Tenth Annual
Cardiovascular Disease Prevention
International Comprehensive Symposium

Thursday-Sunday, February 23-26, 2012
Fontainebleau Hotel, Miami Beach, Florida

Symposium Directors
Michael D. Ozner, M.D., FACC, FAHA ■ Theodore Feldman, M.D., FACC, FACP

For Symposium Details and Registration go to ***MiamiCVDPrevention.BaptistHealth.net***.

Baptist Health South Florida

Dear Colleague,

The Centers for Disease Control and Prevention's national statistics on cardiovascular disease are staggering. Heart disease and stroke are among the most common diseases in the United States. They are the first and third leading causes of death for both men and women, killing more the 1.4 million people each year and accounting for nearly 40 percent of all deaths. Every 25 seconds someone in the United States has a coronary event and every minute there is a death related to cardiovascular disease

When we consider this present day data – we know there are still giant strides that must be made to diagnose, treat and prevent this disease.

Please join us at this internationally recognized symposium featurimg world-renowned experts presenting the most advanced approaches to cardiovascular disease prevention and treatment during four days of high-level scientific sessions. Just as our 2011 Symposium received high acclaim from participants, we expect our 2012 Symposium will exceed your expectations and support the ultimate goal — to improve the health of our patients and our communities.

We look forward to seeing you in Miami Beach in February.

Best Regards,

Michael D. Ozner, MD

Michael D. Ozner, M.D., FACC, FAHA
Symposium Director
Medical Director, Center for Prevention and Wellness
Baptist Health South Florida

Statement of Need

A key strategy for addressing heart disease and stroke is to educate the public and healthcare practitioners about the importance of prevention. When healthcare providers perform consistent risk factor assessments, more patients can be properly diagnosed and medically managed to prevent cardiovascular disease. Both primary and secondary prevention, as well as new developments in the diagnosis, treatment and prevention of cardiovascular disease, need to be addressed.

Target Audience

■ Cardiologists ■ General Internists ■ Family Practitioners ■ Endocrinologists ■ Psychologists ■ Physician Assistants ■ Nurse Practitioners ■ Nurses ■ Pharmacists ■ Dietitians ■ Respiratory Therapists ■ Other healthcare professionals involved in the diagnosis, treatment and prevention of cardiovascular disease.

Symposium Objectives

Upon completion of this symposium, participants should be better able to:

Thursday, February 23

- Implement evidence-based best-practice strategies that assist in the prevention of cardiovascular disease morbidity and mortality.
- Name four conditions for which exercise training helps manage or prevent cardiovascular disease.
- Examine how psychological stress is defined and measured in terms of cardiovascular research.
- Review the evidence for and against the role of stress and cardiovascular disease.
- Examine the different types of low-carbohydrate diets and describe their effects on cardiometabolic risk factors.
- Explore the rationale for the use of a plant-based diet in diabetes management.
- Explain the effect of diet interventions on blood glucose, lipids and body weight.
- Initiate and monitor therapeutic diets for patients with type 2 diabetes.
- Explain the beneficial impact of the Mediterranean dietary pattern with improved health status and reductions in overall cardiovascular morbidity and mortality.
- Examine the evolution of cardiovascular disease prevention and how modern-day aggressive treatment leads to life-saving benefits.

Friday, February 24

- Review the vascular biology of atherosclerosis and discuss the retention of ApoB lipoproteins with proteoglycans as the initiating factor in atherogenesis.
- Explain the importance of the LDL particle number as a predictor of CVD risk and as a target of therapy.
- Identify and implement therapeutic strategies that can slow the progression and potentially lead to regression of atherosclerosis.
- Discuss how triglycerides are related to "diabetic wannabes."
- Describe new and evolving therapies for the management of dyslipidemia.
- Implement appropriate treatment strategies that can lower cardiometabolic risk and reduce cardiovascular events.
- Implement patient management strategies that focus on raising HDL cholesterol rather than further lowering LDL cholesterol for patients at high risk for cardiovascular disease.
- Explain the limitations of HDL cholesterol measurements currently used in clinical practice.
- Utilize the new system of HDL nomenclature based on physical and chemical characteristics.
- Effectively interpret the clinical utility of advanced lipid testing and inflammatory markers in various cardiovascular disease states.
- Consider new evidence regarding predictors of cardiovascular risk that challenge time-tested approaches and could impact patient evaluation and management.

Saturday, February 25

- Describe the association between vitamin D deficiency and cardiovascular risk and formulate an informed decision about whom to screen and whom to treat.
- Aggressively treat hypertension to reduce adverse cardiovascular outcomes.
- Define adiposopathy and sick fat as scientific and clinical terms, and formulate new approaches to patient discussions in an effort to improve compliance and healthy lifestyle management.
- Educate women on the importance of seeking prompt emergency care for acute cardiovascular events in order to achieve optimal patient outcomes.
- Discuss current cardiovascular disease prevention guidelines for women.
- Implement evidence-based clinical strategies for stroke prevention based on changes in the 2011 American Heart Association/American Stroke Association (AHA/ASA) guidelines.
- Recognize the existence of residual cardiovascular risk in patients with normal LDL-C, and implement optimal approaches to evaluation and treatment of this group of patients.
- Distinguish between metabolic syndrome traits/insulin resistance and LDL subclasses.
- Examine the differential effects of commonly used lipid modifying agents on lipids and lipoproteins.

Sunday, February 26

- Recognize three symptoms of myopathy and discuss a clinical approach to managing patients with myopathy.
- Delineate the risks/benefits of aspirin for CVD prevention in men and women.
- Select the appropriate dose and timing (age to treat) of aspirin therapy for primary and secondary prevention.
- Decrease the elevated risk of adverse cardiovascular events associated with resistant hypertension.

- Examine data and outcomes of the COURAGE Trial, and evaluate its impact on the treatment of stable coronary artery disease.
- Critically analyze data and outcomes of the MARINE Trial, and evaluate its impact on the management of lipids and inflammation.
- Discuss the absolute benefit of carotid revascularization in patients with an asymptomatic stenosis.
- Review how changes in medical therapy affect the risk-benefit ratio for carotid revascularization.

Accreditation and Credits

Baptist Health South Florida is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Baptist Health South Florida designates this live activity for a maximum of *20 AMA PRA Category 1 credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This Live activity, "Cardiovascular Disease Prevention 2012 — 10th Annual Cardiovascular Symposium," with a beginning date of February 23, 2012, has been reviewed and is acceptable for up to 19 Prescribed credits by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Baptist Health South Florida is approved as a provider of Continuing Psychological Education by the Florida Board of Psychology. CE Broker Provider #50-182. This activity has been approved for 4.0 credits for the Thursday session (CE Broker #20-321600), 1.0 credit for the Thursday evening session (CE Broker #20-321601), 6.0 credits for the Friday sessions (CE Broker #20-321602), 6.0 credits for the Saturday sessions (CE Broker #20-321602), and 3.0 credits for the Sunday session (CE Broker #20-321603).

This activity has been approved on a session-by-session basis for a total of 20.0 contact hours by the Florida State Board of Nursing, Baptist Health South Florida. CE Broker Provider #50-182. (4.0 CE credits for the Thursday sessions, 1.0 CE credit for the Thursday evening session, 6.0 CE credits for the Friday sessions, and 6.0 CE credits for the Saturday sessions, and 3.0 CE credits for the Sunday session.)

This activity has been approved on a session-by-session basis for a total of 20.0 continuing education credits by the Board of Pharmacy, Baptist Health South Florida. CE Broker Provider #50-182. (4.0 CE credits for the Thursday session, 1.0 CE credit for the Thursday evening session, 6.0 CE credits for the Friday sessions, 6.0 CE credits for the Saturday session, and 3.0 CE credits for the Sunday session.)

This activity has been approved on a session-by-session basis for a total of 20 credits by the Commission on Dietetic Registration. (1.5 credits for the first Thursday session, 2.5 credits for the second Thursday session, 1.0 credit for the Thursday evening session, 3.0 credits for the Friday morning session, 3.0 credits for the Friday afternoon session, 3.0 credits for the Saturday morning session, 3.0 credits for the Saturday afternoon and 3.0 credits for the Sunday session.)

This activity has been approved on a session-by-session basis for a total of 20.0 contact hours for respiratory therapy personnel in the category of general (direct delivery of respiratory care services) by the State of Florida, Baptist Health South Florida, CE Broker Provider #50-182. (4.0 credits for the Thursday sessions, 1.0 CE credit for the Thursday evening session, 6.0 credits for the Friday sessions, 6.0 credits for the Saturday session, and 3.0 credits for the Sunday session.)

NOTE: Partial credits are not available. *Unless otherwise indicated, participants are required to attend the entire symposium to be eligible for continuing education credits. Where credits are approved on a session-by-session basis, participants must attend each session in its entirety to receive complete credit for the session. (This does not apply to M.D.s and D.O.s.)*

SCHEDULE

Thursday, February 23

1:00 p.m. **Registration**

1:25 p.m. **Welcome and Introductions**

SESSION I • Therapeutic Lifestyle Intervention

1:30 p.m. **Cardiovascular Disease Prevention 2012: An Overview**
Michael D. Ozner, M.D.

2:00 p.m. **The Role of Exercise in Modern Cardiology**
Paul Thompson, M.D.

2:30 p.m. **Psychological Stress and Cardiovascular Disease**
Joel E. Dimsdale, M.D.

3:00 p.m. *Break*

SESSION II • The Optimal Diet for Cardiovascular Health

3:30 p.m. **The Low-carbohydrate Diet**
Eric C. Westman, M.D.

4:00 p.m. **The Vegetarian Diet**
Neil D. Barnard, M.D.

4:30 p.m. **The Mediterranean Diet**
Michael D. Ozner, M.D.

5:00 p.m. **The Great Diet Debate: Discussion With Faculty**
Neil D. Barnard, M.D., Michael D. Ozner, M.D., Eric C. Westman, M.D.

5:30 p.m. **Patient Management Session: Case Studies With Faculty Discussion and Audience Participation**

6:00 p.m. *Adjourn*

SESSION III • Keynote Speaker Presentation and Dinner

6:30 p.m. **Registration**

6:45 p.m. **Dinner**

7:25 p.m. **Introduction**
Michael D. Ozner, M.D.

7:30 p.m. **Cardiovascular Disease Prevention: Where Have We Been? Where Are We Now? Where Are We Going?**
Christie Ballantyne, M.D., Keynote Speaker

8:30 p.m. *Adjourn*

Friday, February 24

7:30 a.m. **Continental Breakfast and Visit Exhibits**

SESSION IV • General Session

8:30 a.m. **The Regression of Atherosclerosis**
Michael D. Ozner, M.D.

9:00 a.m. **Triglycerides: The Rodney Dangerfield of Lipids**
Paul Thompson, M.D.

9:30 a.m. **Novel Therapies for the Management of Dyslipidemia**
Michael H. Davidson, M.D.

10:00 a.m. **Cardiometabolic Risk: Treatment Strategies to Reduce Cardiovascular Disease**
Christie Ballantyne, M.D.

10:30 a.m. *Break and Visit Exhibits*

11:00 a.m. **Patient Management Session: Case Studies With Faculty Discussion and Audience Participation**

12:00 noon **Lunch and Visit Exhibits**

SESSION V • General Session

1:00 p.m. **Lessons Learned From Tim Russert: Investigating Residual Risk**
Peter Jones, M.D.

1:30 p.m. **Translating HDL Science Into Clinical Practice**
Robert S. Rosenson, M.D.

2:00 p.m. **The Clinical Utility of Advanced Lipid Testing and Inflammatory Markers**
Michael H. Davidson, M.D.

2:30 p.m. **Round-table Discussion: HDL, Particle Number and CRP: Should the NCEP Guidelines Be Modified?**
Michael H. Davidson, M.D., Peter Jones, M.D., Robert S. Rosenson, M.D.

3:00 p.m. **Patient Management Session: Case Studies With Faculty Discussion and Audience Participation**

3:30 p.m. *Adjourn*

Saturday, February 25

7:30 a.m. **Continental Breakfast and Visit Exhibits**

SESSION VI • General Session

8:30 a.m. **Vitamin D and CVD Risk: Whom Should We Screen? Whom Should We Treat?**
Jeffrey L. Anderson, M.D.

9:00 a.m. **Hypertension Update 2012**
Jan Basile, M.D.

9:30 a.m. **What You Should Know About Insulin Resistance, Adiposopathy and "Sick Fat"**
Harold E. Bays, M.D.

10:00 a.m. **Cardiovascular Disease Prevention in Women**
Martha Gulati, M.D.

10:30 a.m. *Break and Visit Exhibits*

11:00 a.m. **Patient Management Session: Case Studies With Faculty Discussion and Audience Participation**

12:00 noon **Lunch and Visit Exhibits**

SESSION VII • General Session

1:00 p.m. **Stroke Prevention Guidelines**
Larry B. Goldstein, M.D.

1:30 p.m. **Should We Continue to Aim High (HDL) or Set Our Sights Low (LDL)?**
William E. Boden, M.D.

2:00 p.m. **The Clinical Application of LDL-P**
Robert S. Rosenson, M.D.

2:30 p.m. **Patient Management Session: Case Studies With Faculty Discussion and Audience Participation**

3:30 p.m. *Adjourn*

Sunday, February 26

7:30 a.m. **Continental Breakfast and Visit Exhibits**

SESSION VIII • General Session

8:30 a.m. **The MARINE Trial: The Impact of a Pure-EPA Omega-3 Fatty Acid on Lipids and Inflammation**
Harold E. Bays, M.D.

9:00 a.m. **The Role of Aspirin in the Primary and Secondary Prevention of CVD in Men and Women**
Jeffrey L. Anderson, M.D.

9:30 a.m. **The Treatment of Resistant Hypertension: Tricks of the Trade**
Jan Basile, M.D.

10:00 a.m. **The COURAGE Trial's Impact on the Treatment of Stable Coronary Artery Disease: Has It Made a Difference?**
William E. Boden, M.D.

10:30 a.m. *Break and Visit Exhibits*

11:00 a.m. **Statin Myopathy: Diagnostic and Therapeutic Considerations**
Paul Thompson, M.D.

11:30 a.m. **Does Optimal Medical Therapy Trump Stenting or Endarterectomy in Stable Patients With Carotid Artery Disease?**
Larry B. Goldstein, M.D.

12:00 noon *Adjourn*

Faculty

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Disclosures and Resolution of Conflict of Interest

Baptist Health South Florida requires resolution of all conflicts of interest to ensure balance, independence, objectivity and scientific rigor in all CME programming. Conflicts of interest of any individuals who control CME content will be identified and resolved prior to this symposium. Full disclosure will be made in the symposium reference guide. Presenters will also disclose discussion of off-label uses.

Hotel and Accommodations

Fontainebleau Hotel ■ 4441 Collins Avenue, Miami Beach, Florida 33140
Telephone: 800-548-8886 ■ Website and Reservations: *fontainebleau.com*

The famous Fontainebleau Miami Beach Hotel is a spectacular blend of Golden Era glamour and modern luxury. At the Fontainebleau, striking design, contemporary art, music, fashion and technology merge into a vibrant new kind of guest experience making this the most dynamic destination resort on the eastern seaboard. Following a $1 billion renovation to this 1954 landmark, the 22-acre oceanfront hotel features signature restaurants by award winning chefs; two chic nightlife venues; a two-story, 40,000-square-foot spa; an expansive poolscape; and a pristine Atlantic Ocean beach.

Make your hotel reservation now by calling **800-548-8886** or go to *fontainebleau.com* to receive the special group rate of $299, plus applicable taxes. Group rates will be honored through **Wednesday, February 1, 2012**, based on availability.

Location ■ Attractions ■ Events

Miami Beach is Florida's picture-postcard winter playground. South Beach - often called the American Riviera and an Art Deco Playground - offers an eclectic mix of world-class boutiques, galleries, museums and stores. It's also a culinary hot spot for gourmet, ethnic and casual cuisine. Nearby destination neighborhoods, including Coconut Grove, Miami Design District, Coral Gables and Bayside, which is adjacent to the Port of Miami, offer endless options for shopping, dining and people watching. From the Vizcaya Museum and Gardens to Everglades National Park, activities and attractions are available to suit every interest. See our symposium website for links to special events taking place before, during and after the symposium dates, including the Miami International Boat Show & Strictly Sail (February 16-20) and the South Beach Wine & Food Festival (February 23-26).

Symposium Registration

The registration fee includes tuition, daily continental breakfast and break refreshments, the Thursday Keynote Presentation and Dinner, and the Friday and Saturday luncheons. To expedite registration, go to ***MiamiCVDPrevention.BaptistHealth.net*** or fax the registration form with credit card information to **786-596-2769**. Confirmations will be sent for registrations received by **February 1**. Registrations cannot be processed or confirmed without full payment.

Cancellation Policy

Cancellations must be sent in writing and postmarked by **February 1** to receive a refund of the registration fee, less a $25 administrative fee. Cancellations postmarked after February 1 will forfeit the registration fee.

For Additional Information

Contact the Baptist Health CME Department at **786-596-2398** or ***CME@BaptistHealth.net***.

nla NATIONAL LIPID ASSOCIATION Endorsed Lipid Education Program

The National Lipid Association is recognized to endorse the credit hours offered by this activity as "lipid-focused" continuing medical education that meets the credentialing and certification standards established by the American Board of Clinical Lipidology (*www.lipidboard.org*) and the Accreditation Council for Clinical Lipidology (www.lipidspecialist.org). (Program ID 2012001)

Printed on recycled and mixed-source paper using vegetable-based inks. Please recycle.

Symposium Registration

Tenth Annual Cardiovascular Disease Prevention International Comprehensive Symposium

Thursday-Sunday, February 23-26, 2012
Fontainebleau Miami Beach Hotel

Register online at *MiamiCVDPrevention.BaptistHealth.net*.
Registration deadline is February 1, 2012.

Name *(Please print clearly)*

Degree: ❑ M.D. ❑ D.O. ❑ Ph.D. ❑ P.A. ❑ ARNP ❑ R.N.
❑ Pharm.D. ❑ Dietitian ❑ Respiratory ❑ Other_____

Institution Affiliation

Mailing Address

City/State/Zip

Telephone **Fax**

Email Address

License Number *(M.D. not required)*

Symposium Rates: Please check all that apply.

- ❑ Physicians & Psychologists* – $329
- ❑ Other Healthcare Professionals** – $155
- ❑ Baptist Health Employees** – No charge
- ❑ Physicians in Training*** – $155

Group discounts available for three or more physicians who register together as a group by **January 23. No add-ons. Call for details.*
***_____ (Initial) I have read and understand the Terms Regarding Partial Credit in the Accreditation and Credits section.*
****Registration must be accompanied by a letter from the Fellowship/Residency Director.*

Do you plan to attend the Thursday evening Keynote Speaker Presentation and Dinner? ❑ Yes ❑ No

Additional charge for guests _____ @ $45 each
(No charge to registered attendee) Total $_____

Method of Payment:

- ❑ Check enclosed *(payable to Baptist Health CME Department)*
- ❑ MasterCard ❑ Visa ❑ American Express

Card Holder Name *(please print)*

Card Number **Expiration Date**

Authorized Signature

Authorized Amount $_____

Return this completed form with payment to:

Fax: 786-596-2769 *(credit card payments only)*
Mail: Baptist Health CME Department
8900 N. Kendall Drive, Miami, Florida 33176-2197

How did you hear about this symposium?

❑ Mail ❑ Email ❑ Internet ❑ Previous Attendee
❑ Newsletter ❑ Other _____

❑ ♿ In consideration of the Americans with Disabilities Act, please check here if you require special services, and we will contact you to determine your specific requirements. Please submit this form two weeks prior to the symposium.

Baptist Health South Florida

is the largest not-for-profit healthcare organization in the region. Affiliates of Baptist Health include Baptist Hospital of Miami, Baptist Children's Hospital, South Miami Hospital, Homestead Hospital, Mariners Hospital, Doctors Hospital, West Kendall Baptist Hospital, Baptist Cardiac & Vascular Institute and Baptist Outpatient Services. For more information about Baptist Health, go to *BaptistHealth.net*.

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