

Division of Cardiovascular Diseases

### Mayo Clinic Cardiology Update at South Beach: *A Focus on Prevention*



### January 18-21, 2016 • Mark Your Calendar

Pre-registration: Sunday, January 17, 2016 – 5:00-6:00 p.m.

### **Course Directors:**

Francisco Lopez-Jimenez, M.D., MSc, FACC, FAHA Thomas G. Allison, Ph.D., MPH, FACC, FACSM, FNLA LIMITED
ATTENDANCE!

### **Co-Directors:**

Randal J. Thomas, M.D., M.S., FAACVPR, FAHA, FACC Amy W. Pollak, M.D., M.S.

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### COURSE DESCRIPTION

The purpose of the meeting is to present state-of-the-art knowledge in cardiology with a clinically-based approach. The scope of the program is broad and will cover a wide spectrum of cardiovascular diseases but generally focused on prevention of coronary disease, stroke and sudden death. Expert faculty will present practical clinical approaches to diagnostics and latest management strategies of challenging and controversial topics in cardiology.

### **TEACHING MATERIALS/SYLLABUS**

Attendees will be provided a link to obtain course materials on the internet, and are welcome to bring a laptop or iPad during the learning sessions.

### **COURSE LEARNING OBJECTIVES**

Upon conclusion of this program, participants should be able to:

- Identify basic and advanced screening strategies to identify CVD risk in clinical practice
- Select evidence-based lifestyle and medication management strategies to manage CVD risk factors
- Recognize indications for and impact of medication and surgical management of obesity
- Cite the critical steps in management of patients with known CVD, including CAD, heart failure, atrial fibrillation, stroke, valvular heart disease, thromboembolic events
- Recognize effective methods to identify and manage CVD risk in younger and older athletes

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

### **INTENDED AUDIENCE**

This course is intended for healthcare professionals in practice or in training who are interested in preventive cardiology. This may include physicians, nurse practitioners, physician assistants, nurses, exercise specialists, dieticians, health coaches, and others.

### **CREDIT**

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this live activity for a maximum of 18 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other Health Care Professionals

A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Attendees should ensure in advance that their credentialing or licensing organization accepts *AMA PRA Category 1 Credits*™ from the sponsor of this activity.

### **EDUCATIONAL GRANTS**

At the time of this printing, a complete listing of commercial supporters was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting. Exhibits will be available for viewing at all scheduled breaks.

### DATE AND LOCATION

The Cardiology Update at South Beach: A Focus on Prevention course will be held **January 18-21, 2016**.

Registration – Americana Gallery (Foyer) General Session – Americana Salon 2 Exhibits – Americana Salon 1 Lunch – St. Moritz Lawn

### **AIRPORTS**

Miami International (MIA) or Fort Lauderdale-Hollywood International (FLL) are the recommended airports.

Miami International Airport – Approximately 20 minutes to hotel. Fort Lauderdale – Approximately 35 minutes to hotel.

Travel arrangements are the sole responsibility of the individual registrant.

### **PARKING**

Valet parking is available at \$33.17 per day or \$43.87 valet overnight. Self-parking is available in the City of Miami Beach Municipal Garage located directly across the street. Current rates are first two hours \$1.00 per hour; up to 3 hours \$6.00; up to 6 hours \$10.00; up to 24 hours \$16.00; Friday, Saturday and Sunday 9 p.m.-5 a.m. flat rate \$10.00. These prices are subject to change by the city.

### LODGING ACCOMMODATIONS

Loews Miami Beach Hotel is located in the heart of South Beach with blue-green waters and white sand beaches of the Atlantic Ocean. Out front lies the vibrant Art Deco architecture of South Beach and the excitement Miami has to offer on Lincoln Road along with restaurants and shopping.

Please refer to these links for additional activities in the area. http://www.miamiandbeaches.com/things-to-do/ http://www.loewshotels.com/miami-beach/discover/attractions

To secure your room at the Loews, call and state that you will be attending the **Cardiology** conference. The hotel room block is scheduled to be held until **Thursday, December 17, 2015**, but has sold out before this date in the past. It is recommended to arrange your reservation early. When guests make their reservations it is necessary to guarantee the room with a deposit of one night's room and tax charged to a credit card.

### Loews Miami Beach

1601 Collins Avenue Miami Beach, FL 33139

Rate: \$299 Single/Double

**Phone:** 800-235-6397 or 615-340-5778

Call In Code: Cardiology

### On-Line Reservations:

https://www.loewshotels.com/miami-beach/Mayo-Clinic-2016-A-Focus-on-Prevention?corpcode=MAYC16

Check in is 4:00 p.m./Check out is 11:00 a.m.

Lodging arrangements are the sole responsibility of the individual registrant.

Division of Cardiovascular Diseases is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

### **SOCIAL PROGRAMS**

The following social events have been planned for attendees and their guests.

### **Dinner Reception and Entertainment**

Wednesday, January 20, 2016 - 7:00 p.m.

Americana Ballroom

Attendees and their guest(s) are cordially invited to join the course faculty for this evening – an event you won't want to miss!

### **FACULTY**

### **Course Directors**

Francisco Lopez-Jimenez, M.D., MSc, FACC, FAHA

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine; Director, Preventive Cardiology; Program Director of Research, Dan Abraham Healthy Living Center, Mayo Clinic, Rochester, MN

Thomas G. Allison, Ph.D., MPH, FACC, FACSM, FNLA

Associate Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine; Director, Integrated Stress; Director, Sports Cardiology, Mayo Clinic, Rochester, MN

### **Course Co-Directors**

Randal J. Thomas, M.D., M.S., FAACPR, FAHA, FACC

Professor of Medicine, Mayo Clinic; Medical Director, Cardiovascular Rehabilitation Program; Consultant, Division of Cardiovascular Diseases and Internal Medicine, Mayo Clinic, Rochester, MN

Amy W. Pollak, M.D., M.S.

Assistant Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases, Mayo Clinic, Jacksonville, FL

### **Mayo Clinic Faculty**

Roberto P. Benzo, M.D.

Associate Professor of Medicine, Mayo Clinic; Consultant, Division of Pulmonary & Critical Care Medicine, Mayo Clinic, Rochester, MN

Maria L. Collazo-Clavell, M.D.

Associate Professor of Medicine, Mayo Clinic; Chair, Outpatient Nutrition, Mayo Clinic, Rochester, MN

Shannon M. Dunlay, M.D., M.S.

Assistant Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Health Care Policy and Research, Mayo Clinic, Rochester, MN

Janell Grazzini Frantz, APRN, CNP, MSN

Nurse Practitioner, Division of Cardiovascular Diseases, Mayo Clinic, Rochester, MN

Joerg Herrmann, M.D.

Associate Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases; Director of Cardio-Oncology Clinic, Mayo Clinic, Rochester, MN

Robert (Todd) T. Hurst, M.D., FACC, FASE

Carla J. and Russell P. Paonessa Chair, Wellness and Health Education; Associate Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases; Director, Heart Health and Performance Program, Mayo Clinic, Scottsdale, AZ

Jonathan N. Johnson, M.D.

Associate Professor of Pediatrics, Senior Associate Consultant, Division of Pediatric Cardiology; Medical Director, Pediatric Heart Failure and Pediatric Heart Transplantation, Mayo Clinic, Rochester, MN

Iftikhar Kullo, M.D., FACC, FAHA

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases; Director, Early Atherosclerosis Clinic, Mayo Clinic, Rochester, MN

Grace Lin, M.D., FACC

Assistant Professor of Medicine, Mayo Clinic; Director, Heart Failure Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine, Mayo Clinic, Rochester, MN

Rekha Mankad, M.D., FACC

Assistant Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases; Director, Patient Education and Medical Editor for Global Business Solutions; Director, Cardio-Rheum Clinic; Cardiovascular Medical Editor for Global Business Solutions, Mayo Clinic, Rochester, MN

Todd D. Miller, M.D., FACC, FAHA

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine, Mayo Clinic, Rochester, MN

Victor M. Montori, M.D., MSc

Professor of Medicine, Mayo Clinic; Consultant and Lead Investigator – Knowledge and Evaluation Research Unit, Division of Endocrinology, Mayo Clinic, Rochester, MN

Sharon L. Mulvagh, M.D., FACC, FAHA, FASE, FRCP(C)

Professor of Medicine, Mayo Clinic; Associate Director, Preventive Cardiology; Consultant, Division of Cardiovascular Diseases and Internal Medicine; Director, Women's Heart Clinic, Mayo Clinic, Rochester, MN

Joseph G. Murphy, M.D., FACC

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine, Mayo Clinic, Rochester, MN

Vuyisile T. Nkomo, M.D., MPH, FACC

Associate Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases; Director, Valvular Heart Disease Clinic, Mayo Clinic, Rochester, MN

Peter A. Noseworthy, M.D., FHRS

Assistant Professor of Medicine, Mayo Clinic; Senior Associate Consultant, Division of Cardiovascular Diseases, Mayo Clinic, Rochester, MN

Guy S. Reeder, M.D., FACC

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine, Mayo Clinic, Rochester, MN

Gary L. Schwartz, M.D., FAHA, FASN, FASH

Professor of Medicine, Mayo Clinic; Consultant, Division of Nephrology and Hypertension; Head Hypertension Section, Division of Nephrology and Hypertension, Mayo Clinic, Rochester, MN

Win-Kuang Shen, M.D., FACC, FAHA, FHRS

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases and Internal Medicine; Chair, Division of Cardiovascular Diseases, Mayo Clinic, Scottsdale, AZ

Ray W. Squires, Ph.D., FACSM, FAHA, MAACVPR

Professor of Medicine, Mayo Clinic; Consultant, Division of Cardiovascular Diseases, Mayo Clinic, Rochester, MN

Carmen M. Terzic, M.D., Ph.D.

Associate Professor of Medicine and Physical Medicine and Rehabilitation, Mayo Clinic; Consultant, Department of Physical Medicine and Rehabilitation; Chair, Physical Medicine and Rehabilitation, Mayo Clinic, Rochester, MN

Kristin S. Vickers Douglas, Ph.D., L.P.

Professor of Psychology, Mayo Clinic; Consultant, Department of Psychiatry & Psychology, Mayo Clinic, Rochester, MN

### **Guest Faculty**

C. Noel Bairey Merz, M.D., FACC, FAHA

Professor of Medicine, Cedars-Sinai Heart Institute; Women's Guild Endowed Chair in Women's Health; Director, Barbara Streisand Women's Heart Center; Director, Linda Joy Pollin Women's Heart Health Program; Director, Preventive Cardiac Center, Cedars-Sinai Medical Center, Los Angeles, CA

Gervasio A. Lamas, M.D., FACC, FAHA, FESC

Professor of Medicine, Columbia University Medical Center; Chairman of Medicine, Mount Sinai Medical Center and Chief of Cardiology, Columbia University Division of Cardiology at Mount Sinai, Miami Beach, FL

Ralph L. Sacco, M.D., MS, FAAN, FAHA

President Elect of the AAN 2015-2017 and Past President of the AHA 2010-2011; Chairman, Department of Neurology, Olemberg Family Chair in Neurological Disorders, Miller Professor of Neurology, Public Health Sciences, Human Genetics and Neurosurgery, University of Miami Leonard Miller School of Medicine; Executive Director, Evelyn McKnight Brain Institute; Chief of Neurology Service, Jackson Memorial Hospital, Miami, FL

### **FACULTY DISCLOSURE**

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

### What will you be doing January 18?



All sessions will be held at the Loews Miami Beach, 1601 Collins Avenue, Miami Beach, FL 33139. Meeting site telephone 305-604-1601.

Views expressed in this program are those of the individual speaker and do not necessarily reflect views of the Mayo Clinic.

### PROGRAM SCHEDULE

SUNDAY, J 5:00 -	ANUARY 17, 2016 Registration	10:00 a.m.	Lipid Management Robert (Todd) T. Hurst, M.D.
6:00 p.m.	Americana Gallery (Foyer)	10:25 a.m.	Statin Intolerance
<b>MONDAY,</b> 7:00 a.m.	JANUARY 18, 2016  Continental Breakfast  Americana Salon 1	10:50 a.m.	Francisco Lopez-Jimenez, M.D.  Putting Things Together
7:25 a.m.	Welcome Francisco Lopez-Jimenez, M.D.		- How Do You Put It Into Practice? Cases With Panel - Audience Interaction
7:30 a.m.	Pretest and Discussion Thomas G. Allison, Ph.D.		Dr. Randal J. Thomas, moderator
Screening/Risk Assessment and Primary Prevention Dr. Francisco Lopez-Jimenez, presiding		11:25 a.m.	Smoking Cessation for the Busy Clinician Robert (Todd) T. Hurst, M.D.
7:45 a.m.	Keynote – Overview of Prevention – Where Are We Heading? C. Noel Bairey Merz, M.D.	11:45 a.m.	Medical and Surgical Management of Obesity Maria L. Collazo-Clavell, M.D.
8:15 a.m.	The Basics of CV Risk Assessment in the Office - Things You Need to Know	12:05 p.m.	Panel Discussion Drs. Hurst, Lopez-Jimenez, and Collazo-Clavell; Dr. Thomas, moderator
	Randal J. Thomas, M.D.	12:15 p.m.	Lunch With the Experts St. Moritz Lawn
8:35 a.m.	What Is Next? Coronary Calcium CT, Carotid Ultrasound, ABI and	1:00 p.m.	All Speakers from Today  Adjourn for the day
	Other  Iftikhar Kullo, M.D.	·	JANUARY 19, 2016
9:EE 0 m		7:00 a.m.	Continental Breakfast Americana Salon 1
8:55 a.m.	Putting Things Together  - How Do You Put It Into		
	Practice? Cases With Panel – Audience Interaction		and Managing CV Risk Pollak, presiding
	Dr. Lopez-Jimenez, moderator	7:30 a.m.	Keynote – What is a Heart Healthy Diet? Randal J. Thomas, M.D.
9:30 a.m.	Refreshment Break	0.00 a m	Treatment of Dicheles
Dr. Randal	J. Thomas, presiding	8:00 a.m.	Treatment of Diabetes: Focus on CV Risk Reduction
			Maria L. Collazo-Clavell, M.D.

8:20 a.m.	Hypertension Treatment: An Update	WEDNESDA 7:00 a.m.	AY, JANUARY 20, 2016 Continental Breakfast
	Gary L. Schwartz, M.D.		Americana Salon 1
8:40 a.m.	Exercise Prescription: What Patients Need to Know		<b>Exercise Cardiology</b> G. Allison, presiding
	Ray W. Squires, Ph.D.	7:30 a.m.	Stress Testing Thomas G. Allison, Ph.D.
9:00 a.m.	Putting Things Together  - How Do You Put It Into	7:50 a.m.	Sports Cardiology in
	Practice? Cases With Panel – Audience Interaction		the Young Jonathan N. Johnson, M.D.
	Dr. Amy W. Pollak, moderator	8:10 a.m.	Sports Cardiology in the Old Todd D. Miller, M.D.
9:30 a.m.	Refreshment Break	0.00	
Dr. Randal J	. Thomas, presiding	8:30 a.m.	Diagnosis and Treatment of Syncope
9:50 a.m.	Medical Management of		Peter A. Noseworthy, M.D.
0.00 4	CAD Francisco Lopez-Jimenez, M.D.	8:50 a.m.	Putting Things Together  - How Do You Put It Into Practice?
10:10 a.m.	Role of		Cases With Panel –
	Revascularization in CAD Guy S. Reeder, M.D.		Audience Interaction Dr. Thomas G. Allison, moderator
10:30 a.m.	Role of Cardiac Rehab in Managing CVD	9:25 a.m.	Refreshment Break
	Carmen M. Terzic, M.D., Ph.D.	Preventing	and Treating
10:50 a.m.	Panel Discussion		ular Morbidity
	Drs. Lopez-Jimenez, Reeder, and Terzic;	Dr. Randal J	. Thomas, presiding
	Dr. Thomas, moderator	9:50 a.m.	Preventing and Treating Heart Failure
11:10 a.m.	End Panel Discussion to		Grace Lin, M.D.
	Move to Breakouts	10:10 a.m.	Preventing and Treating
11:15 a.m.	Breakouts Women's Heart		Atrial Fibrillation Win-Kuang Shen, M.D.
	Sharon L. Mulvagh, M.D.		Will Rading Grioti, W.B.
•	Role of Mid Level	10:30 a.m.	Primary and Secondary
	Janell Grazzini Frantz, APRN, CNP Role of Alternative		Prevention of Stroke Ralph L. Sacco, M.D.
	Medicine in Preventive		
	Cardiology	10:50 a.m.	Preventing and Treating Valvular Disease
	Francisco Lopez-Jimenez, M.D.		Vuyisile T. Nkomo, M.D.
12:15 p.m.	Adjourn for the Day		
		11:10 a.m.	Panel Discussion
			Drs. Lin, Shen, Sacco, and Nkomo; Dr. Thomas,
			moderator

11:25 a.m.	End Panel Discussion to Move to Breakouts	9:00 a.m.	Minimally Disruptive Medicine Victor M. Montori, M.D.
11:30 a.m.	• Cardio-oncology Joerg Herrmann, M.D. • Cardio-rheumatology Rekha Mankad, M.D. • Palliative Care in Cardiology	9:20 a.m.	Panel Discussion Drs. Benzo, Pollak, Murphy, Vickers Douglas, and Montori; Dr. Lopez- Jimenez, moderator
	Shannon M. Dunlay, M.D.	9:30 a.m.	Refreshment Break
12:30 p.m.	Adjourn for the Day	9:45 a.m.	Latest Interactive Mobile Technology and
7:00 p.m.	Dinner Reception and Latin Dance Show Followed By Participant Dancing.	10:05 a.m.	Prevention Amy W. Pollak, M.D.  Shared Decision-Making
	This event is for adults only.  Americana Ballroom		Victor M. Montori, M.D.
THURSDA' 7:00 a.m.	Y, JANUARY 21, 2016 Continental Breakfast Americana Salon 1	10:25 a.m.	Chelation Therapy: Are We Ready for Prime Time? Gervasio A. Lamas, M.D.
Special Topics Dr. Francisco Lopez-Jimenez, presiding		10:45 a.m.	How to Prevent Cardiomyopathy in Cancer Patients?
7:30 a.m.	Keynote – Mindfulness to Improve Cardiovascular Health Roberto P. Benzo, M.D.	11:05 a.m.	Joerg Herrmann, M.D.  Panel Discussion  Drs. Pollak, Montori, Lamas, and Herrmann;
8:00 a.m.	DVT and PE Prevention and Treatment Amy W. Pollak, M.D.		Dr. Lopez-Jimenez, moderator
8:20 a.m.	Prevention of CV Perioperative Events Joseph G. Murphy, M.D.	11:15 a.m.	Jeopardy Drs. Allison and Mankad with Audience Participants
8:40 a.m.	How to Optimize Adherence	12:00 p.m.	Closing Remarks and Adjourn

Kristin S. Vickers Douglas,

Ph.D., L.P.

### REGISTRATION

### Register online at:

celinks.mayo.edu/prevention2016

### **Registration Fee:**

Course Registration (MD, PhD, DO, PharmD) \$750.00 Course Registration (Fellows in Training, PA, NP, RN) \$450.00

Mayo Clinic Division of Cardiology has recently implemented an online conference registration system. If this is your first time using the online system, you will need to create a profile and login account.

### Register by entering the url:

*celinks.mayo.edu/prevention2016* and click on Register Now. The system will guide you through the profile and login process. An e-mail address is required upon registration. A letter of confirmation will be forwarded to this address upon receipt of payment and submitted registration. Present this letter of confirmation when checking in at the meeting registration desk.

The registration fee includes tuition, on-line course syllabus, continental breakfasts, break refreshments, lunch, and reception. Although it is not the Division of Cardiovascular Diseases policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. Enrollment for this program is limited.

### For additional information, contact:

Cardiovascular Continuing Education 200 First Street SW – Gonda 6-138 Rochester, MN 55905

E-mail: cvcme@mayo.edu

**Phone:** 800-283-6296 or 507-266-6703 **Website:** *celinks.mayo.edu/prevention2016* 

### **CANCELLATION POLICY**

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Division of Cardiovascular Diseases before Sunday, January 3, 2016 (cvcme@mayo.edu or fax#: 507-266-7403). No refunds will be made on or after Sunday, January 3, 2016. Canceled registrations are non-transferable.

Division of Cardiovascular Diseases reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event the Division of Cardiovascular Diseases must cancel or postpone this course, Division of Cardiovascular Diseases will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

## **MAYO CLINIC**

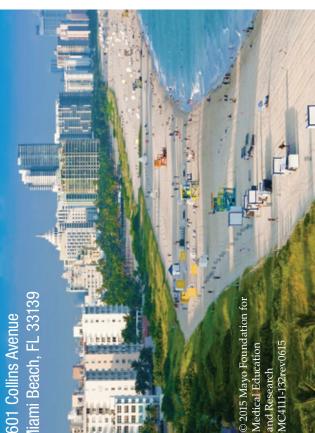
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# Mayo Clinic Cardiology Update at South Beach: A Focus on Prevention

January 18-20, 2016

Loews Miami Beach 1601 Collins Avenue

Miami Beach, FL 33139



# **REGISTER ONLINE NOW!**

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