



DIETARY STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION

Jointly provided by the NYU Post-Graduate Medical School and
the New York Chapter of the American College of Physicians

Thursday, May 19, 2016

LOCATION:

NYU Langone Medical Center
Alumni Hall, Farkas Auditorium
550 First Avenue
New York, NY 10016

COURSE DIRECTOR:
Eugenia Gianos, MD

www.med.nyu.edu/cme/diet_cardiovascular



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COURSE DIRECTOR:
Arthur Schwartzbard, MD

www.med.nyu.edu/cme/cardiovascular

Co-organized by the Division of
Cardiology and the Division of
Endocrinology, Diabetes, and
Metabolism

Both courses endorsed by



New York State
CHAPTER



DIETARY STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION

COURSE DESCRIPTION

Diet is a crucial component in the development and progression of cardiovascular disease, but is underemphasized in the educational training of most health care providers. Educating patients about this important aspect of cardiovascular disease prevention requires that health care providers have background knowledge about the evidence for diet in cardiovascular disease and basic skills on how to educate their patients on practical dietary changes. The objective of this course is to review the evidence for diet and cardiovascular disease including recent analyses and controversies while providing practical counseling advice for assessing dietary habits and implementing change to patients' diets.

The goal is for attendees to have a better understanding of the evidence for the Mediterranean diet, the DASH diet and plant-based whole food for the prevention of cardiovascular disease and the data for and against saturated fat, sugar, salt and cholesterol in the development of cardiovascular disease. Attendees will also be instructed in dietary assessment and dietary counseling with the latest innovations in counseling — motivation/technology. The course will offer a unique lecture on the link between the human microbiome and cardiovascular disease as well as a lecture on how dietary components effect endothelial function. There will be open forums for discussion and attendees can ask questions about areas of controversy.

TARGET AUDIENCE

The target audience includes physicians, trainees, nurses, dietitians and allied health professionals

EDUCATIONAL OBJECTIVES

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

- Describe how the Mediterranean diet, DASH diet and plant based/whole food diet can be used for the prevention of cardiovascular disease
- Describe the effects of dietary components on endothelial function
- Understand methods of dietary assessment and counseling for cardiovascular prevention
- Be familiar with innovations in motivation and technology for guiding patients towards behavioral change
- Know the most recent dietary guidelines and their recommendations on salt, sugar, cholesterol and saturated fat
- Understand the controversies in cholesterol and saturated fat with respect to their links to cardiovascular disease
- Describe how early influences on the human microbe can effect metabolic development

ACCREDITATION STATEMENT

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the NYU Post-Graduate Medical School and the NY Chapter American College of Physicians. The NYU Post-Graduate Medical School is accredited by the ACCME to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School designates this live activity for a maximum of *4.25 AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

DIETICIAN CREDITS

This activity has been approved by the Commission on Dietetic Registration for 4.0 CPEUs.



NURSING CREDITS

4.25 Contact hours will be provided.

NYU Hospitals Center is an approved provider of continuing nursing education by New Jersey State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

DISCLOSURE STATEMENT

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REGISTER ONLINE AT

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DIETARY STRATEGIES FOR CARDIOVASCULAR RISK REDUCTION

Course Schedule | Thursday, May 19, 2016

12:30 pm	Registration and Light Refreshments	3:50	Dietary Counseling 101: How to Apply Basic Dietary Counseling to Your Practice Maria A. Bella, MS, RD, CDN, CPT
1:00	Introduction by Course Director, Dr. Eugenia Gianos	4:10	Innovations in Behavioral Change: Can technology make the difference? Antoinette Schoenthaler, EdD
1:05	The Heart-Gut Connection: How early life microbes affect metabolic development Martin Blaser, MD (Keynote Speaker)	4:30	Panel discussion & Audience Q&A: Your Questions Answered! Above Speakers and Medical Staff of the Center for the Prevention of Cardiovascular Disease Ricardo J. Benenstein, MD Jeffrey Berger, MD Edward A. Fisher, MD, PhD, MPH Dennis Goodman, MD, FACP, FACC, FCCP, ABIHM Sean P. Heffron, MD, MS, Msc. Jonathan D. Newman, MD, MPH Arthur Z. Schwartzbard, MD Richard A. Stein, MD Howard S. Weintraub, MD
1:35	The Mediterranean Diet: Did the Greeks get it Right? Eugenia Gianos, MD		
2:05	The Vascular Biology of Eating Robert A. Vogel, MD		
2:35	Coffee Break		
2:50	Public Enemy Number 1: Saturated Fat? Cholesterol? Sugar? Salt? Jeannette M. Beasley, PhD, MPH, RDN		
3:20	Plant Based Nutrition and Cardiac Health Robert Ostfeld, MD, MSc., FACC		
		5:30 pm	Adjourn

COURSE FACULTY

Course Director

Eugenia Gianos, MD

Assistant Professor of Medicine
NYU School of Medicine
Co-Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease
New York, NY

Course Planners

Maria A. Bella, MS, RD, CDN, CPT

Edward A. Fisher, MD, PhD, MPH

Roseann Pokoluk, MA, RN-BC, CNRN, LMT

Ana Mola, PhD, RN, ANP-BC

Howard S. Weintraub, MD

Lawrence Phillips, MD (ACC)

NY Chapter, American College of Physicians

Guest Faculty

Robert Ostfeld, MD, MSc., FACC

Associate Professor of Clinical Medicine
Director, Preventive Cardiology
Montefiore Medical Center
Bronx, NY

Robert A. Vogel, MD

Clinical Professor of Medicine
University of Colorado
Denver, CO

NYU School of Medicine Faculty

Jeannette M. Beasley, PhD, MPH, RDN

Assistant Professor of Medicine

Maria A. Bella, MS, RD, CDN, CPT

Registered Dietitian

Ricardo J. Benenstein, MD

Assistant Professor of Medicine
Associate Director, Echocardiography Lab

Jeffrey Berger, MD

Associate Professor of Medicine
(Cardiology and Hematology)
Associate Professor of Surgery (Vascular Surgery)
Director, Cardiovascular Thrombosis Program

Martin Blaser, MD

Muriel and George Singer Professor of Translational Medicine and Professor of Microbiology
Director, Human Microbiome Program

Edward A. Fisher, MD, PhD, MPH

The Leon H. Charney Professor of Cardiovascular Medicine and Professor of Pediatrics and Cell Biology
Director, Marc and Ruti Bell Vascular Biology and Disease Program
Director, NYU Langone Center for the Prevention of Cardiovascular Disease

Dennis Goodman, MD, FACP, FACC, FCCP, ABIHM

Clinical Associate Professor of Medicine
Director of Integrative Medicine

Sean P. Heffron, MD, MS, Msc.

Instructor of Medicine

Jonathan D. Newman, MD, MPH

Assistant Professor of Medicine

Antoinette Schoenthaler, EdD

Assistant Professor of Population Health

Arthur Z. Schwartzbard, MD

Associate Professor of Medicine
Director, Clinical Lipid Research
NYU Langone Center for the Prevention of Cardiovascular Disease

Richard A. Stein, MD

Professor of Medicine

Howard S. Weintraub, MD

Clinical Professor of Medicine
Clinical Director, NYU Langone Center for the Prevention of Cardiovascular Disease

REGISTRATION FORM

Thursday, May 19, 2016

NYU Langone Medical Center, Alumni Hall, Classroom B
550 First Avenue, New York, NY, 10016

Please do not reduce or enlarge this form.

Register online at

PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS AND NUMBERS.

med.nyu.edu/cme/diet_cardiovascular

After 12 pm on May 17, 2016, only onsite registration is available, provided the course has not reached capacity. Onsite registrants will incur an additional \$20 charge and will receive a receipt by email in 1–2 weeks.

Name _____

Address _____

City _____ State _____ Zip _____

COURSE CONFIRMATION:

Please supply your email address to receive a confirmation letter. Make sure your email address is clearly written.

Degree _____ Day Phone () _____ Fax () _____

Email _____ Specialty _____

(REQUIRED FOR CME CREDIT)

- Full Fee:** \$125
- Reduced Fee*:** \$60
- NYU Langone Faculty and Staff:** \$60
- NYU Langone Residents and Fellows:** Waived (must provide valid NYU Langone ID)
- Outside Residents and Fellows:** \$25
- Dietitian Student Fee:** \$25 (must provide valid student ID)

*Reduced fee applies to NYU School of Medicine alumni, former residents and fellows; physicians employed by the Department of Veterans Affairs Medical Center; full-time active military personnel; nurse practitioners; retired physicians; and all other non-physician healthcare professionals.

Fees apply to participants also registered for the Cardiovascular Risk Reduction on May 20, 2016.

- Full Fee:** \$75
- Reduced Fee*:** \$50
- NYU Langone Faculty and Staff:** \$50
- Outside Residents and Fellows:** \$20

METHODS OF PAYMENT:

(Cash, email and phone registration are not accepted) If faxing, do not mail or refax. This will only result in a duplicate charge to your account. Registration is non-transferable.

- Check in U.S. Dollars only: \$ _____
- Credit Card Payment (see below)
- International Postal Money Order: \$ _____
(Foreign registrants, including those from Canada, must pay by International Postal Money Order or credit card.)

MAKE CHECK PAYABLE TO:

NYU Post-Graduate Medical School

SEND TO:

New York University School of Medicine
P.O. Box 419252
Boston, MA 02241-9252

REFUND POLICY: In order to request a refund, you must email maria.mercado@nyumc.org **no later than 14 days prior to first day of the course.** An administrative fee of \$75 will be deducted from your refund. Cancellations or no-shows after this date are not eligible for a refund.

COURSE CANCELLATION POLICY: If a course is cancelled due to inclement weather, insufficient enrollment, or any other reason, NYU PGMS will refund registration fees in full. NYU PGMS will provide at least two weeks' advance notice if cancelling due to insufficient enrollment and as soon as possible in all other circumstances. NYU PGMS is not responsible for any airfare, hotel, or other non-cancellable costs incurred by the registrant.


PAYMENT BY CREDIT CARD: Credit card payments may be faxed to (212) 263-5293.

Bill To: Visa MasterCard American Express Amount to be charged: \$ _____

Credit Card Number: _____ Exp. Date _____ CVV Code _____

Card Member's Name _____ Signature _____

(PLEASE PRINT)

 Special needs or requests: _____

ADVANCES IN CARDIOVASCULAR RISK REDUCTION

COURSE DESCRIPTION

This one-day course will cover state-of-the-art management of patients with cardiovascular risk factors, with a focus on prevention. This year's program focuses on recent clinical trial results with implications in the management of cardiovascular disease risk factors, such as diabetes, hypertension and ischemia. Additional topics include new developments in PCSK9 treatments for familial hypercholesterolemia, the use of aspirin in cardiac prevention and weight loss surgery insights. The course will also explore how environmental toxins can affect cardiovascular health.

Each year this course includes a research-oriented presentation that highlights bench-to-bedside relevance. This year the featured research-oriented presentation will focus on the latest in insulin resistance in type 2 diabetes.

Eight (8) half-hour presentations will be given. During lunch, attendees will participate in a case conference with challenging cases in cardiovascular disease risk reduction. Course participants are given the opportunity to submit questions to the featured speakers and panel members. The course will include a morning and afternoon panel discussion segment in which the questions from the audience are answered and debated among panel members.

TARGET AUDIENCE

Internists, family practitioners, cardiologists, general practice, endocrinologists and nurse practitioners with an interest in the prevention of heart disease. Lecture, case conference and a Q&A panel discussion give learners multiple methods of instruction to interact with the information being presented.

EDUCATIONAL OBJECTIVES

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

- Discuss the EMPA-REG Outcome trial results and the potential impact on diabetes treatment approaches
- Discuss recent scientific advances in the understanding of diabetes and related disorders
- Describe the rationale behind the design of the SPRINT trial
- Describe how PCSK9 modulates LDL levels and how PCSK9 expression is affected by statin treatment

- Describe the rationale behind the ISCHEMIA trial and how this trial may affect standard of care in patients with stable ischemic heart disease
- Summarize the role of aspirin in preventing cardiovascular events and their efficacy and safety in light of recent clinical trials
- Describe surgical interventions for obesity and the effects on co-morbidities such as cardiovascular disease and diabetes
- Describe the role of toxins, such as air pollution, as a risk factor for cardiovascular disease

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DISCLOSURE STATEMENT

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REGISTER ONLINE AT

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Course Schedule | Friday, May 20, 2016

7:45 am	Registration & Continental Breakfast	12:45 pm	ISCHEMIA Trial Update Judith Hochman, MD
8:30	Cardiovascular Benefits of SGLT2 Inhibitors: EMPA REG OUTCOME Study Bernard Zinman, MD	1:15	Cardiovascular Prevention: Does Aspirin Still Have a Role? Jeffrey Berger, MD
9:00	Role of Ectopic Lipid and Inflammation in the Pathogenesis of Type 2 Diabetes Jerry Shulman, MD, PhD	1:45	Emerging Concepts in Metabolic Surgery and Cardiovascular Risk Sean P. Heffron, MD, MS, Msc
9:30	Hypertension: How Low to Go? Arthur Z. Schwartzbard, MD	2:15	Environmental Exposures, Cardiovascular Disease and Diabetes {*CHARNEY LECTURE} Jonathan D. Newman, MD, MPH
10:00	Coffee Break	2:45	Afternoon Panel Discussion All speakers and medical staff of the Center for Prevention of Cardiovascular Disease
10:15	PCSK9 Inhibition Supporting the LDL Hypothesis Howard S. Weintraub, MD	3:45 pm	Adjourn
10:45	Morning Panel Discussion All speakers and medical staff of the Center for Prevention of Cardiovascular Disease		
11:45	Lunch Case Conference: <i>Navigating the Challenging Cases in Cardiovascular Disease Management</i> Ira J. Goldberg, MD		*Dr. Jonathan Newman's presentation has been designated as the 5th Annual Leon H. Charney Lecture . This lecture series features outstanding basic, translational or clinical research by a member of the Leon H. Charney Division of Cardiology in an area related to the prevention of cardiovascular disease.

COURSE FACULTY

Course Director

Arthur Schwartzbard, MD
Associate Professor of Medicine
NYU School of Medicine
Director, Clinical Lipid Research
NYU Langone Center for the Prevention
of Cardiovascular Disease

Course Planners

Edward Fisher, MD, PhD, MPH
Ira J. Goldberg, MD
James Underberg, MD
Lawrence Phillips, MD
(NY Chapter American College of Physicians)

Guest Faculty

Jerry Shulman, MD, PhD
Professor of Medicine and Cellular
& Molecular Physiology
Yale University, New Haven, CT

Bernard Zinman, MD
Professor of Medicine
University of Toronto
Ontario, Canada

NYU School of Medicine Faculty

Maria A. Bella, MS, RD, CDN
Registered Dietitian

Ricardo J. Benenstein, MD
Assistant Professor of Medicine
Associate Director, Echocardiography Lab

Jeffrey Berger, MD
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Associate Professor of Surgery (Vascular Surgery)
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Eugenia Gianos, MD
Assistant Professor of Medicine
Co-Clinical Director, NYU Langone Center for the
Prevention of Cardiovascular Disease

Ira J. Goldberg, MD
Clarissa and Edgar Bronfman, Jr. Professor
of Endocrinology Professor
Director, Division of Endocrinology,
Diabetes and Metabolism

**Dennis Goodman, MD, FACP,
FACC, FCCP, ABIHM**
Clinical Associate Professor of Medicine
Director of Integrative Medicine

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Instructor of Medicine

Judith Hochman, MD
Harold Snyder Family Professor of Cardiology
Associate Director Leon H Charney
Division of Cardiology
Senior Associate Dean for Clinical Sciences
NYUSOM

Jonathan D. Newman, MD, MPH
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Clinical Director, NYU Langone Center for
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Address _____

City _____ State _____ Zip _____

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Degree _____ Day Phone () _____ Fax () _____

Email _____ Specialty _____

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To learn more about the NYU Langone Center for the Prevention of Cardiovascular Disease, visit www.med.nyu.edu/cvprevention



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New York, NY 10016

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