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Director, Center for Heart Disease Prevention

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Assistant Professor of Medicine - Cardiology

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Assistant Professor of Medicine - Cardiology

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Professor of Medicine - Cardiology

DANNY EAPEN, MD
Assistant Professor of Medicine - Cardiology

ROBERT WILSON, PA-C
Interventional Cardiology

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Director of Preventive Cardiology
Johns Hopkins

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Director, Center for Translation Research and Implementation Science (CTRIS)
National Heart, Lung, and Blood Institute

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17TH ANNUAL ESCAPE 2018

Emory Heart Center
Emory University School of Medicine
Department of Medicine - Division of Cardiology
presents

EMORY SYMPOSIUM ON CORONARY ATHEROSCLEROSIS PREVENTION & EDUCATION
MAY 30 – JUNE 3, 2018

OMNI Amelia Plantation
Amelia Island, Florida
STATEMENT OF NEED
Cardiovascular Disease (CVD) remains the number one cause of death of men and women in the United States, and is a major cause of disability. The American Heart Association has a stated goal to reduce deaths from Cardiovascular Disease (CVD) and stroke by 20% by 2020. In order to achieve this goal, physicians and clinicians must gain the knowledge, skill and resources to integrate the latest research and clinical guidelines in the context of their own practice.

At ESCAPE, attendees will hear nationally renowned speakers discuss four prevention focused areas relevant to cardiologists, practicing physicians and clinicians: Controversies in Prevention, Hot Topics in CVD Prevention, Practical Prevention, and Prevention Potpourri. There will be several lectures devoted to the new ACC/AHA guidelines on hypertension that were released in November 2017. There will also be lectures on women’s heart health, cardiac electrophysiology, interventional cardiology, peripheral vascular disease, and congestive heart failure.

This conference will close the knowledge gaps between national guideline goals, practice, and research. Physicians and clinicians will have the opportunity to discuss with the conference speakers and other attendees regarding how these principles can be applied to patient care.

AT THE CONCLUSION OF THIS ACTIVITY, PARTICIPANTS WILL BE ABLE TO:

- Interpret the new ACC/AHA guidelines for evaluation and treatment of hypertension
- Assess the benefits that PCI provides to reduce angina burden
- Recognize the role that exercise provides in prevention of PVD
- Recognize the risk/benefits of Testosterone therapy on CVD
- Describe the risk of radiation on CVD
- Explain the relationship of non-alcoholic fatty liver disease and CAD
- Analyze the CVD risk on hormone therapy for women
- Compare the various therapies available for tobacco cessation
- Describe the appropriate testing and workup for syncope
- Explain how to diagnose and treat coronary microvascular disease
- Differentiate between the various available cholesterol biomarkers
- Summarize the benefits of statin therapy for older patients
- Demonstrate the benefits of PCSK9 inhibition for CVD prevention
- Discuss the diagnosis and treatment of stress cardiomyopathy
- Present the role of TAVR in reducing surgical morbidity
- Discuss the prevention and early detection of atrial fibrillation
- Recognize the role that depression plays in CVD risk
- Identify new clinically relevant smartphone apps and learn about current and future innovation in cardiac healthcare technology

WHO SHOULD ATTEND
Cardiologists, general internists, family practice providers, internal medicine subspecialists, pharmacists, physician assistants, nurse practitioners and other primary healthcare providers.

SPONSORSHIP AND ACCREDITATION
The program is sponsored by the Emory University School of Medicine. The Emory University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

TUITION
The tuition ($725 Physicians) & ($600 Other Healthcare Professionals) includes refreshment breaks, electronic course syllabus, and other amenities involved in a rewarding learning experience. Minimum and maximum enrollments have been established.

Cancellation prior to April 30, 2018 will be refunded less a $75 administrative fee. There is no refund after April 30, 2018.

CONTINUING EDUCATION CREDITS
The Emory University School of Medicine designates this live activity for a maximum of 21.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

MAINTENANCE OF CERTIFICATION (MOC)
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 21.25 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.

EVENTS AND ATTIRE
Attire for the symposium is business casual and comfortable. Since meeting room temperatures and personal comfort levels vary, please bring a sweater or jacket to the educational sessions. Attire for the Family Social on Friday, June 1st is casual.

WEDNESDAY, May 30 from 4:30 - 5:30 pm - Pre Meeting Workshops

THURSDAY, May 31 from 5:45 - 7 pm - Attendee-Spouse Session
Spouses are invited to participate in this session. Children’s Program: If you have children 3 years and above, we’ll provide supervised activities in an adjacent room.

FRIDAY, June 1 from 6-8 pm - Family Social and Cookout
This is an evening cookout and social that will take place under the stars and your spouse, children, and guests may attend (the conference fee covers up to 4 people plus children ages 3 years and under: Additional fees apply for extra guests – see the registration form for details). Children will be entertained with games. Please reserve your attendance on the registration form.

CONFERENCE LOCATION AND LODGING
The conference will be held at Omni Amelia Island Plantation, 39 Beach Lagoon, Amelia Island, Florida 32034. Room reservations may be made by calling (904) 261-6161 or visit the Omni Amelia Island Plantation website at www.omnihotels.com/ameliaisland for more information about the Omni Amelia Island Plantation, you may call (904) 261-6161 or visit the Omni Amelia Island Plantation website at www.omnihotels.com/ameliaisland.

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Villas require 3 night minimum stay.

GROUND TRANSPORTATION
Round trip transportation is available between the Jacksonville International Airport and Omni Amelia Island Plantation (29 miles). For transportation reservations, please call Frontrunners at (904) 714-1277. The rate is $109.00 per vehicle, one way, gratuity included. Advance reservations are required.

ESCAPE is now on Facebook. Join us for updates at: http://www.facebook.com/EmoryCardiology
## Agenda

### Wednesday, May 30, 2018

**Registration** (OMNI Amelia Island Conference Center)

**Pre-Meeting Workshops**

**4:30-5:30** Cases & Challenges in Office-Based Prevention  
Ijeoma Isiadinso, MD, Jennifer Mekhoukh, NP, Jennifer Mekhoukh, NP, Pratik Sandesara, MD (Katz CV Prevention Fellow)

**5:30-6:30** Veking Cardiovascular (Prevention) Cases from the Emory Diagnostic Clinic  
Clyde Partin, MD, Danny Eapen, MD

### Thursday, May 31, 2018

**Focus:** Controversies in Prevention: New Blood Pressure Guidelines - Bolder, Better, or Beware?  
**Moderator:** Laurence Sperling, MD

**7:00 am** Registration, Breakfast and Exhibits

**7:25** Welcome – Laurence Sperling, MD

**7:30** Approach to Assessing Blood Pressure  
Jefferson Baer, MD

**7:50** New Classification of Hypertension: What is Optimal BP?  
– Roger Blumenthal, MD

**8:10** Non-Pharmacologic Interventions for Elevated BP  
– Laurence Sperling, MD

**8:30** Hypertension in Women Across the Lifespan  
Nanette Wenger, MD

**8:50** Resistant Hypertension: Translating Research into Clinical Practice for Success  
George Mensah, MD

**9:10** Break and Exhibits

**9:30** Panel Discussion / Q & A

**9:50** Prevention of Angina with PCI: Placebo Effect?  
– Spencer King, MD

**10:10** High Sensitivity Troponin: Hope or Hype?  
Pratik Sandesara, MD

**10:30** Break and Exhibits

**10:50** Cost Effective ASCVD Risk Assessment in Primary Prevention  
– Roger Blumenthal, MD

**11:10** Exercise Therapy for Peripheral Vascular Disease  
– Bryan Wells, MD

**11:30** Panel Discussion / Q & A

**11:45** Adjournment

### Friday, June 1, 2018

**Focus:** Hot Topics in CV Prevention  
**Moderator:** Jefferson Baer, MD

**6:30 am** Sign-in, Exhibits, Breakfast

**6:45** EKGs Fears with the Professors  
Doug Morris, MD, Byron Williams, MD

**7:30** Advancing the Cardiovascular Care of Patients with Cancer: The Argument for Cardio-Oncology  
– Salim Hayek, MD

**7:50** Radiation as a Cardiovascular Risk Factor  
Susmita Parashar, MD

**8:10** DAPT for the Non-Interventionalist: Preventing Thrombotic & Bleeding Complications  
James Stewart, MD

**8:30** Panel Discussion / Q & A

**8:50** Break and Exhibits

**9:10** Testosterone of Cardiovascular Disease: Panacea or Perilous?  
Byron Williams, MD

**9:30** Hormones & CVD Risk in Women: Options & Alternatives  
Gina Lundberg, MD

**9:50** Novel Insight on the NAFLD Heart Connection  
Ijeoma Isiadinso, MD

**10:10** Panel Discussion / Q & A

**10:30** Break and Exhibits

**10:50** Tobacco Cessation: Achieving Nicotine Independence  
Robert Wilson, PA-C

**11:10** Preventing Burnout in Healthcare Professionals  
Douglas Morris, MD

**11:30** Coronary Microvascular Dysfunction: Awareness, Detection, and Treatment  
Puja Mehta, MD

**11:45** Adjournment

**12:00-12:45** Optional Lunch Roundtable Discussion: Diets & CV Prevention  
Laurence Sperling, MD  
Pratik Sandesara, MD  
Jennifer Mekhoukh, NP

**6:00 pm** Family Social & Cookout
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| **FOCUS:** PRACTICAL PREVENTION  
**Moderator:** Arshed Quyyumi, MD | **FOCUS:** PREVENTION POTPOURRI  
**Moderator:** Ijeoma Isiadinso |
| 7:00 am | **SIGN-IN, BREAKFAST AND EXHIBITS** |
| 7:30 | **FIBROMUSCULAR DYSPLASIA: WHEN TO SUSPECT & HOW TO TREAT** – Bryan Wells, MD |
| 7:50 | **CAN WE PREDICT CV HEALTH?** – Arshed Quyyumi, MD |
| 8:10 | **STRESS CARDIOMYOPATHY: APPROACH TO BROKEN HEARTS** – Puja Mehta, MD |
| 8:30 | **TAVR: PREVENTING SURGICAL MORBIDITY?** James Stewart, MD |
| 8:50 | **NEW GUIDELINES FOR EVALUATION & MANAGEMENT OF SYNCPE** – Faisal Merchant, MD |
| 9:10 | **THE PREVENTION OF CARDIOVASCULAR DISEASE: A BRIEF HISTORY** – Clyde Partin, MD |
| 9:40 | **NEW NIH DEFINITIONS FOR CLINICAL TRIALS: IMPLICATIONS FOR PRACTICE & RESEARCH** George Mensah, MD |
| 10:00 | **ROADMAP FOR INNOVATION: CARDIOVASCULAR HEALTHCARE TRANSFORMATION** – Salim Hayek, MD |
| 10:20 | **APPS FOR CARDIOVASCULAR PREVENTION** Gina Lundberg, MD |
| 10:40 | **DEPRESSION & CV RISK: DETECTION & TREATMENT** Susmita Parashar, MD |
| 12:00 pm | **ADJOURNMENT** |
| **OPTIONAL LUNCH ROUNDTABLE DISCUSSION:** OMGA-3 FATTY ACIDS & CV D PREVENTION  
Peter Wilson, MD, Jennifer Mekhoukh, NP, Danny Eapen, MD  
Heval Kelli, MD (Katz Preventive Cardiology Fellow) | **ADJOURNMENT** |
# Registration

## Emory Symposium on Coronary Atherosclerosis Prevention & Education

**May 30 – June 3, 2018**

**Amelia Island, Florida**

**Online Registration Recommended**

[www.emory.edu/CME](http://www.emory.edu/CME)

or register on this form if you are faxing or mailing

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**Name:**

**Specialty/Title:**

**Address:**

**City/State/Zip:**

**Phone:**

**Fax:**

**Email:**

### Special Needs:

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**Pre-Meeting Workshops** - May 30, 2018 (4:30-6:30 pm)

- [ ] YES - I will attend
- [ ] NO - I will not attend

**Attendee/Spouse Reception** - May 31, 2018 (5:45-7:00 pm)

- [ ] YES - # attending including myself
- [ ] NO - I/WE will not attend

Children's Activity ages 3+ years old (coincides with the event above) and for Attendees of the Spouse Activity

Please RSVP for the Children's Activity ONSITE

**Family Social & Cookout** - June 1, 2018 (6:00-8:00 pm)

Optional evening cookout and social. Games and a clown will be available for the children.

Please RSVP for this activity below

- [ ] YES - I/WE will attend
- [ ] NO - I/WE will not attend

Conference fee covers up to 4 people plus children 3 years and under

Additional Fees over 4 people: Adults 13 years plus - $45 and children 4-12 years old - $20

_______ Number of adults including myself (13 years and older)

_______ Number of children 4-12 years old

_______ Number of children 1-3 years old

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### Physicians

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### Total Payments

$ __________

Make check payable to: **Emory University School of Medicine**

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Detach and mail or fax to:

**Continuing Medical Education**

100 Woodruff Circle, Suite 331

Atlanta, GA 30322

**Phone:** (404) 727-5695 (local)

**Toll Free:** (888) 727-5695 (outside Atlanta)

**Fax:** (404) 727-5667

**Email:** milini.mingo@emory.edu