9th Annual
Advances in Heart Disease Prevention and Rehabilitation

“Helping Patients Help Themselves”
Saturday, March 11, 2017
Detroit Marriott Troy • Troy, Michigan

Beaumont
INTRODUCTION

Recent studies have shown that arterial inflammation plays a key role in the development and progression of atherosclerosis, that acute myocardial infarctions often evolve from mild-to-moderate coronary artery stenoses, that patients who experience a fatal coronary event invariably had antecedent exposure to one or more major coronary risk factors (i.e., hypercholesterolemia, hypertension, cigarette smoking, diabetes, obesity), that angiographic findings may vastly underestimate underlying atherosclerotic coronary artery disease, and that aggressive medical management may represent a safe and effective alternative to many elective coronary revascularization procedures. Moreover, cardiorespiratory fitness appears to be one of the strongest prognostic markers in persons with and without heart disease. Collectively, these data highlight the value of lifestyle modification and contemporary pharmacotherapies in the prevention of initial and recurrent cardiovascular events. Several mechanisms may contribute to improved clinical outcomes, including partial (albeit small) anatomic regression of coronary artery stenoses, a reduced incidence of coronary inflammation, platelet aggregation, and plaque rupture, and enhanced coronary artery vasomotor function.

Conference registrants will be provided the latest information on heart disease prevention and rehabilitation by a nationally distinguished faculty to “help patients help themselves.”

Target audience

This one-day conference will provide cardiologists, internists, physician assistants, cardiac nursing personnel, and associated allied health professionals (e.g., physiologists, physical and occupational therapists, cardiac rehabilitation personnel, dietitians, recreational directors, public health professionals, health care administrators) with an overview of recent advances in the primary and secondary prevention of cardiovascular disease.

CME accreditation and credit designation

William Beaumont Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

William Beaumont Hospital designates this live activity for a maximum of 6.0 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Non-physician professionals should check with their individual credentialing bodies to confirm that participation in this CME activity will be approved for credit. CME credits can be used to meet the continuing education requirements needed for Michigan physician assistant and nursing relicensure without limitation.

Disclosure

All planning committee members and speakers have been asked to disclose any significant relationships they may have with commercial companies within the past 12 months that are relevant to their presentation. The presence or absence of relationships as well as off-label discussion of products will be disclosed at the time of the conference.

Acknowledgement

This conference will be partially supported by educational grants and display fees from commercial supporters.
By attending this conference, attendees should improve their ability to:

- Identify the potential impact of lifestyle modification and drug therapy on cardiovascular risk reduction, with specific reference to hypercholesterolemia, hypertension, cigarette smoking, physical inactivity, diabetes, and obesity
- Summarize recent guidelines regarding the management of cholesterol and lipoprotein metabolism, especially LDL- and HDL-cholesterol, as these subfractions relate directly and inversely to atherosclerosis and vascular diseases, respectively
- Discuss novel pharmacologic treatments (e.g., PCSK9 Inhibitors) and their mechanisms of action for patients with elevated LDL-cholesterol, despite statin therapy or in patients who are statin intolerant
- Identify high risk and cardioprotective levels of physical activity and cardiorespiratory fitness (metabolic equivalents; METs) for patients with and without cardiovascular disease, with specific reference to health outcomes associated with varied doses of exercise (i.e., moderate, vigorous, extreme)
- Discuss clinical studies that have now unequivocally disproven the hypothesis that marathon running provides “immunity” to atherosclerotic cardiovascular disease
- Examine the interpretation and implications of several recent epidemiologic studies linking increased all-cause and cardiovascular mortality rates in population subsets participating in high intensity or extreme levels of physical activity (i.e., highlighting the J-curve or U-curve pattern)
- Review an interesting case study pertaining to a patient with cardiovascular disease, including the diagnostic evaluations employed, the treatment approach used, and related cardiovascular outcomes
- Understand the importance of defining, predicting, promoting and favorably impacting cardiovascular health, rather than simply preventing initial and recurrent cardiovascular events
- Highlight recent advances and innovations in cardiovascular medicine for hospitalized patients who have experienced acute myocardial infarction, acute coronary syndrome, or sudden cardiac death
- Review the technology, methodology, and outcomes resulting from Beaumont’s minimally invasive cardiac surgery program over the past decade
- Identify new interventions and technologic advances to prevent acute cardiovascular events, selected arrhythmias (e.g., atrial fibrillation), stroke and transient ischemic attacks
- Summarize relevant studies that regular exercise, a heart-healthy diet, weight management and the elimination of cigarette smoking/secondhand smoke reduces the risk of cardiovascular events, even in those individuals at high genetic risk
- Understand the causes of sudden death in young athletes and the relative roles and efficacy of different screening strategies
- Clarify the most common sources of chronic stress, its negative impact on cardiovascular health, and research-based interventions to manage stress successfully
- Review the available prognostic evidence involving the coronary artery calcium screening of asymptomatic patients, and the implications of these data for targeting patients for preventive strategies of care
- Understand differences in evidence available from randomized controlled trials that may influence or limit recommendations for quality improvement programs in secondary prevention
- Understand the relation between peripheral artery disease (PAD) and coronary artery disease in terms of global atherosclerotic risk factors, with specific reference to the presentation, diagnosis, and management of PAD
FACULTY

Director

Barry A. Franklin, Ph.D.
Director, Preventive Cardiology and Rehabilitation
Beaumont Hospital, Royal Oak
Professor, Department of Internal Medicine
Oakland University William Beaumont (OUWB) School of Medicine

Guest faculty

Robert O. Bonow, M.D., M.S.
Goldberg Distinguished Professor of Cardiology
Northwestern University,
Feinberg School of Medicine
Northwestern Memorial Hospital
Chicago, IL
Past President, American Heart Association
Editor, JAMA Cardiology

Barry J. Maron, M.D.
Director, Hypertrophic Cardiomyopathy Clinic
Professor of Medicine
Tufts Medical Center
Boston, MA

Joseph C. Piscatella
President, Institute for Fitness and Health
Gig Harbor, WA

Leslee Shaw, Ph.D.
Professor of Medicine
Director, Women’s Health Research
Co-Director, Emory Clinical Cardiovascular Research Institute
Emory University School of Medicine
Atlanta, GA

Sidney C. Smith, Jr., M.D.
Professor of Medicine
Division of Cardiology
University of North Carolina
Chapel Hill, NC
Past President, American Heart Association
Past President, World Heart Federation

Beaumont faculty

Amr E. Abbas, M.D.
Director, Interventional Cardiology Research
Co-Director, Echocardiography
Associate Professor, Department of Internal Medicine
OUWB School of Medicine

Abhay Neil Bilolikar, M.D.
Clinical Cardiologist
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Simon R. Dixon, MBChB
Chair, Department of Cardiovascular Medicine
Dorothy Susan Timmis Endowed Chair of Cardiology
Professor, Department of Internal Medicine
OUWB School of Medicine

Michael S. Doyle, M.D., M.P.H.
Director, Unasource Lipid Clinic
Clinical Assistant Professor of Internal Medicine
Wayne State University School of Medicine

Harold Z. Friedman, M.D.
Medical Director, Preventive Cardiology and Rehabilitation
Associate Professor, Department of Internal Medicine
OUWB School of Medicine

Abdul R. Halabi, M.D.
Interventional Cardiologist
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Marc P. Sakwa, M.D.
Chief of Cardiovascular Surgery
Professor, Department of Internal Medicine
OUWB School of Medicine

Steven B.H. Timmis, M.D.
Director, Coronary Care Unit
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine

Justin E. Trivax, M.D.
Interventional Cardiologist
Assistant Professor, Department of Internal Medicine
OUWB School of Medicine
<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:15-7:50 a.m.</td>
<td>Registration and Continental Breakfast</td>
</tr>
</tbody>
</table>
| 7:50-8 a.m.  | Welcome and Opening Remarks  
Barry A. Franklin, Ph.D.                     |
| 8-8:35 a.m.  | Recent Advances in Cardiovascular Medicine  
Simon Dixon, MBChB                          |
| 8:35-9:10 a.m.| Minimally Invasive Cardiac Surgery: Our 9 Year Experience  
Marc P. Sakwa, M.D.                        |
| 9:10-9:45 a.m.| The Cardioprotective Polypill: Exercise and Lifestyle  
Robert O. Bonow, M.D.                      |
| 9:45-10:20 a.m.| Screening Asymptomatic Patients with Coronary Artery Calcium:  
State of the Evidence  
Leslee Shaw, Ph.D.                           |
| 10:20-10:50 a.m.| Case Presentation  
Neil Bilolikar, M.D.  
(Discussants: Harold Z. Friedman, M.D.; Abdul R. Halabi, M.D.;  
Steven B.H. Timmis, M.D.; Justin E. Trivax, M.D.) |
| 10:50-11:10 a.m.| BREAK                                                                                   |
| 11:10-11:45 a.m.| National and International Impact of Quality Improvement Programs on the  
Secondary Prevention of Cardiovascular Disease  
Sidney C. Smith, Jr., M.D.                  |
| 11:45 a.m. to 12:20 p.m.| Sudden Cardiac Death in Young Athletes:  
Screening, New Insights, and Preventive Strategies  
Barry J. Maron, M.D.                        |
| 12:20-12:35 p.m.| Panel Discussion/Questions and Answers                                                    |
| 12:35-1:30 p.m.| LUNCH                                                                                   |
| 1:30-1:50 p.m.| Peripheral Artery Disease: Screening, Prevention, and Treatment  
Amr E. Abbas, M.D.                         |
| 1:50-2:10 p.m.| Lipid Management in the Era of PCSK9 Inhibitors  
Michael S. Doyle, M.D.                     |
| 2:10-2:30 p.m.| Extreme Exercise and Cardiovascular Health:  
Changing Paradigms and Perceptions  
Barry A. Franklin, Ph.D.                    |
| 2:30-2:45 p.m.| BREAK                                                                                   |
| 2:45-3:25 p.m.| Managing Chronic Stress in a Multi-Tasking World  
Joseph C. Piscatella                        |
| 3:25-3:30 p.m.| Review, Closing Remarks and Adjournment                                                  |
Register on or before March 3, 2017 to take advantage of reduced registration rates.

Register online at:
http://www.beaumont.edu/cardiology-conferences

Early bird registration rates are available until 3/3/17. Online registration will close on 3/10/17. After 3/10/17, you may register onsite at the registration desk.

Registration fees
Conference registration fees include CME credit, access to online presentations, continental breakfast, lunch and breaks.

<table>
<thead>
<tr>
<th></th>
<th>Early Bird</th>
<th>After</th>
</tr>
</thead>
<tbody>
<tr>
<td>On or before</td>
<td>After</td>
<td></td>
</tr>
<tr>
<td>3/3/17</td>
<td>3/3/17</td>
<td></td>
</tr>
<tr>
<td>Attending Physician</td>
<td>$149</td>
<td>$199</td>
</tr>
<tr>
<td>Physicians-in-training,</td>
<td>$75</td>
<td>$99</td>
</tr>
<tr>
<td>N.P., R.N., PA-C</td>
<td></td>
<td></td>
</tr>
<tr>
<td>other cardiac care</td>
<td></td>
<td></td>
</tr>
<tr>
<td>providers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students</td>
<td>$30</td>
<td>$40</td>
</tr>
<tr>
<td>(must show College ID</td>
<td></td>
<td></td>
</tr>
<tr>
<td>at Registration)</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Cancellation Policy
Cancellation requests received on or before March 3, 2017 are fully refundable. Cancellations or refunds after this date will not be honored. Substitutions are permitted.

To cancel a registration, send an email to heartandvascularconferences@beaumont.edu or fax 248-898-9075.

Any questions
Call 800-732-6368 or email:
heartandvascularconferences@beaumont.edu

Location
Detroit Marriott Troy
200 West Big Beaver Road
Troy, MI 48084
Phone: 248-680-9797

Accommodations
Rooms are available at the Detroit Marriott Troy at a rate of $106/night double/king. To book a room at the discounted rate, call 877-757-7131 or 248-680-9797 and ask for the Beaumont PREVENTION group rate.
# REGISTRATION FORM

9th Annual Advances in Heart Disease Prevention and Rehabilitation  
Saturday, March 11, 2017

**Early bird registration fees are available until March 3, 2017.**  
**Online registration closes on March 10, 2017.**

**After March 10, 2017, you may register onsite at the registration desk.**

Questions? Call 800-732-6368 or email: heartandvascularconferences@beaumont.edu

## To register

**Online**  
[http://www.beaumont.edu/cardiology-conferences](http://www.beaumont.edu/cardiology-conferences)

**Fax**  
248-898-9075

## NAME

- [ ] MD  
- [ ] DO  
- [ ] PAC  
- [ ] NP  
- [ ] RN  
- [ ] OTHER ___________________________________

## ADDRESS  
CITY, STATE  
ZIP

## INSTITUTION

CITY, STATE (FOR NAME BADGE)

## TELEPHONE  
FAX

## EMAIL ADDRESS

## Specialty

- [ ] Clinical cardiology  
- [ ] Interventional cardiology  
- [ ] Internal medicine  
- [ ] Family practice  
- [ ] Other ______________________________________________________________________

## Registration fees

<table>
<thead>
<tr>
<th>Registration Category</th>
<th>On or before 3/3/17</th>
<th>After 3/3/17</th>
</tr>
</thead>
<tbody>
<tr>
<td>Attending physician</td>
<td>$149</td>
<td>$199</td>
</tr>
<tr>
<td>other cardiac care providers</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Students (must show College ID at registration)</td>
<td>$30</td>
<td>$40</td>
</tr>
</tbody>
</table>

## Method of payment

Make checks payable to: Beaumont Health  
Credit card:  
- [ ] Visa  
- [ ] Mastercard  
- [ ] Discover  
- [ ] American Express

<table>
<thead>
<tr>
<th>CREDIT CARD NO.</th>
<th>EXPIRATION DATE</th>
<th>SECURITY CODE</th>
</tr>
</thead>
</table>

NAME ON CREDIT CARD (PRINT)  
SIGNATURE