



NEW YORK UNIVERSITY

Post-Graduate Medical School
550 First Avenue
New York, NY 10016

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CARDIOVASCULAR RISK: LIPIDS AND BEYOND

Friday, May 15th, 2009
NYU School of Medicine
Smilow Seminar Room
Visit the NYU Post-Graduate Medical School
website at www.med.nyu.edu/courses/cme/lipids2009
NYU Center for the Prevention of Cardiovascular Disease
website at www.med.nyu.edu/cvprevention



CARDIOVASCULAR RISK: LIPIDS AND BEYOND



NYU Langone Medical Center
Sponsored by the NYU Post-Graduate Medical School

FRIDAY, MAY 15TH, 2009
#814 - Smilow Seminar Room

COURSE DESCRIPTION

The course will cover state-of-the-art management of patients with lipid disorders with a focus on preventive cardiology. This will include a discussion of advanced treatment options for HDL and triglyceride disorders. This year's program focuses on diabetes, hypertension, fish oils and hypertriglyceridemia, CRP, and combination therapies. New topics this year include secondary hypertension and the role of exercise in modern cardiology. In addition to the 9 half-hour presentations, a 1 1/2 hour panel discussion session will also be included. This panel discussion time will include case reviews and questions from the audience.

STATEMENT OF NEED

Levels of LDL and HDL in the plasma are well established risk factors and remain under treated. There is a need to improve treatment of this prevalent condition in the general population as well as to increase the awareness of the need for treatment in high-risk conditions and provide physicians the treatment tools. Exercise is one of multiple strategies to prevent the development of atherosclerotic coronary artery disease. The benefits of exercise are also seen in combating selected risk factors for CAD, including obesity, and hypertension, among others. Although the benefits of exercise are well researched and documented, translation of this efficacy into clinical practice is a critical need in cardiology today. Prehypertension has been defined as a new category of blood pressure in order to reinforce the health risks of even slightly elevated blood pressure. Although it is being recognized as a high-risk indicator, the treatment of prehypertension is not widely practiced. Practicing physicians not only need to be able to offer treatment options for prehypertension, but understand why this is so vital to preventing heart disease. C-reactive protein (CRP) can be an important marker to assess risk for cardiovascular disease, particularly in patients with one or more risk factors for heart disease. Many physicians, however, do not routinely test patients for this inflammatory marker. Diabetes is associated with a 2- to 4-fold increase in the risk of coronary heart disease, and among people with diabetes, about two thirds of deaths are due to cardiovascular disease yet many health professionals do not fully appreciate the relationship between diabetes and cardiovascular disease.

LEARNING OBJECTIVES

- Effectively manage levels of LDL and HDL in the plasma and reduce cardiovascular risk through appropriate diet, medication and lifestyle management.
- Discuss the benefits of exercise in the prevention of cardiovascular disease and in the prevention and treatment of obesity, insulin resistance, hypertension, and triglycerides. Discuss the need for adopting a "preventive mindset" to effectively address the epidemic of CV disease.
- Establish treatment strategies for patients with prehypertension that will lower blood pressure and incorporate them into practice.
- Discuss clinical relevance of C-Reactive protein vs. LDL as indicators of cardiovascular risk. Incorporate a strategy for testing patients for CRP especially when deciding how aggressively to treat high cholesterol and high blood pressure in patients with one or more risk factors for CVD.
- Describe the relationship between diabetes and cardiovascular disease and develop a plan for cardiovascular risk reduction in patients with diabetes.

TARGET AUDIENCE

The course has been designed for internists, family practitioners, cardiologists, general practice, endocrinologists, nurse practitioners, and dieticians with an interest in the prevention of heart disease.

COURSE DIRECTOR

Arthur Schwartzbard MD, FACC
Assistant Professor of Medicine
The Leon H. Charney Division of Cardiology
Director, Clinical Lipid Research
NYU Center for the Prevention of
Cardiovascular Disease, NYU School of Medicine

GUEST FACULTY

Roger S. Blumenthal, MD, FACC
Professor of Medicine
Johns Hopkins Hospital
Baltimore, MD

Jonathan C. Cohen, PhD
C. Vincent Prothro Chair in Human Nutrition Research
Professor of Internal Medicine, Nutrition
and Metabolic Diseases
University of Texas
Southwestern Medical School
Dallas, TX

Stanley Hazen, M.D., Ph.D.
Head of the Section for Preventive
Cardiology and Rehabilitation
Director for the Center for Cardiovascular
Diagnostics and Prevention,
Cleveland Clinic
Cleveland, OH

Daniel Levy, M.D.
Director, Framingham Heart Study, National Heart,
Lung and Blood Institute
Professor of Medicine, Boston University School of Medicine
Framingham, MA

Darren K. McGuire, M.D., MHSC
Associate Professor of Medicine
University of Texas
Southwestern Medical School
University Hospital - St. Paul
Dallas, TX

Paul D. Thompson, MD
Professor of Medicine
University of Connecticut School of Medicine
Hartford, CT

NYU SCHOOL OF MEDICINE FACULTY

Henry R. Black, MD
Clinical Professor of Medicine
The Leon H. Charney Division of Cardiology
Director, Hypertension Program
NYU Center for the Prevention of
Cardiovascular Disease

Edward A. Fisher, MD, PhD, MPH
Leon H. Charney Professor of
Cardiovascular Medicine
The Leon H. Charney Division of Cardiology
Professor of Cell Biology
Director, Marc and Ruti Bell Vascular Biology and
Disease Program and NYU Center for the Prevention
of Cardiovascular Disease

Michael Schloss, MD, FACC
Clinical Associate Professor
The Leon H. Charney Division of Cardiology
Co-Clinical Director
NYU Center for the Prevention of
Cardiovascular Disease

Arthur Schwartzbard, MD, FACC
Assistant Professor of Medicine
The Leon H. Charney Division of Cardiology
Director, Clinical Lipid Research
NYU Center for the Prevention of
Cardiovascular Disease

James A. Underberg, MS, MD, FACPM, FACP
Clinical Assistant Professor of Medicine
Division of General Internal Medicine
Member, NYU Center for the Prevention of
Cardiovascular Disease
Director, Primary Care Lipid Clinic Bellevue Hospital
President, New York Preventive Cardiovascular Society

Howard Weintraub, MD, FACC
Clinical Associate Professor
The Leon H. Charney Division of Cardiology
Clinical Director, NYU Center for the Prevention of
Cardiovascular Disease

LOCATION:

NYU Langone Medical Center
Smilow Seminar Room
550 First Avenue
New York, NY

NYU School of Medicine is located in a predominantly residential area on the East side of Manhattan.

Photo Identification is required to enter the Medical Center.

Dr. Stanley Hazen's presentation has been designated as the fourth annual Herbert Kayden Lecture, in recognition of Dr. Kayden's distinguished research career in lipid metabolism at NYU.

Online Registration Preferred

Applications will be accepted in order of their receipt. Visit our secure website at www.med.nyu.edu/courses/cme/lipids2009 to submit online registration.

COURSE CONFIRMATION:

Please supply your e-mail address to receive a confirmation letter. Written confirmation will not be mailed.

INFORMATION:

Registration Office
NYU Post-Graduate
Medical School
P.O. Box 1855,
Murray Hill Station
New York, NY 10016
Phone: 212-263-5295
Fax: 212-263-5293

Please Note: We cannot accept telephone registration.

Please visit NYU Center for the Prevention of Cardiovascular Disease, a component of the Leon H. Charney Division of Cardiology, at www.med.nyu.edu/cvprevention

ACCREDITATION STATEMENT

The NYU Post-Graduate Medical School is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT DESIGNATION STATEMENT

The NYU Post-Graduate Medical School designates this educational activity for a maximum of 6 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity. To obtain CME credit, you must:

(1) have your ID badge electronically scanned for attendance once each day, and

(2) access our website, www.med.nyu.edu/cme, and click on the Online Course Evaluator/CME Credit Process (follow all instructions to receive instantaneous letter of credit).

DISCLOSURE STATEMENT

The NYU Post-Graduate Medical School adheres to the ACCME Essential Areas and policies, including the Standards for Commercial Support, regarding industry support of continuing medical education. In order to resolve any identified Conflicts of Interest, disclosure information is provided during the planning process to ensure resolution of any identified conflicts. Disclosure of faculty and commercial relationships as well as the discussion of unlabeled or unapproved use of any drug, device or procedure by the faculty will be fully noted at the meeting.

If there is a specific topic or question that would help fulfill your educational needs, please submit it on the registration panel.

HOTEL ACCOMMODATIONS

Rooms are in very heavy demand in New York City; we urge you to make your reservations early. A list of hotels located near the NYU School of Medicine can be obtained from our website.

PARKING

Parking is available on 29th and 30th Streets between First and Second Avenues, as well as at the Schwartz Health Care Center garage on First Avenue and 30th Street.

GENERAL INFORMATION

8:00	Registration & Continental Breakfast
8:15	Introductory Remarks
8:30	Diabetes & Cardiovascular Disease Dr. Darren McGuire
9:00	CRP & Cardiovascular Risk Dr. Roger Blumenthal
9:30	Combination Therapies: Optimizing Patient Outcomes Dr. Howard Weintraub
10:00	Coffee Break
10:15	Hypertension Update Dr. Henry Black
10:45	Genetics of Cardiovascular Disease Dr. Daniel Levy
11:15	LDL Cholesterol: Its Regulation by PCSK9 & New Therapeutic Approaches Dr. Jonathan C. Cohen
11:45	Lunch

PROGRAM SCHEDULE

12:45	HDL: Clinical & Basic Science Aspects Dr. Stanley Hazen
1:15	The Role of Exercise in Modern Cardiology Dr. Paul Thompson
1:45	Omega 3's, Dyslipidemia and Cardiovascular Risk Reduction Dr. Michael Schloss
2:15	Coffee Break
2:30	Panel Discussion/Case Review Above Speakers and Panel Members: Dr. Edward A. Fisher Dr. Arthur Schwartzbard Dr. James Underberg
4:00	Closing Remarks

COURSE REGISTRATION FORM

Register online at www.med.nyu.edu/courses/cme/lipids2009

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Photocopies permitted - please do not enlarge or reduce this form.
PLEASE PRINT ALL INFORMATION CLEARLY IN BLOCK LETTERS AND NUMBERS.

Name _____

Address _____

City _____

State _____ Zip _____

Day Phone _____ Fax _____

Course Confirmation: Please supply your e-mail address to receive a confirmation letter. Written confirmation will not be mailed. Make sure your e-mail address is clearly written.

E-Mail _____

Degree _____ Specialty _____

Course Fee: \$100

On site registrants will incur an additional \$20 charge and receive a receipt by email within 1-2 weeks.

Method of Payment

(Cash, Email & telephone registration are not accepted.) If faxing, do not mail or refax, this will result in a duplicate charge to your account.

Check in U.S.Dollars only \$ _____

Credit Card Payment (see below)

International Postal Money Order (Foreign registrants, including those from Canada, must pay by International Postal Money order or credit card): \$ _____

Make payable to: NYU Post-Graduate Medical School

Send to: Registration Office, NYU Post-Graduate Medical School,
P. O. Box 1855, Murray Hill Station,
New York, NY 10016

After May 7, 2009, only on-site registration is available.

Payment by Credit Card

Credit card payments may be faxed to (212) 263-5293

Card # _____

Bill To: Visa MasterCard American Express

Card member's name (please print clearly)

Expiration Date ____ / ____ Amount to be charged \$ _____

Signature _____

Refund Policy: An Administrative charge of \$25 will be assessed for cancellations prior to May 1, 2009. Cancellations must be in writing and postmarked no later than the above date (faxes and emails are not accepted). Cancellations will not be accepted after the above date.

Course Cancellation Policy: In the unusual circumstance that this course is cancelled, two weeks notice will be given and tuition will be refunded in full. The NYU Post-Graduate Medical School is not responsible for any airfare, hotel or other costs incurred.

Special Needs or Requests: To help fulfill your educational needs, submit a question or topic relating to this course:

