonaca, MD**

Director of Vascular Research  
Associate Professor of Medicine  
University of Colorado School of Medicine  
Aurora, CO

**Manesh R. Patel, MD**

Richard S. Stack Distinguished Professor  
Chief, Division of Cardiology  
Co-Director Duke Heart Center  
Duke Clinical Research Institute  
Duke University  
Durham, NC

## ACCREDITATION STATEMENT



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This is an application-based activity. Universal Activity Numbers (UAN): JA4008162-9999-21-2684-L01-P.

**DIETICIAN CONTINUING EDUCATION**

This program offers 1.0 CPEUs for dietitians.

**ABIM MOC CERTIFICATION**

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# CME GENERAL SESSION

SATURDAY, APRIL 17, 2021  
4:05 – 4:45 PM Pacific Time

## Antithrombotic and Antiplatelet Therapy in the Cardiometabolic Patient

Presented by: Deepak L. Bhatt, MD

*This activity is jointly provided by Postgraduate Institute for Medicine and Tarsus Cardio Inc. dba Cardiometabolic Health Congress (CMHC)*

### PROGRAM OVERVIEW

Diabetes increases the risk of cardiovascular and thrombotic adverse events in patients with CAD and PAD compared to patients with these conditions and no concomitant diabetes. As such, current antithrombotic strategies to prevent adverse events in these high-risk patients may not be adequate, and several recently-completed and ongoing clinical trials are evaluating the efficacy and safety of additional approaches, including the use of more aggressive and specific antithrombotic agents in this setting. Clinicians need to be aware of the results of these trials and their clinical practice implications in order to improve patient outcomes.

### LEARNING OBJECTIVES

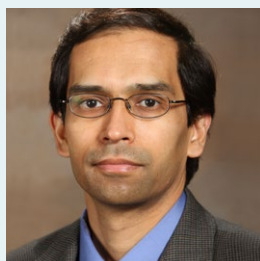
After completing this activity, the participant should be better able to:

- Discuss the impact of diabetes on cardiovascular risk assessment
- Summarize the results of recently concluded clinical trials about the efficacy and safety of novel antithrombotic approaches in patients with diabetes and concomitant CAD or PAD

### TARGET AUDIENCE

This activity is designed for US-based healthcare professionals, including primary care clinicians (PCPs), nurse practitioners (NPs), physician assistants (PAs), endocrinologists, diabetologists, pharmacists, cardiologists, lipidologists, dietitians, and other allied health professionals.

## FACULTY

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Professor of Medicine  
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PLEASE JOIN US FOR A PRESENTATION AT CMHC

# THE CONTINUUM OF **HEART FAILURE**

**WEDNESDAY**

**APRIL 16, 2021**

**12:00-1:00 PM PT**



Presenter

**Jonathan D. Rich  
MD, FACC, FHFSA**

Associate Professor of Medicine  
Northwestern University,  
Feinberg School of Medicine  
Medical Director, Mechanical  
Circulatory Support Program  
Program Director, Advanced Heart  
Failure and Transplant Fellowship  
Bluhm Cardiovascular Institute,  
Northwestern Memorial Hospital  
Chicago, Illinois

The objective of this program is to discuss the pathophysiology, disease burden, and management of heart failure (HF). The program will present data on HF prevalence and health outcomes, review the implications of type 2 diabetes as a common comorbidity, and provide guidance on diagnosing HF. It will conclude with a brief overview of current treatment options for HF.

This presentation is supported by and made on behalf of  
Boehringer Ingelheim Pharmaceuticals, Inc.  
and Lilly USA, LLC.



CME credit is not offered for this session



# 16<sup>TH</sup> ANNUAL Cardiometabolic Health Congress

OCTOBER 14-17, 2021

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