Frontiers in Preventive Cardiology and Cardiometabolic Health

MARCH 6-7, 2026

Hyatt Place Hotel
560 King Street
Charleston, SC

ASPC
The American Society for Preventive Cardiology
ENDORSED PROGRAM

MUSC
Medical University of South Carolina
College of Medicine

For More Information:
Visit www.musc.edu/cme, Call the Office of CME, 843-876-1925 or email cmeoffice@musc.edu

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COURSE FACULTY

CONFERENCE DIRECTOR

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John Hopkins School of Medicine
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Past-President, American College of Cardiology
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MUSC FACULTY

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Division of Cardiology

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Anne Kroman, DO, PhD
Assistant Professor of Medicine

Sheldon Litwin, MD, FACC,
Alicia Spaulding-Paolozzi Endowed Chair
SC Center of Economic Excellence
Professor of Medicine and Radiology
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Director of Echocardiography
Associate Editor, Journal of the American Society of Echocardiography

Kellie McLain, ANP-C, CLS
Divison of Cardiology

Ashley Arana Waring, MD, FACC
Assistant Professor of Medicine
General Clinical Cardiology

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CONFERENCE DESCRIPTION

Rapid developments in methods for cardiovascular (CV) disease risk evaluation and recent advances in pharmacological and procedural strategies for management of cardiometabolic risk factors have significantly improved our ability to identify and treat at-risk patients. Join our internationally renowned faculty for updates on contemporary understanding of cardiovascular disease risk algorithms, polygenic risk scores, biomarkers and CV risk, preventive imaging, and female specific risk factors and learn how to incorporate strategies for personalization of risk assessment for each of your unique patients. Develop skills in recognizing the early, multi-system signs of cardiometabolic disease beyond the heart, including metabolic liver and renal diseases and consider newer pharmacological strategies for organ protection. Targeting obesity is now imperative, particularly in at-risk patients early in the cardiometabolic continuum. Advance your skills in designing a comprehensive management strategy that includes lifestyle, as well as groundbreaking anti-obesity medications and surgical approaches to weight management. The landscape of lipid pharmacotherapy has never been more expansive and the most recent expert guidance on incorporation of these agents into clinical practice will be considered. Presentations of complex patient cases from the real-world will stimulate challenging discussions among participants and expert panelists. And just to keep you at the absolute peak of your scientific evidence game, join us for a session on the Top Trials of 2025-26 in preventive cardiology and cardiometabolic health that will impact your patient care!

TARGET AUDIENCE

This course is intended for cardiovascular specialists, preventive cardiologists, practicing cardiologists, endocrinologists, nephrologists, cardiovascular advanced practice providers (NP or PA), internists, family physicians, pharmacists, cardiovascular nurses, and industry representatives.

CREDIT DESIGNATION

Physician Credit Statement

The Medical University of South Carolina designates this live activity for a maximum of 10.25 *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Credit Statements

Nurses: Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 10.25 *AMA PRA Category 1 Credit(s)™*.

PAs: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit(s)™* and Prescribed credit from AAFP from organizations accredited by ACCME or a recognized state medical society. The MUSC Office of CME provides certificates to PAs with a statement, approved by AAPA, that PAs may receive a maximum of 10.25 AAPA Category 1 Credits for this conference.

ELECTRONIC SYLLABUS

The conference syllabus will be provided online. Information will be emailed to you the week of the conference so that you may download/print a copy.

OBJECTIVES

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

1. Incorporate comprehensive cardiovascular risk assessment into routine clinical practice and personalize evaluation based on the patient's unique risk profile.
2. Formulate treatment strategies to target obesity early in the cardiometabolic risk continuum.
3. Select pharmacotherapy for management of dyslipidemia and reduction of cardiovascular risk based on current scientific evidence and expert guidance.
4. Intervene early for renal and hepatic protection in patients with cardiometabolic disease.

ACCREDITATION

The Medical University of South Carolina is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

DISCLOSURE

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education anyone involved in planning or presenting this educational activity will be required to disclose any financial relationships with any ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Any financial relationships with these ineligible companies have been mitigated by the MUSC Office of CME. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

AMERICANS WITH DISABILITIES ACT

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at 843-876-1925.

CANCELLATION

A refund will be made upon written request prior to February 6, 2026 less a $100.00 cancellation fee. After February 6, 2026 no refunds will be made. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for canceled programs. By registering for this conference, you acknowledge and agree to this cancellation policy

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COURSE AGENDA

FRIDAY, MARCH 6

7:30 am Registration/Breakfast with Exhibitors

8:00 Welcome and Opening Remarks

Session I: Seeing the Bigger Picture in Preventive Cardiology and Cardiometabolic Health
Moderator: TBA, M.D.

8:15 **Keynote Presentation**: Comprehensive CVD Prevention: Local, National, and Global Strategies, *Ed Fry, M.D.*

Guideline Spotlight (Hypertention & Risk Assessment in CVD Prevention)

8:40 CV Risk Assessment and PREVENT: Understanding the Moving Thresholds in Prevention, *Donald Lloyd Jones, M.D.*

9:05 Getting the Numbers Through the Goalposts: What's New in the 2025 Hypertension Guidelines, *Keith Ferdinand, M.D.*

9:30 Expert Insights and Perspectives on Evolving HTN Guidelines *Jan Basile, M.D.*

9:55 Panel Discussion, *Drs. Fry, Lloyd Jones, Ferdinand, Basile*

10:15 Break with Exhibitors

Session II: Special Considerations for Optimal CVD Prevention Across U.S. Patient Populations
Moderator: TBA, M.D.

Guideline Spotlight (Dyslipidemia & Special Considerations)

10:45 Is It Ever Too Late? Prevention Considerations in Older Adults *Tim Anderson, M.D.*

11:10 It's Not Just for ASCVD Anymore—The Role of Cardiometabolic Health and Atrial Fibrillation *Anne Kroman, DO*

11:35 Racial and Ethnic Differences in Prevention and CM Health: Biology or SDOH?, *Keith Ferdinand, M.D.*

12:00 Is the Decision Uncertain? When Calcium Scoring Provides the Answer, *Ron Blankstein, M.D.*

12:25 Panel Discussion, *Drs. Anderson, Kroman, Ferdinand, Blankstein*

12:45 Lunch (on you own)

Session III: 2026 ACC/AHA/Multisociety Dyslipidemia Guidelines: Step Into the Future
Moderator: TBA, MD

2:00 What's New: Dyslipidemia Management in 2026 Roger Blumenthal, M.D.

2:25 What's Hot: New and Evolving Drugs in Dyslipidemia Pamela B Morris, M.D.

3:00 MOC Assessment/Adjourn

SATURDAY, MARCH 7

7:30 am Registration/Breakfast with Exhibitors

8:00 Welcome and Opening Remarks

Session IV: Changing the Paradigm: The Top Recent Trials in Preventive Cardiology and Cardiometabolic Health
Moderator: TBA, MD

8:05 Trial #1: *Keith Ferdinand, M.D.*
8:15 Trial #2: *Ann Kroman, DO*
8:25 Trial #3: *Tim Anderson, M.D.*
8:35 Trial #4: *Donald Lloyd Jones, M.D.*
8:45 Trial #5: *Ron Blankstein, M.D.*

8:55 Panel Discussion, *Drs. Ferdinand, Kroman, Anderson, Lloyd Jones, Blankstein*

9:15 Break with Exhibitors

Session V: Guideline Updates: Keeping Pace with Advances in Prevention and Cardiometabolic Health
Moderator: TBA, MD

9:45 Lipoprotein Measurements: What, When, and in Whom? *Seth Martin, M.D.*

10:10 One Time for All: Now What? Approaches to Elevated Lp(a) *Ashley Waring, M.D.*

Upcoming Guideline Alert

10:35 CKM Health: Multisystem Interplay in CV Prevention *Sadiya Khan, MD*

Session VI: Complex Cases to Put it All Together: Guidelines into Practice
Moderator: Pamela Morris, M.D.

11:00 Case Presenter: Kellie McLain, ANP-C, CLS
Panelists: Drs. Lloyd Jones, Martin, Blumenthal, Anderson, Khan, Waring, Ferdinand, Cornier

12:00 Lunch (on your own)

Session VII: Lifestyle Interventions: At the Heart of It All
Moderator: TBA, M.D.

1:15 Cutting Through the Controversies: Nutrition Pearls *Sadiya Khan, M.D.*

1:40 What, Who, When, and How in Obesity Management Marc-André Cornier, *M.D.*

2:05 Get Moving: What's the Sweet Spot for Physical Activity in CV Prevention and Cardiometabolic Health? *Sheldon Litwin, M.D.*

2:30 Panel Discussion, *Drs. Khan, Cornier, Litwin*

3:00 Closing Remarks/MOC Assessment/Adjourn

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REGISTRATION INFORMATION

	Early Bird (on/before 10/31)	Regular (after 10/31)
Physicians In Practice	$300.00	$350.00
All Others Healthcare Professionals	$250.00	$300.00
Industry	$300.00	$350.00

The fee for in-person attendance includes tuition, breaks, online syllabus, and certificates of attendance.

No pre-registrations will be accepted after February 7, 2025. After this date, you must contact the Office of CME at 843-876-1925 to see if space is still available. If space is available you must register on-site.

REGISTRATION METHODS: Please use ONE of these methods to register.

1. Mail registration form with check* or credit card information to:
   MUSC Office of CME
   96 Jonathan Lucas Street, HE601, MSC 754
   Charleston, SC 29425
2. Email/Scan completed registration form to cmeoffice@musc.edu
3. Complete registration through the Online Registration Portal

*Checks should be made out to "Medical University of South Carolina"

HOTEL INFORMATION

The Hyatt Place Hotel • 560 King Street • Charleston, SC 29403 • (843) 414-4900

Nestled in the Upper King Historic District, Hyatt Place Charleston / Historic District offers spacious rooms, well-equipped meeting spaces, and access to some of the best attractions in downtown Charleston. Explore the Restaurant District, South Carolina Aquarium, and Children's Museum of the Lowcountry nearby or take in city views from the rooftop bar of our Pour Taproom with over 40 craft beers on tap. The best of Charleston is within easy reach when you stay at the Hyatt Place Charleston / Historic District.. The hotel offers valet parking, indoor swimming pool, fitness center, onsite restaurant and concierge. Special group rates start at $329.00 plus tax, per night. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until February 5, 2026; however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservation as soon as possible. Reservations can be made by calling the hotel directly at 843-414-0722 or Toll Free at 877-803-7534 and identifying yourself as being a participant in this meeting, or by following the online directions below. Link for online reservations:

Hotel QR Code

Self-Parking Lot Rates-
The Garage is a public garage owned and operated by the City of Charleston, not the Hyatt Hotels.

- Rates are $3.00 per hour per day (until Midnight). Max Payment is $24.00
- At Midnight the clock starts again at $3.00 per hour (a 1-night stay can cost $48.00)
- Guests must pay for garage directly, the hotel does NOT take payments
- If leaving and returning the clock starts over at $3.00 per hour

Valet Parking Rates –

- Valet Parking is $49.00 per overnight with unlimited in and out privileges
- Valet does not park in the garage, an off-site parking lot is utilized

Street Parking –

- Traffic enforcement monitors parking meters regularly, towing can occur for unpaid parking and for street closures that take place on the weekends on King Street.

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REGISTRATION FORM

Name _____ Personal ID# XXX - XX - _____
(As you would like it printed on your name badge) *(Last four digits of your SSN)*

Address _____

City _____ State _____ Zip _____

Specialty _____ Degree/Credentials _____

Email _____
(Please provide your active email address to ensure proper receipt of all CME Credit documentation.)

Phone (_____) _____ - _____ Fax (_____) _____ - _____

PLEASE READ THE STATEMENTS BELOW AND CHECK THE BOX IF YOU AGREE TO

☐ YES I give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.

☐ NO I do not give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.

REGISTRATION FEES & METHOD OF PAYMENT

	Early Bird On/Before 10/31/2025	Regular After 10/31/2025
Physicians In Practice	☐ $300.00	☐ $350.00
All Others Healthecare Professionals	☐ $250.00	☐ $300.00
Industry	☐ $300.00	☐ $350.00

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How did you hear about this conference _____

☐ Enclosed Check Payable to Medical University of South Carolina ☐ MasterCard ☐ Visa ☐ Discover ☐ American Express

_____ _____
Card Number Expiration Date CVV Code

_____
Name as it appears on card

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- **Mail** registration form with check made out to "Medical University of South Carolina" or credit card information to MUSC Office of CME, 96 Jonathan Lucas Street, HE601, MSC 754, Charleston, SC, 29425
- **Telephone:** (843) 876-1925 – Registration by credit card only.
- **Email:** Scan & email completed registration form to cmeoffice@musc.edu
- **Online:** Complete registration through the Online Registration Portal

www.musc.edu/cme

CANCELLATION

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