

Cardiovascular Health Promotion: Contemporary Approaches to Prevention

Thursday, May 30

ACC Heart House

3:00 p.m. – Registration
7:00 p.m.

4:00 p.m. **OPTIONAL PRE-CONFERENCE WORKSHOP:**
Eat This, Not That: A Cliff Notes in Nutrition

6:00 p.m. **Networking Reception sponsored by ACC's Prevention Section**

Friday, May 31

ACC Heart House

7:00 a.m. Registration
Breakfast

7:45 a.m. **Welcome and Introduction**
Chairs

8:00 a.m. **Turning Off the Faucet: Innovative Strategies to Reduce the Epidemic of Cardiometabolic Disease**

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

8:30 a.m. **Conflicts in Blood Pressure Guidelines: Is There a Right Answer**

9:00 a.m. **Getting It Right: Blood Pressure Measurement for Hypertension Diagnosis and Monitoring**

9:30 a.m. **Diagnosing and Treating Resistant Hypertension**

10:00 a.m. **Hitting the Easy Button: Conversations with Your Patient**
A Case-Based Approach Blood Pressure Management

10:45 a.m. **Themed Wellness Break**

Session II: Advanced Concepts in Dyslipidemia: Chipping Away at the Opposition

Moderators:

11:00 a.m. **Playing with a Full Deck: Refining Risk Assessment in Primary Prevention**

11:30 a.m. **Lipid Management for Secondary Prevention: Balancing Benefit, Risk and Cost**

12:00 a.m. **New Recommendations, New Controversies: Great Debates of 2018 ACC/AHA Blood Cholesterol Guideline**

12:30 p.m. **Lunch**

1:15 p.m. **Hitting the Easy Button: Start with the Basics:**

Lifestyle Counseling in Hypertriglyceridemia

- 1:55 p.m. A World of Differences: Consideration in Special Patient Populations
- 2:25 p.m. Themed Wellness Break

Session III: Clear the Air: Intervention for Smoking Cessation

Moderators:

- 2:40 p.m. Does the Benefit Outweigh the Risks? Electronic Cigarettes and Marijuana
- 3:00 p.m. Using ALL the Tools in Your Toolbox: Smoking Cessation Medications and Adjunctive Treatments
- 3:30 p.m. Hitting the Easy Button: Conversations with Your Patient
Difficult Conversations in Smoking Cessation: Counseling and Referring in Busy Clinical Practices
- 4:15 p.m. Adjourn
- 4:30 p.m. – 6:30 p.m. Redefining Happy Hour *Participants can choose from some organized activities around DC*

Saturday, June 1

ACC Heart House

- 6:30 a.m. Sunrise Yoga
- 7:15 a.m. Breakfast
- 8:00 a.m. Welcome Back/Highlights from Day One

Session IV: Nutrition: The Whole Heart Solution?

Moderators:

- 8:15 a.m. Interventional Cardiology Delivered with a Fork
- 8:45 a.m. Trending CV Nutrition Controversies: What do I Tell my Patient?
- 9:15 a.m. Heart Health in a Bottle? Considering the Evidence for Dietary Supplements in CV Risk Reduction
- 9:45 a.m. Hitting the Easy Button: Conversations with Your Patient
Counseling in a Skinny Minute: Essential Messages for Promoting a Heart Healthy Diet
- 10:30 a.m. Themed Wellness Break
- 10:45 a.m. Calm the Chaos! Managing CV Disease and Stress with Mindfulness and Meditation

Session V: Diabetes and Cardiology: Defeating the Dangerous Duo

Moderators:

- 11:15 a.m. New Diabetes Therapies: When Should the Cardiologist Prescribe and Who Should Follow up?

- 11:45 a.m. Emerging Opportunities in Diabetes and Beyond: Preventing Heart Failure**
- 12:15 p.m. Hitting the Easy Button: Conversations with Your Patient**
The Latest Lifestyle Medicine Approaches for the Comprehensive Management of DM2
- 12:45 p.m. Wrap Up/Take-aways**
- 1:00 p.m. Course Adjournment**