

# Agenda

## Thursday, May 30 Heart House

3:00 p.m. – Registration  
6:00 p.m.

### Session I: Pre-conference Workshop on Nutrition

*Moderator: Dr. Morris*

4:00 p.m. **PRE-CONFERENCE WORKSHOP**  
**Eat This, Not That: Cliff Notes in Nutrition**  
*Drs. Devries, Freeman and Gianos*

6:00 p.m. **Cocktail Reception for all Cardiovascular Health Promotion Attendees**  
*Hosted by ACC's Prevention of Cardiovascular Disease Member Section*

## Friday, May 31 Heart House

7:00 a.m. **Registration**  
**Breakfast**

7:45 a.m. **Welcome and Introduction**  
*Drs. Freeman, Morris and Orringer*

8:00 a.m. **ACC.19 Prevention Re-cap**  
*Dr. Morris*

### Session II: Clear the Air: Intervention for Smoking Cessation

*Moderator: Dr. Freeman*

8:15 a.m. **Electronic Cigarettes: Do the Benefits Outweigh the Risks?**  
*Dr. Rigotti*

8:35 a.m. **Using ALL the Tools in Your Toolbox: Smoking Cessation Medications and Adjunctive Treatments**  
*Dr. Birtcher*

9:05 a.m. **Hitting the Easy Button: Conversations with Your Patient**  
**Difficult Conversations in Smoking Cessation: Counseling and Referring in Busy Clinical Practices**  
*Panelists: Drs. Birtcher, Blumenthal, Morris and Rigotti*

9:45 a.m. **Themed Wellness Break**  
*Faculty available during the break to answer questions include:*

- *Drs. Birtcher and Rigotti: Smoking Cessation*
- *Drs. Blumenthal and Morris: New ACC Prevention Guidelines*

### Session III: Nutrition: The Whole Heart Solution?

*Moderator: Dr. Orringer*

10:00 a.m. **Interventional Cardiology Delivered with a Fork**  
*Drs. Devries and Freeman*

10:30 a.m. **Trending CV Nutrition Controversies: What Do I Tell My Patient?**  
*Drs. Braun, Freeman and Gianos*

- 11:00 a.m. **Heart Health in a Bottle? Considering the Evidence for Dietary Supplements in CV Risk Reduction**  
*Dr. Gianos*
- 11:30 a.m. **Hitting the Easy Button: Conversations with Your Patient**  
**Counseling in a Skinny Minute: Essential Messages for Promoting a Heart Healthy Diet**  
*Panelists: Drs. Braun, Devries, Freeman and Gianos*
- 12:15 p.m. **Lunch**
- 1:00 p.m. **Turning Off the Faucet: Innovative Strategies for Cardiovascular Risk Reduction**  
*Dr. Lloyd-Jones*

**Session IV: Advanced Concepts in Dyslipidemia: Chipping Away at the Opposition**

**Moderator: Dr. Morris**

- 1:30 p.m. **Playing with a Full Deck: Refining Risk Assessment in Primary Prevention**  
*Dr. Lloyd-Jones*
- 2:00 p.m. **Lipid Management for Secondary Prevention: Balancing Benefit, Risk and Cost**  
*Dr. Orringer*
- 2:30 p.m. **New Recommendations, New Controversies: Great Debates of 2018 ACC/AHA Blood Cholesterol Guideline**  
*Moderator: Dr. Morris*  
*Panelists: Drs. Birtcher, Blumenthal, Freeman, Lloyd-Jones and Orringer*
- 3:00 p.m. **Themed Wellness Break**  
*Faculty available during the break to answer questions include:*
- *Drs. Devries and Gianos: CV Nutrition*
  - *Dr. Orringer: Lipid Management*
  - *Dr. Lloyd-Jones: CV Risk Reduction and Assessment*
- 3:15 p.m. **Hitting the Easy Button: Conversations with Your Patient**  
**Start with the Basics: Lifestyle and Drug Therapy for the Management of Hypertriglyceridemia**  
*Panelists: Drs. Birtcher, Freeman and Orringer*
- 4:00 p.m. **A World of Differences: Considerations in Special Patient Populations**  
*Dr. Blumenthal*
- 4:30 p.m. **Adjourn**
- 4:30 p.m. **“Redefining Happy Hour”**  
*Participants can choose from organized activities around DC*
- 4:30 p.m. **Optional Activity: “Eat This, Not That Meal Challenge” (Heart House, KEA)**

**Saturday, June 1**

**Heart House**

**6:15 a.m. Sunrise Yoga (*Marriott Georgetown, West End Room, 2<sup>nd</sup> floor*)**

**7:15 a.m. Breakfast**

**8:00 a.m. Welcome Back/Highlights from Day One**

**Session V: Managing the New Normal: Practical Approaches to the New Blood Pressure Guidelines**

***Moderator: Dr. Orringer***

**8:15 a.m. Conflicts in Blood Pressure Guidelines: Is There a Right Answer?**

*Dr. Ferdinand*

**8:45 a.m. Getting It Right: Blood Pressure Measurement for Hypertension Diagnosis and Monitoring**

*Dr. Morris*

**9:15 a.m. Diagnosing and Treating Resistant Hypertension**

*Dr. Taler*

**9:45 a.m. Hitting the Easy Button: Conversations with Your Patient  
A Case-based Approach to Blood Pressure Management**

*Moderators: Drs. Birtcher and Braun*

*Panelists: Drs. Ferdinand, Freeman, Morris and Taler*

**10:30 a.m. Calm the Chaos! Managing CV Disease and Stress with Mindfulness and Meditation**

*Dr. Freeman*

**11:00 a.m. Themed Wellness Break**

*Faculty available during the break to answer questions include:*

- *Dr. Ferdinand: Blood Pressure Management*
- *Dr. Taler: Resistant Hypertension*
- *Dr. Freeman: Stress Management*

**Session VI: Diabetes and Cardiology: Defeating the Dangerous Duo**

***Moderator: Dr. Freeman***

**11:15 a.m. New Diabetes Therapies: When Should the Cardiovascular Clinician Prescribe and Who Should Follow Up?**

*Dr. Sperling*

**11:45 a.m. Emerging Opportunities in Diabetes and Beyond: Preventing Heart Failure**

*Dr. Litvin*

**12:15 p.m. Hitting the Easy Button: Conversations with Your Patient  
The Latest Approaches for the Comprehensive Management of DM2**

*Panelists: Drs. Birtcher, Freeman, Litvin and Sperling*

**12:45 p.m. Wrap Up/Take-aways**

**1:00 p.m. Course Adjournment**

