

Faculty List (Continued)

Vincent JB Robinson, MD, FACC, FRCPC
GE Garrison MD Distinguished Chair in Cardiovascular Medicine
Professor of Medicine and Radiology
Course Director, 8th Annual Kimberling Cardiovascular Showcase
Co-director, Nuclear Radiology
Immediate past President, SOM Faculty Senate
Augusta, Georgia

Jeffrey Sell, MD, FACS
Chief, Cardiovascular Surgery, Sarasota Memorial Healthcare System
Sarasota, Florida

Sidney C. Smith, Jr., MD, FAHA, FESC, FACP, MACC
Professor of Medicine, Division of Cardiology UNC School of Medicine
Past President World Heart Federation
Past President American Heart Association
Chapel Hill, North Carolina

Bola Sogade MD, FAAFP, FACOG
Adjunct Clinical Assistant Professor, Department of Obstetrics and Gynecology and Department of Family Medicine in the Physician Assistant Program, Morehouse School of Medicine
Atlanta, Georgia
Medical Director ObGyne Birth Center for Natural Deliveries
Robotic Surgeon
Forsyth, Georgia

Felix Sogade, MD, FACC, FHRS
Georgia Arrhythmia Consultant Research Institute
Past Chairman of the Board, Association of Black Cardiologists (ABC)
Macon, Georgia

Laurence Sperling, MD, FACC, FAHA
Professor of Medicine (Cardiology)
Past President of the American Society for Preventive Cardiology
Director of Emory Heart Disease Prevention Center
Emory University School of Medicine
Professor of Global Health Hubert Department of Global Health Rollins School of Public Health at Emory University
Executive Director, Million Hearts
Atlanta, Georgia

Kristen Walker, MD
Cardiovascular Surgeon
First Physicians Group
Sarasota, Florida

Nanette K. Wenger, MD, MACC, MACP, FAHA
Program Co-Director
Vice President, ISCVDP
Professor of Medicine (Emeritus), Cardiology, Emory University School of Medicine
President Society of Geriatric Cardiology 1994-1995
Editor-in-Chief American Journal of Geriatric Cardiology for over 15 years
AHA Chair, Task Force, Heart Education for Women 1990-1999
Past Chief of Cardiology Grady Memorial Hospital
Consultant, Emory Heart & Vascular Center
Founding Consultant, Emory Women's Heart Center
Atlanta, Georgia

International Faculty

Magdy Abdelhamid, MD
Professor and Chief of Cardiology Kasr El-Aini Medical School
Past President of Egyptian Society of Cardiology
Cairo, Egypt

Gamila Nasr, MD
Board Member, ISCVDP
Professor and Past Chair of Cardiology Department Suez Canal University
Board Member of Egyptian Society of Cardiology and Past Chair of Preventive Cardiology Section
Past President of the Working Group of Preventive Cardiology and Cardiac Rehabilitation
Head of Scientific Council of Egyptian Board of Cardiovascular Medicine
Head of Medical Society of Ismailia, Egypt
Ismailia, Egypt

Fausto J. Pinto, MD, PhD, FESC, FACC, FEACVI, FSCAI, FASE
Board Member, ISCVDP
Professor of Medicine, Chief of Cardiology and Dean, Lisbon School of Medicine, University of Lisbon, Portugal
Past President World Heart Federation (WHF)
Past President European Soc. of Cardiology (ESC)
Lisbon, Portugal

Ashraf Reda, MD
President of Egyptian Association of Vascular Biology and Atherosclerosis (EAVA)
Professor and Past Chair of Cardiology Menoufia University
Menoufia, Egypt

Faiez Zannad, MD, PhD.
Emeritus Professor of Therapeutics and Cardiology, Université de Lorraine, Inserm Clinical Investigation Centre, CHU, Nancy, France
Chairman, CVCT, Paris, France
Paris, France

Bassem Zarif, MD
Vice Dean of Research and Education and Professor of Cardiology, National Heart Institute of Egypt
Board Member for Prevention Working Group, Egyptian Society of Cardiology
Cairo, Egypt

Congress Registration:

Physicians.....\$250
Prior to **Jan. 31, 2023**, thereafter **\$400**
Other Healthcare Professionals.....\$150
ISCVDP Members and Previous Attendees limited to 100
prior to **Jan. 31, 2023**.....\$100
Medical Students and Nurses (first 50 registrants), prior to
Jan. 31, 2023.....Free

Public invited free for Saturday Afternoon session.
Space is limited, must pre-register

Optional Lunch and Dinner by Invitation Only:
Friday, February 2, 2024 Yes, I will attend No, I will not attend
Optional Breakfast, Lunch & Dinner by Invitation Only:
Saturday, February 3, 2024 Yes, I will attend No, I will not attend

REGISTER

AT



REGISTER ONLINE

Make checks payable to:
International Society for Cardiovascular Disease Prevention
and mail to the address below.*

FOR CREDIT CARD PAYMENT CALL (941)366-9805

Name: _____
Title: _____
Address: _____
City: _____ State: _____ Zip: _____
Facility: _____
Phone: _____
E-mail: _____

Name on Card _____

Card No. _____ Exp _____ / _____

ONLY CONFIRMED ATTENDEES WILL BE ALLOWED IN.

*Clip & Send Registration Form & Appropriate Fee to:
International Society for Cardiovascular Disease Prevention,
PO Box 433, Sarasota, FL 34230.

Attn: M. El Shahawy, MD, Program Director

May also register on line at:

www.iscvdp.org

For additional information, please call **941 366 9800**
or visit www.iscvdp.org or www.cardiologycenter.net

Travel and Discounted Hyatt Regency Hotel
Arrangements

Please call:

ADMIRAL TRAVEL at 888 722 3401 or 941 951 1801

1284 N Palm Ave., Sarasota, FL 34236

www.admiraltravel.com

Educational Objectives:

The course is designed to present for participants:

- A Update on Diabetic Heart Disease and Heart Failure
- B Update on Hypertension and Cardiorenal Syndrome
- C Update on Novel Approach for Treatment of Dyslipidemia
- D Current Diagnosis and Management of Obesity with emphasis of Cardio Morbidity
- E Exercise Is Your Best Pill
- F Family History
- G Genetics LP(a) Updates

24 Renowned Professors of Cardiology will be the host Faculty for this Congress to discuss incorporation of these new developments into clinical practice. In addition to lectures, there will be case presentations to encourage discussion and audience participation

The final take-home message from this Congress is:
Time to Focus on Early Cardiovascular
Disease Prevention. Time to be good to your heart:
Early Detection for Optimal Prevention /
Early Detect to Protect

Topics:

- Review of Novel Approaches for Early Cardiovascular Disease Prevention and Optimal Diagnosis and Management of Primary and Secondary Cardiovascular Diseases in Order to Avert or Delay a Catastrophic Cardiovascular Event
- Management of Diabetes & Obesity
- New Guidelines in Hypertension and Dyslipidemia
- Current and Future Management of Dyslipidemia and Atherosclerosis
- Update on Hypertension and Cardiorenal Syndrome
- Women's Heart Disease
- Update on Treatment Modalities for Ischemic Heart Disease in Women
- Stroke Prevention in NVAf
- Novel Approach for Diagnosis and Management of Heart Failure
- Sleep Disorders and Heart Disease
- Update on Systematic Approach to Risk Stratification and Screening
- Update on the use of Imaging Modalities for the Diagnosis and Management of CV Disease

Meeting Description:

This CME activity is designed for cardiologists, internists, pharmacists, primary care physicians, emergency room physicians, nurses, respiratory therapists, and other health care providers who manage patients with cardiovascular disease.

Accreditation:

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of the Florida Medical Association and ISCVDP. The Florida Medical Association is accredited by the ACCME to provide continuing medical education for physicians. The Florida Medical Association designates this live activity for a maximum of 12 AMA PRA Category I Credits. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Location and Hotel Accommodations:

Hyatt Regency
1000 Boulevard of the Arts
Sarasota, FL 34236
Phone: (941) 953-1234



Florida Medical Association



The Cardiovascular Health Assessment Center
at Cardiovascular Center of Sarasota
1950 Arlington Street Suite 300
Sarasota, FL 34239 • Phone (941) 366-9800
www.cardiologycenter.net



24/24/24
CONGRESS



CARDIOVASCULAR CENTER OF SARASOTA

24th Annual National
CardioSarasota Congress on Cardiovascular
Disease Prevention: Update 2024



CardioSarasota, Florida
Hosted by 24 of the
Most Renowned Professors
of Cardiology, Nationally
and Internationally
12 CME Approved Program
by The Florida Medical Association

Friday - Saturday, February 2-3, 2024

Hyatt Regency, Sarasota, FL

Jointly Provided by:

The International Society for Cardiovascular Disease Prevention [ISCVDP],
Sarasota Cardiovascular Health Assessment Center,
The Cardiovascular Center of Sarasota Foundation for Research and
Education, and The Florida Medical Association

Celebrating 49 Years of Preventing
and Treating Cardiovascular Disease in Sarasota, Florida

In Cooperation With:

The Founder and Past President of the University
of Minnesota Center for Cardiovascular Disease
Prevention, Sarasota Memorial Healthcare
System, Association of Black Cardiologists (ABC),
and the World Heart Federation (WHF)



Program Director:

Mahfouz El Shahawy, MD, MS,
FACP, FESC, FASPC, FASH,
FSCCT, FAHA, FACC

Program Co-Directors:

Jay N. Cohn, M.D., F.A.C.C.

Anthony DeMaria, MD, FACC
Nanette Wenger MD, MACC,
MACP, FAHA



Florida Medical Association

For more details and registration
visit www.ISCVDP.org



CardioSarasota, Florida 24/24/24

24th Annual National CardioSarasota, Florida Congress for Cardiovascular Disease Prevention and Optimal Treatment Update Hosted by 24 of the most renowned National and

International Professors of Cardiology 12 CME Accredited Program by The Florida Medical Association February 2-3, 2024, Hyatt Regency, Sarasota, Florida

12 CME Accredited Program Jointly Provided by: The International Society for Cardiovascular Disease Prevention [ISCVDP], The Cardiovascular Center of Sarasota Foundation for Research and Education, The Sarasota Cardiovascular Health Assessment Center, and The Florida Medical Association (FMA)

In cooperation with Sarasota Memorial Healthcare System, Sarasota Memorial Healthcare Foundation, Association of Black Cardiologists [ABC], and World Heart Federation



Faculty List

Mahfouz El Shahawy, MD, MS, FACP, FESC, FASPC, FASH, FSCCT, FAHA, FACC, Program Director
President, International Society for Cardiovascular Disease Prevention (ISCVDP) Lifetime Achievement Award for Practice of Medicine and Cardiology, Sarasota (47 years)
Clinical Professor of Medicine Universities of Florida and South Florida
Golden Doctor Diploma 2014 University of Vienna, Austria
Past Member Board Of Trustees Of The American Society Of Preventive Cardiology [ASPC] Past Member Board of Trustees of the Association of Black Cardiologists[ABC]
Medical Director Cardiovascular Health Assessment Center
President Cardiovascular Center of Sarasota
Medical Director and Founder SMH Cardiovascular Prevention Center 2007 -2010 Sarasota, Florida

Matthew Budoff, MD, FACC
Professor of Medicine, UCLA
Endowed Chair of preventive Cardiology Program
Director, Division of Cardiology Los Angeles
Biomedical Research Institute Los Angeles, California

Jay N. Cohn, MD, FACC, FAHA
Program Co-Director
Vice President, ISCVDP
Professor of Medicine (Emeritus), Cardiology University of Minnesota
Former Director, Rasmussen Center for Cardiovascular Disease Prevention
University of Minnesota Medical School
President American Society of Hypertension, 1990-1992
President International Society of Hypertension, 1996-1998
President Heart Failure Society of America, 1995-1998

Anthony DeMaria, MD, FACC
Program Co-Director
Vice President, ISCVDP
Professor of Medicine, Division of Cardiovascular Disease, U.C. San Diego, CA
Editor in Chief of American Journal of Cardiology 2002-2014
San Diego, California

Icilm Fergus, MD, FACC
Professor of Cardiology, Icahn School of Medicine/Mount Sinai
Director of Cardiovascular Disparity and Clinical Lipidology
Past President Association of Black Cardiologists (ABC)
New York, New York

Anthony Fletcher, MD, FACC, FSCAI, FAHA
President-Elect and Chair of the Bylaws Committee Association of Black Cardiologists
Little Rock, Arkansas

Robert Gillespie, MD, FACC, FASE, FASNC
Director of Nuclear Imaging, Sharp Rees-Stealy Medical Group
Past Chairman of the Board, Association of Black Cardiologists, ABC
San Diego, California

Martha Gulati, MD, MS, FACC, FAHA
President American Society for Preventive Cardiology
Director of Prevention and Associate Director of the Barbara Streisand Women's Heart Center Los Angeles, California

Thomas Kelly, MD, FACS
Secretary/Treasurer, ISCVDP
Cardiovascular Surgeon, Sarasota Memorial Hospital, Sarasota, Florida

Fred M. Kusumoto, MD, FHRS
Immediate Past President, Heart Rhythm Society
Professor and Associate Dean of Faculty Affairs
Mayo Clinic Alix School of Medicine, Jacksonville, Florida

Jagat Narula, MD, PhD, MACC
President Elect 2023-2024 World Heart Federation
Executive Vice President and Chief Academic Officer, University of Texas Health, Houston K. Lance Gould, Distinguished Professor for Study of Coronary Pathophysiology, McGovern Medical School
Houston, Texas

Elizabeth O. Ofili, MD, FACC
Board Member International Society for Cardiovascular Disease Prevention (ISCVDP) Professor of Medicine (Cardiology), Morehouse School of Medicine
Past President, Association of Black Cardiologists
Atlanta, Georgia

Anekw Onwuanyi, MD
Professor of Medicine and Chief of Cardiology
Morehouse School of Medicine
Medical Director, Heart Failure Program, Grady Health System, Atlanta, Georgia
President, Association of Black Cardiologists

Bertram Pitt, MD, FACC
Professor of Cardiology, University of Michigan, Ann Arbor, Michigan

Marc A. Pohl, MD
Consultant Staff, Department of Kidney Medicine, Cleveland Clinic
Past Head, Section of Clinical Hypertension and Nephrology
Past Director Center for Blood Pressure Disorders
Glickman Urological and Kidney Institute, Cleveland Clinic, Cleveland, Ohio

Sandeep Rahangdale, MD, FASPC, MHFSA
Professor and Dean, FSU College of Medicine, Tallahassee Regional Campus
President, Preventive Cardiology & Internal Medicine Associates
Tallahassee, Florida

FRIDAY February 2nd 2024, 11:00 AM to 1:00 PM Special Optional Symposia By Invitation Only

The Optional Symposia in the session below is not part of the Florida Medical Association CME Accredited Program

- 11:00 AM Registration for Optional Symposia by invitation only on Friday and Saturday**
Special Optional Symposia, Lunch, Dinner, Breakfast on Current Guideline Directed Treatments for Major Cardiovascular Disease Enhancing Risk Factors with Focus on Current Guidelines and Updates for **A, B, C, D** and much more. This symposia will be presented by world renowned Professors of Cardiology with excellent expertise on current diagnosis and management on the topics addressed which include:
A. (A1c Diabetes) Diabetes as a Major Cardiovascular and Renal Disease
B. (Blood Pressure) Hypertension is a Major Global Cardiovascular and Renal Disease Risk Factor: New Guidelines and Strategy for Optimal Treatment
C. (Cholesterol) Dyslipidemia: New Additions to the Toolbox for Optimal Control
D. (Diet/Obesity) Obesity: With and Without Comorbidities is a Disease: Current Diagnosis and Toolbox for Optimal Management
- Other Symposia To Be Presented Such As:**
 - Atrial Fibrillation: Current Diagnosis and Management
 - Heart Failure: Novel Tools for Optimal Management for Heart Failure SGLT2i, GLP1 receptor agonist, Vericiguat and much more
 - Pulmonary Hypertension
 - Novel approach for the diagnosis and management of Diabetic Kidney Disease and Cardiorenal Syndrome
- 12:00-1:00 PM Optional Luncheon**
Update on Current Treatment of Heart Failure.....TBA

FRIDAY February 2nd, 2024, 1:15 PM to 6:00 PM Afternoon CME Session

- 1:15 PM SESSION I**
Registration for CME Program
WELCOME:
M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director; Gregory Carter: Past Chair Sarasota County Public Hospital Board; Professors J. Cohn and N. Wenger: Program Co-Directors
- 1:20 PM ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT FOR THE A, B, C, D**
Chairpersons: Drs. M. El Shahawy, T. Kelly, and N. Wenger
- 1:30 PM** The Role of World Heart Federation (WHF) in Promoting Global Cardiovascular Health.....F. Pinto, MD
- 1:50 PM** Health Equity and Disparity in the U.S.....I. Fergus, MD
- 2:10 PM** Cardiovascular Disease Prevention and Beyond..... B. Zarif, MD
- 2:30 PM** Cardiovascular Disease Progression as a Target for TherapyJ. Cohn, MD

SESSION I Continued

- 2:50 PM** Coffee Break
- 3:10 PM** Diabetes as a Major Cardiovascular Renal Risk Factor: What to Do in 2024M. El Shahawy, MD
- 3:30 PM** Hypertension: Drug Treatment Strategies.....M. Pohl, MD
- 3:50 PM** New Lipid Therapy to Reduce Atherosclerotic Cardiovascular Disease Risk With Emphasis on Statin-Intolerant Patients.....M. Budoff, MD
- 4:10 PM** Triglyceride Rich Lipoproteins and Remnant Cholesterol.....A. Reda, MD
- 4:30 PM** Time-Restricted Eating as Strategy for Cardiovascular Disease PreventionL. Sperling, MD
- 4:50 PM** Where Has All the Aspirin Gone? 2024.....N. Wenger, MD
- 5:10 PM** Panel Discussion: Moderators Drs. R. Gillespie, J. Nalura, and N. Wenger
PanelistsAll Faculty
- 6:00 PM** **Optional Dinner Symposium Pre-registration Required, space is limited:**
A Deeper Dive into the Early Recognition, Diagnosis, and Treatment of PH Associated with ILD.....J. Michaelson, MD

SATURDAY February 3rd, 2024, 6:00 AM to 1:00 PM Morning CME Session

- 6:15 - 7:15 AM** **Optional Breakfast Symposium:**
WHO's in Second to Fifth? Distinguishing PAH from other Types of Pulmonary Hypertension.....J. Michaelson, MD
- MORNING CME SESSION**
- 7:30 AM REGISTRATION**
- 7:45 AM WELCOME:**
M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director David Verinder: President and CEO SMH Healthcare System
- ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT FOR THE A, B, C, D**
Chairpersons: Drs. M. El Shahawy, T. Kelly, and A. Fletcher
- 8:00 AM** 2023 ESC Guidelines for the Management of Acute Coronary SyndromeN. Wenger, MD
- 8:20 AM** Management of Chronic Coronary Syndromes.....F. Pinto, MD
- 8:40 AM** Can We Eliminate Heart Attacks?.....J. Narula, MD
- 9:00 AM** Obesity: Abdominal Visceral and/or Epicardial Adiposity Even Without Symptomatic Comorbidities is a Disease and a Major Cardiovascular Risk Factor.....M. El Shahawy, MD
- 9:20 AM** Ventricular Arrhythmias and Sudden Death.....F. Sogade, MD
- 9:40 AM** How to Prevent Atrial Fibrillation.....F. Kusumoto, MD
- 10:00 AM** Coffee Break
- 10:20 AM** Stress Testing: Is It Still Relevant in 2024.....R. Gillespie, MD
- 10:40 AM** Navigating the Guideline Recommendations for Stress TestingA. DeMaria, MD

SESSION II Continued

- 11:00 AM** Review of Ascending Thoracic Aortic DiseaseDrs. J. Sell, MD and K. Walker, MD
- 11:20 AM** Panel Discussion: Moderators
- 11:40 AM**Drs. T. Kelly, M. El Shahawy, and V. Robinson
PanelistsAll Faculty
- 12:15 - 1:00 PM** **Optional Lunch Symposium, pre-registration required, space is limited:**
New Tools for the Treatment of Cardiovascular Inflammation
.....M. Budoff, MD

SATURDAY February 3rd, 2024, 1:00 PM to 6:00 PM Afternoon CME Session

- 1:15 PM** **WELCOME:**
M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Program Director; Thomas Kelly, MD: Board Trustee Sarasota Memorial Healthcare Foundation; Stacey Corley: Sarasota Memorial Healthcare Foundation President
- SESSION III**
- ADVANCES IN THE PAST 12 MONTHS IN PRIMARY AND SECONDARY CARDIOVASCULAR DISEASE PREVENTION AND OPTIMAL TREATMENT FOR THE A, B, C, D**
Chairpersons: Drs. M. El Shahawy, T. Kelly, and N. Wenger
- 1:30 PM** Focus on Cardio-Renal Metabolic Health.....L. Sperling MD
- 2:00 PM** Cardio Metabolic Syndrome Update 2024 with Emphasis on Microbiota E. Ofili MD
- 2:15 PM** Coronary Calcium Score Values and its Implication: What You Need To Know.....M. Budoff, MD
- 2:30 PM** Excess Epicardial Fat Volume: Novel Cardiovascular Risk FactorM. El Shahawy, MD
- 2:45 PM** Global Programs for the Treatment of Hypertension.....S. Smith, MD
- 3:00 PM** Coffee Break
- 3:15 PM** Cardiac Amyloid: An Under-diagnosed Disease.....R. Gillespie, MD
- 3:30 PM** Treatment of Advanced Heart Failure: Novel Approach..S.Rahangdale, MD
- 3:45 PM** How to Prevent and Treat Heart Failure Update 2024...M. Abdelhamid, MD
- 4:00 PM** Novel Approach for Heart Failure Treatment with Emphasis on Sleep Disorders.....F. Zannad, MD
- 4:15 PM** Women, Heart Disease and Pregnancy.....B. Sogade, MD
- 4:30 PM** Women's Heart Disease Prevention Strategy in 2024.....M. Gulati, MD
- 4:45 PM** Lifestyle Modifications Antismoking Campaign.....G. Nasr, MD
- 5:00 PM** COVID-19 2024 Update: Where Do We Stand?.....F. Pinto, MD
- 5:15 PM** Cardiovascular disease in Women: Epidemiology, Awareness, Access, and Delivery of Equitable Healthcare..... N. Wenger, MD
- 5:30 PM** Panel Discussion: Moderators.Drs. M. El Shahawy, T. Kelly and L. Sperling
Panelists All Faculty
- 5:55 PM** Conclusion.....M. El Shahawy, MD
- 6:00 PM** Adjourn