18TH ANNUAL ESCAPE 2019
Amelia Island, Florida

EMORY SYMPOSIUM ON CORONARY ATHEROSCLEROSIS PREVENTION & EDUCATION
JUNE 5-9, 2019
OMNI Amelia Plantation Amelia Island, Florida

FACULTY

COURSE DIRECTORS
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Director, Center for Heart Disease Prevention

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JONATHAN KIM, MD
GINA LUNDBERG, MD
DAVID MARKHAM, MD
PUJA MEHTA, MD
DOUG MORRIS, MD
SUSMITA PARASHAR, MD
ANAND SHAH, MD
BRYAN WELLS, MD
NANETTE WENGER, MD
BYRON WILLIAMS, MD
PETER WILSON, MD
INFORMATION

STATEMENT OF NEED
Cardiovascular disease remains the number one cause of death of men and women in the United States and a major cause of disability. The American Heart Association has stated a goal to reduce deaths from cardiovascular disease and stroke by 20% by 2020. In order to achieve this goal, physicians and clinicians must gain 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 ACC/AHA guidelines on hypertension, blood cholesterol, women’s heart disease, electrophysiology, peripheral artery disease, interventional cardiology and congestive heart failure.

CORE COMPETENCIES
Patient Care and Medical Knowledge

OBJECTIVES
At the conclusion of this activity, participants will be able to:

- Summarize the new 2018 ACC/AHA guidelines on Blood Cholesterol;
- Describe therapies to treat diastolic heart failure;
- Review indications and benefits of PCSK9 Inhibitors;
- Describe side effects of statin therapy and how to address them;
- Learn how to treat severe lipid disorders;
- Interpret the latest data on Omega 3 fatty acids and CVD prevention;
- Recognize the role Aspirin plays in primary prevention of CVD;
- Discuss CVD risks of Sleep Apnea;
- Describe the new ACC/AHA equation to estimate a patient’s CVD risk;
- Understand the economics and CVD benefits of new diabetes therapies;
- Discuss how to prevent Atrial Fibrillation;
- List clinically relevant smart phone apps to use in your practice;
- Review latest screening and therapies for Peripheral Artery Disease; and
- Summarize the role Vitamin D plays in cardiovascular health.

WHO SHOULD ATTEND
Cardiologists, Internists, Family Practice, Emergency Medicine, Primary Care, Physician Assistants, PharmD and Nurses would benefit from this conference.

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 ($735 Physicians) & ($630 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, 2019 will be refunded less a $75 administrative fee. There is no refund after April 30, 2019.

CONTINUING EDUCATION CREDITS
The Emory University School of Medicine designates this live activity for a maximum of 20.25 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit 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 20.25 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 7 is casual.

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

THURSDAY, June 6 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 7 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. Emory University School of Medicine has secured a block of Oceanfront rooms at the Omni Amelia Island Plantation for the group rate of $309.00 (plus applicable taxes) per night, single or double occupancy. These rates will be honored three days prior to and three days following the meeting, based on guest room availability. See all ESCAPE special rates below.

<table>
<thead>
<tr>
<th>Room</th>
<th>Rate</th>
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<tbody>
<tr>
<td>Oceanfront Run of House Hotel</td>
<td>$309</td>
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<tr>
<td>Oceanfront One Bedroom Suite</td>
<td>$349</td>
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<tr>
<td>Oceanfront Two Bedroom Villa</td>
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<td>Oceanfront Three Bedroom Villa</td>
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<tr>
<td>Resortview Guestroom</td>
<td>$279</td>
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<tr>
<td>Resortview Two Bedroom Villa</td>
<td>$349</td>
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<tr>
<td>Resortview Three Bedroom Villa</td>
<td>$489</td>
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Villas require 3 night minimum stay

The resort has a $25 (plus applicable taxes) per room resort fee per night. This fee includes: Complimentary Self-Parking, Unlimited internet access in all accommodations, On-property resort transportation service, Unlimited use of Health & Fitness Center, In room coffee service, Local & toll free phone access, Resort beach access, Preferred Racquet Club and Golf Course reservation access. Early checkout fees may apply if your check out is prior to your reserved check out date.

To receive the discounted rate, please indicate that you are attending the EMORY ESCAPE conference when making your reservation. Reservations should be made as soon as possible, but no later than May 3, 2019. It is highly recommended you make your reservations as soon as possible, as this rate is available through May 3rd or until the block is sold out, whichever comes first. After this date, reservations will be made on space available basis.

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.

GROUND TRANSPORTATION
Round trip transportation is available between the Jacksonville International Airport and Omni Amelia Island Plantation (29 miles). Please call Amelia Airport Shuttle Transportation at (904) 753-6480 to make reservations or visit their website at www.ameliactransport.com. The current rate at publication is $60.00 per vehicle one way. Advance reservations required.

ESCAPE is now on Facebook. Join us for updates at: http://www.facebook.com/EmoryCardiology
WEDNESDAY, JUNE 5, 2019

4:00 pm  REGISTRATION  (OMNI Amelia Island Conference Center)

PRE-MEETING WORKSHOPS
4:30-5:30  CASES & CHALLENGES IN OFFICE-BASED PREVENTION  – Ijeoma Isiadinso, MD, Danny Eapen, MD
5:30-6:30  CONUNDRUMS OF CASES IN CARDIO-ONCOLOGY AND PREOPERATIVE EVALUATION  
            Susmita Parashar, MD, Rob Wilson, PA

THURSDAY, JUNE 6, 2019

FOCUS: PATHS TO PREVENTION  
            Moderator: Laurence Sperling, MD

7:00 am  REGISTRATION, BREAKFAST AND EXHIBITS

7:25  WELCOME  – Laurence Sperling, MD

7:30  OVERVIEW OF 2018 CHOLESTEROL GUIDELINES AND TOP 10 TAKE HOME MESSAGES  
            Roger Blumenthal, MD

7:50  PCSK9 INHIBITORS IN PERSPECTIVE  – Danny Eapen, MD

8:10  SEVERE HYPERCHOLESTEROLEMIA AND HYPERTRIGLYCERIDEMIA  – Jeffer Baer, MD

8:30  INFLAMMATORY DISEASES & CV PREVENTION  – Wendy Post, MD

8:50  STATIN SAFETY AND STATIN-ASSOCIATED SIDE EFFECTS  – Laurence Sperling, MD

9:10  BREAK AND EXHIBITS

9:30  PANEL DISCUSSION / Q & A: 2018 CHOLESTEROL GUIDELINES

9:50  LIPOPROTEIN (A) AND CV RISK: HOW TO MEASURE, WHEN TO MEASURE, HOW TO TREAT?  
            Gina Lundberg, MD

10:10  USING SGLT2 INHIBITORS AND GLP1-RA TO REDUCE CV RISK: NOVEL INSIGHTS  – Peter Wilson, MD

10:30  BREAK AND EXHIBITS

10:50  APPROACH TO CV RISK ASSESSMENT: ENHANCING AND INFORMING  – Laurence Sperling, MD

11:10  USE OF TOOLS TO RECLASSIFY CV RISK  – Roger Blumenthal, MD

11:30  PANEL DISCUSSION / Q & A

11:45  ADJOURNMENT

5:45 pm  ATTENDEE / SPOUSE RECEIPTION:  
            FROM INIMA TO HEART: Perspective of Leading Romanian  
            Cardiologist, Dan Gaita, MD
FRIDAY, JUNE 7, 2019

**FOCUS:** HOT TOPICS IN CV PREVENTION  
**Moderator:** Jeffer Baer, MD

6:30 am  **SIGN-IN, EXHIBITS, BREAKFAST**

7:00  **EKGs PEARLS WITH THE PROFESSORS**  
Doug Morris, MD, Byron Williams, MD

7:30  **IS VITAMIN D VITAL FOR CV HEALTH?**  
– Ijeoma Isiadinso, MD

7:50  **WHOLE FOOD PLANT-BASED DIETS: THE HEALTHIEST OF ALL DIETARY PATTERNS?**  
– Michael Balk, MD

8:10  **OMEGA 3’S AND CVD PREVENTION: IS SOMETHING FISHY?**  
– Peter Wilson, MD

8:30  **PANEL DISCUSSION / Q & A**

8:50  **BREAK AND EXHIBITS**

9:10  **ASPIRIN FOR PRIMARY PREVENTION: WHAT’S UP, DOWN, AND ALL AROUND?**  
Jeffer Baer, MD

9:30  **DON’T SLEEP THROUGH THE DATA: OSA AND CV PREVENTION**  
– Rob Wilson, PA

9:50  **TRANSFORMING CARDIAC REHAB 2018**  
Nanette Wenger, MD

10:10  **PANEL DISCUSSION / Q & A**

10:30  **BREAK AND EXHIBITS**

10:50  **OPPORTUNITIES FOR HEART SUCCESS: HEART FAILURE PREVENTION**  
David Markham, MD

11:10  **HEART FAILURE PEARLS AND POSSIBILITIES**  
– David Markham, MD

11:30  **POLYGENIC RISK SCORES IN RISK ASSESSMENT: USEFUL OR WISHFUL?**  
– Wendy Post, MD

11:45  **ADJOURNMENT**

12:00-12:45  **OPTIONAL LUNCH ROUNDTABLE DISCUSSION: HOW TWEET IT IS: SOCIAL MEDIA FOR CLINICIANS**  
Gina Lundberg, MD, Danny Eapen, MD, Roger Blumenthal, MD, Bryan Wells, MD

6:00 pm  **FAMILY SOCIAL & COOKOUT**
AGENDA

SATURDAY, JUNE 8, 2019

FOCUS: PRACTICAL, QUALITY, AND IMPLEMENTATION OF PREVENTION
Moderator: Arshed Quyyumi, MD

7:00 am  SIGN-IN, BREAKFAST AND EXHIBITS

7:30  BARBERSHOPS AND BLOOD PRESSURE: IMPLEMENTATION SCIENCE IN THE COMMUNITY
George Mensah, MD

7:50  DEFINING A HEALTHY HEALTHCARE SYSTEM – Doug Morris, MD

8:10  QUALITY ASSESSMENT IN PRIMARY PCI – John Douglas, MD

8:30  PANEL DISCUSSION / Q & A

8:50  BREAK AND EXHIBITS

9:10  KEYNOTE ADDRESS: BEHAVIORAL ECONOMICS APPLIED TO THE METABOLIC SYNDROME AND TYPE 2 DIABETES – William Bornstein, MD

9:40  QUALITY AND VALUE IN SECONDARY PREVENTION: WHEN WILL THE PENDULUM SWING?
Michael Balk, MD

10:00  DIRECT TARGETING OF INFLAMMATION IN CVD: CAN WE BE CERTAIN? – Arshed Quyyumi, MD

10:20  PANEL DISCUSSION/ Q & A

10:40  BREAK AND EXHIBITS

11:00  SHIFTING THE PARADIGM IN TYPE 2 DIABETES TREATMENT: THE DIABETES DECALOGUE
Dan Gaita, MD, FESC

11:20  PAD: CAN WE IMPACT THOSE AT HIGH RISK? – Bryan Wells, MD

11:40  PREVENTING ATRIAL FIBRILLATION – Anand Shah, MD

12:00  ADJOURNMENT

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA INN CONFERENCE CENTER

Program subject to change
SUNDAY, JUNE 9, 2019

**FOCUS:** PREVENTION POTPOURRI

**Moderator:** Ijeoma Isiadinso

6:30 am  **SIGN-IN, BREAKFAST AND EXHIBITS**

7:00  **WHY IS CV MORTALITY RISING IN MEN AND WOMEN?** – Nanette Wenger, MD

7:20  **EAST-WEST MEDICINE, INTEGRATIVE CARDIOLOGY AND PREVENTION** – Puja Mehta, MD

7:40  **MINOCA AND SCAD: WHAT, WHY, AND WHAT TO DO** – Gina Lundberg, MD

8:00  **CV PREVENTION IN CANCER SURVIVORSHIP** – Susmita Parashar, MD

8:20  **PANEL DISCUSSION/Q & A**

8:40  **PREVENTING SUDDEN CARDIAC DEATH POST-MI** – Anand Shah, MD

9:00  **TERTIARY PREVENTION IN HYPERTROPHIC CARDIOMYOPATHY** – John Douglas MD

9:20  **BRIDGING THE GAPS BETWEEN GUIDELINES AND CARE: THE IMPLEMENTATION IMPERATIVE**

George Mensah, MD

9:40  **Biomarker Risk Scores: Time to Press Go?** – Arshed Quyyumi, MD

10:00  **Are Heart Failure Medications Needed After Recovery of LVEF?** – Byron Williams, MD

10:20  **Exercise & Aging: Controversies in Master Endurance Athletes** – Jonathan Kim, MD

10:45  **ADJOURMENT**
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ONLINE REGISTRATION RECOMMENDED
www.emory.edu/CME
or register on this form if you are faxing or mailing

Name: ______________________________________________________

Specialty/Title: ______________________________________________

Address: ____________________________________________________

City/State/Zip: ________________________________________________

Phone: _________________________ Fax: _________________________

Email: ________________________________________________________

(REQUIRED)

Special Needs: ______________________________________________

☐ YES - I will attend  ☐ NO - I will not attend

PRE-MEETING WORSHOPS - June 5, 2019 (4:30-6:30 pm)

ATTENDEE/SPOUSE RECEPTION - June 6, 2019 (5:45-7:00 pm)

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 7, 2019 (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

PHYSICIANS

By April 30 $730

After May 1 $775

OTHER HEALTHCARE PROFESSIONALS

By April 30 $630

After May 1 $665

TOTAL PAYMENTS $ __________

Make check payable to: Emory University School of Medicine

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