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

Co-Directors:
Randal J. Thomas, M.D., M.S., FAACVPR, FAHA, FACC
Amy W. Pollak, M.D., M.S.

LEARN. ADVANCE. CONNECT.

celinks.mayo.edu/prevention2016
REGISTER ONLINE TODAY!
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?

-5° 78°
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, JANUARY 17, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>5:00 -</td>
<td>Registration</td>
</tr>
<tr>
<td>6:00 p.m.</td>
<td>Americana Gallery (Foyer)</td>
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### MONDAY, JANUARY 18, 2016

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
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<td>Americana Salon 1</td>
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<tr>
<td>7:25 a.m.</td>
<td>Welcome</td>
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<tr>
<td></td>
<td>Francisco Lopez-Jimenez, M.D.</td>
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<tr>
<td>7:30 a.m.</td>
<td>Pretest and Discussion</td>
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<td>Thomas G. Allison, Ph.D.</td>
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**Screening/Risk Assessment and Primary Prevention**

Dr. Francisco Lopez-Jimenez, presiding

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:45 a.m.</td>
<td>Keynote – Overview of Prevention – Where Are We Heading?</td>
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<td></td>
<td>C. Noel Bairey Merz, M.D.</td>
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<tr>
<td>8:15 a.m.</td>
<td>The Basics of CV Risk Assessment in the Office – Things You Need to Know</td>
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<td>Randal J. Thomas, M.D.</td>
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<tr>
<td>8:35 a.m.</td>
<td>What Is Next? Coronary Calcium CT, Carotid Ultrasound, ABI and Other</td>
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<td>Iftikhar Kullo, M.D.</td>
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<td>8:55 a.m.</td>
<td>Putting Things Together – How Do You Put It Into Practice?</td>
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<td>Cases With Panel – Audience Interaction</td>
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<td>Dr. Lopez-Jimenez, moderator</td>
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>10:00 a.m.</td>
<td>Lipid Management</td>
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<td>Robert (Todd) T. Hurst, M.D.</td>
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<td>10:25 a.m.</td>
<td>Statin Intolerance</td>
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<td></td>
<td>Francisco Lopez-Jimenez, M.D.</td>
</tr>
<tr>
<td>10:50 a.m.</td>
<td>Putting Things Together – How Do You Put It Into Practice?</td>
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<td>Cases With Panel – Audience Interaction</td>
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<td>Dr. Randal J. Thomas, moderator</td>
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### TUESDAY, JANUARY 19, 2016

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<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 a.m.</td>
<td>Continental Breakfast</td>
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<tr>
<td></td>
<td>Americana Salon 1</td>
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**Preventing and Managing CV Risk**

Dr. Amy W. Pollak, presiding

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:30 a.m.</td>
<td>Keynote – What is a Heart Healthy Diet?</td>
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<td>Randal J. Thomas, M.D.</td>
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<th>Time</th>
<th>Event</th>
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<tr>
<td>9:30 a.m.</td>
<td>Refreshment Break</td>
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<td></td>
<td>Dr. Randal J. Thomas, presiding</td>
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<tr>
<td>8:00 a.m.</td>
<td>Treatment of Diabetes: Focus on CV Risk Reduction</td>
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<td>Maria L. Collazo-Clavell, M.D.</td>
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PROGRAM SCHEDULE

WEDNESDAY, JANUARY 20, 2016

7:00 a.m. Continental Breakfast
Americana Salon 1

7:30 a.m. Sports and Exercise Cardiology
Dr. Thomas G. Allison, presiding

7:50 a.m. Sports Cardiology in the Young
Jonathan N. Johnson, M.D.

8:10 a.m. Sports Cardiology in the Old
Todd D. Miller, M.D.

8:30 a.m. Diagnosis and Treatment of Syncope
Peter A. Noseworthy, M.D.

9:25 a.m. Refreshment Break

9:50 a.m. Preventing and Treating Heart Failure
Grace Lin, M.D.

10:10 a.m. Preventing and Treating Atrial Fibrillation
Win-Kuang Shen, M.D.

10:50 a.m. Preventing and Treating Valvular Disease
Vuyisile T. Nkomo, M.D.

11:10 a.m. Preventing and Treating Primary and Secondary Prevention of Stroke
Ralph L. Sacco, M.D.

8:20 a.m. Hypertension Treatment: An Update
Gary L. Schwartz, M.D.

8:40 a.m. Exercise Prescription: What Patients Need to Know
Ray W. Squires, Ph.D.

9:00 a.m. Putting Things Together – How Do You Put It Into Practice?
Cases With Panel – Audience Interaction
Dr. Amy W. Pollak, moderator

9:30 a.m. Refreshment Break
Dr. Randal J. Thomas, presiding

9:50 a.m. Medical Management of CAD
Francisco Lopez-Jimenez, M.D.

10:10 a.m. Role of Revascularization in CAD
Guy S. Reeder, M.D.

10:30 a.m. Role of Cardiac Rehab in Managing CVD
Carmen M. Terzic, M.D., Ph.D.

10:50 a.m. Panel Discussion
Drs. Lopez-Jimenez, Reeder, and Terzic; Dr. Thomas, moderator

11:10 a.m. End Panel Discussion to Move to Breakouts

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

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