

Faculty List (Continued)

**Erin D. Michos, MD, MHS, FAHA, FACC, FASE, FASPC**  
Associate Professor of Medicine and Epidemiology  
Director of Women's Cardiovascular Health  
Associate Director of Preventive Cardiology  
Division of Cardiology  
Johns Hopkins University School of Medicine  
Co-Editor in Chief  
The American Journal of Preventive Cardiology

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

**Carl J Pepine, MD, MACC, FAHA, FESC**  
Professor of Medicine, University of Florida  
Chairman Vascular Biology Working Group  
Past President American College of Cardiology  
Gainesville, Florida

**David Perloff, MD, FACC, FACP**  
Perloff Cardiovascular Care Fort Lauderdale, Florida  
President - Florida Chapter American College of Cardiology  
Fort Lauderdale, Florida

**Marc A. Pohl, MD**  
Consultant Staff, Department of Nephrology and Hypertension, 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

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

**Bola Sogade MD FAAFP FACOG**  
Medical Director ObGyne Birth Center for Natural Deliveries  
Robotic Surgeon  
Forsyth GA

**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

**C Michael Valentine, MD MACC FAHA FSCAI**  
Professor of Medicine, Cardiovascular Division  
University of Virginia  
Past President, American College of Cardiology

**David Wolinsky, MD, FACC, MASNC**  
Section Head Nuclear Cardiology  
Director Cardiac Amyloid Center  
Cleveland Clinic Florida  
Past President American Society of Nuclear Cardiology  
Weston, Florida

International Faculty

**Gamila Nasr, MD**  
Board Member, ISCVDP  
Professor and Head of Cardiology Department Suez Canal University  
General Secretary of Egyptian Society of Cardiology  
President of the Working Group of Preventive Cardiology and Cardiac Rehabilitation

**Fausto Pinto, MD, FESC, FACC, FSCAI, FASE**  
Board Member, ISCVDP  
Professor of Medicine, Chief of Cardiology and Dean Medical School Lisbon, Portugal  
President World Heart Federation  
Past President European Soc. of Cardiology  
Lisbon, Portugal

**Professor Sir Magdi Yacoub, FRS, FACE**  
Board Member, ISCVDP  
Imperial College London, Heart Science Center  
Harefield, Middlesex, United Kingdom

Congress Registration:

**PHYSICIANS ..... \$175.00**  
**Prior to March 31, 2021 250 dollars thereafter**

**Other health care professionals.....\$75.00**  
**ISCVDP Members & Previous Attendees ..... \$100.00**  
**(Limited to 100, Prior to March 31, 2021)**

**MEDICAL STUDENTS and NURSES first 50 registrants .....Free**  
**Public invited free for SUNDAY MORNING session.**  
**Space is limited, must pre-register.**

**Only confirmed attendees will be allowed in.**

Optional lunch for healthcare providers :  
**(Free lunch for the 100 healthcare providers who register first)**  
☐ Yes I will attend ☐ No, I will not attend

Physicians Only Optional free dinner Symposiums:  
**(Dinner limited to only 75 physicians / first registered, first served)**  
☐ Yes I will attend ☐ No, I will not attend

Make checks payable to:  
**International Society for Cardiovascular Disease Prevention**  
**21<sup>st</sup> Annual Congress on Early Cardiovascular Disease Prevention**  
and mail to the address listed below.\*

**FOR CREDIT CARD PAYMENT ONLINE**  
**AT ISCVDP.org**  
**REGISTRATION FORM**

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,**  
**21st Congress on Early Cardiovascular Disease Prevention**  
**PO Box 433, Sarasota, FL 34230.**

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:**
- 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
  - Update on Hypertension and Cardiorenal Syndrome
  - Update on Treatment Modalities for Ischemic Heart Disease In Women
  - Update on Novel Approach for treatment of Dyslipidemia: PCSK9 Inhibitors
  - Update on Systematic Approach to Risk Stratification And Screening
  - Update on the use of Imaging Modalities for the Diagnosis and Management of CV Disease
  - Update on Diabetic Heart Disease and Heart Failure

21 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 Symposium is:  
**Time to Focus on Early Cardiovascular Disease Prevention. Time to be good to your heart: Early detection for Optimal Prevention.**

Topics:

- Novel Approach for Cardiovascular Disease Assessment & Prevention
- Management of Diabetes & Obesity
- New Guidelines in Hypertension and Dyslipidemia/PCSK9 Inhibitors
- Current and Future Management of Dyslipidemia and Atherosclerosis
- Women's Heart Disease
- Update on the current management of Deep Vein Thrombosis
- Stroke Prevention in NVAf
- Update on New Guidelines for Treatment of Diabetes, Hypertension, Dyslipidemia and Heart Failure
- Sleep Disorders and Heart Disease
- Update on Cardiovascular Imaging
- Dietary Management
- Cardio Oncology and much more

Meeting Description:

This CME activity is designed for the cardiologist, internist, 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 12.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity

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



**FMA**  
Accreditation  
PROGRAM



**Hotel Accomodations:**  
**Hyatt Regency Hotel**

**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**



International Society for Cardiovascular Disease Prevention

21/21/21 CONGRESS



CARDIOVASCULAR CENTER OF SARASOTA FOUNDATION FOR RESEARCH AND EDUCATION

21st Annual National Sarasota Congress on Cardiovascular Disease Prevention: Update 2021

**CME Accredited Program**  
**Approved for 12.5 CME**  
**Hosted by 21 of the Most Renowned Professors of Cardiology, Nationally and Internationally**  
**Friday - Sunday**  
**May 28th - 30th, 2021**



**Hyatt Regency, Sarasota, FL**

**Jointly Provided by:**

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

**Celebrating 46 Years of Preventing**  
**and Treating Cardiovascular Disease in Sarasota Florida**

**In Cooperation With:**

University of Minnesota, Center for Cardiovascular Disease Prevention,  
Sarasota Memorial Healthcare System,  
Association of Black Cardiologists (ABC)  
and Members of the American College of Cardiology, Florida Chapter

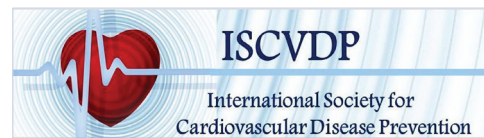


**Program Director:**  
**Mahfouz El Shahawy, MD, MS,**  
**FACP, FESC, FASPC, FASH,**  
**FSCCT, FAHA, FACC, FASPC**

**Program Co-Directors:**  
**Jay N. Cohn, M.D., F.A.C.C.**  
**Anthony DeMaria, MD, FACC**  
**Nanette Wenger MD, MACC,**  
**MACP, FAHA**



**For more details and registration**  
**visit [www.ISCVDP.org](http://www.ISCVDP.org)**



# 21st Annual National Sarasota Congress for Cardiovascular Disease Prevention and Optimal Treatment

## Update 2021: Early Detect to Protect

May 28th - 30th, 2021, Hyatt Regency, Sarasota, FL

Accredited Program Approved for 12.5 CME

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 University of Minnesota, Center for Cardiovascular Disease Prevention, Sarasota Memorial Healthcare System, Sarasota Memorial Healthcare Foundation, Association of Black Cardiologists [ABC] The American College of Cardiology Florida Chapter



FLORIDA CHAPTER

## Faculty List

**Mahfouz El Shahawy, MD, MS, FACP, FESC, FASPC, FASH, FSCCT, FAHA, FACC, Program Director**  
President, ISCVDP

Fellow American Society of Preventive Cardiology  
Clinical Professor of Medicine, Universities of Florida and South Florida  
Golden Doctor Diploma University of Vienna Austria 2014  
Member Board of Trustee American society of Preventive Cardiology [ASPC]  
Past Member Board of Trustees Association of Black Cardiologists [ABC]  
Medical Director, Cardiovascular Health Assessment Center  
President, Cardiovascular Center of Sarasota  
Medical Director and Founder SMH Cardiovascular Disease Prevention Center 2007 - 2010  
Sarasota, Florida

**Jay N. Cohn, MD, FACC, FAHA, Program Co-Director**

Vice President, ISCVDP  
Professor of Medicine  
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  
President International Society of Cardiovascular Pharmacotherapy, 2008-2010  
Minneapolis, Minnesota

**Anthony DeMaria, MD, FACC, Program Co-Director**

Vice President, ISCVDP  
Professor of Medicine, Division of Cardiovascular Disease, U.C. San Diego, CA  
President American College of Cardiology 1989-1990  
Editor in Chief of American Journal of Cardiology 2002-2014  
San Diego, California

**Nanette K. Wenger, MD, MACC, MACP, FAHA, Program Co-Director**

Vice President, ISCVDP  
Professor of Medicine  
Professor of Medicine (Emeritus), Cardiology, Emory University School of Medicine  
President Society of Geriatric Cardiology 1994-1995  
AHA Chair, Task Force, Heart Education for Women 1990-1999  
Past Chief of Cardiology Grady Memorial Hospital  
Consultant, Emory Heart & Vascular Center  
Atlanta, Georgia

**Michelle A. Albert, MD, MPH**

Professor of Medicine  
Admissions Dean  
Director, UCSF CeNter for the StUdy of AdveRsity and CardiovasculaR Disease (NURTURE Center)  
University of California, San Francisco School of Medicine (UCSF)  
President, Association of Black Cardiologists, Inc.  
President, Association of University Cardiologists

**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

**Anne B. Curtis, MD, MACP, FACC, FHRS, FAHA**

Board Member International Society for Cardiovascular Disease Prevention (ISCVDP)  
Past President Heart Rhythm Society  
Past President of the Association of University of Cardiologists  
Past President of the Cardiac Electrophysiology Society  
SUNY Distinguished Professor  
Charles and Mary Bauer Professor and Chair  
Department of Medicine  
Jacobs School of Medicine and Biomedical Sciences  
University at Buffalo  
Buffalo, New York

**Keith C. Ferdinand, MD, FACC, FAHA, FASH, FNLA**

Board Member International Society for Cardiovascular Disease Prevention (ISCVDP)  
Past Chairman Board of Directors Association of Black Cardiologist (ABC)  
Professor of Medicine Tulane University  
New Orleans, Louisiana

**Thomas Kelly, MD, FACS**

Secretary/Treasurer, ISCVDP  
Cardiovascular Surgeon  
Sarasota Memorial Hospital  
Sarasota, Florida

**Stephen Kopecky, MD, FACC**

Asst. Secretary, ISCVDP  
Professor of Medicine, Division of Cardiovascular Disease Mayo Clinic  
Past President, American Society for Preventive Cardiology (ASPC)  
Rochester, Minnesota

FRIDAY May 28th, 2021, 1:00 PM to 6:00 PM

## Pre-Congress Optional Symposia

<b>1-6:00 PM</b>	<b>Pre-Congress Optional Symposia</b> on Current 2021 Guidelines Directed Treatments for Major Cardiovascular Risk Factors including COVID-19, Hypertension, Dyslipidemia, Pulmonary Hypertension, NOAC, Amyloidosis and Management Strategy for Diabetics for Primary and Secondary Prevention of Cardiovascular Disease <b>(This is not part of the regular CME Program)</b>
<b>6 - 7:00 PM</b>	<b>Reception</b> with Faculty and Exhibitors for Congress Registrants by invitation. RSVP Required.

SATURDAY May 29th, 2021, 6:30 AM to 12:30 PM

## Morning Session

<b>6:30 AM</b>	Optional Breakfast Symposia, TBA
<b>7:30 AM</b>	<b>Registration</b>
<b>8:00 AM</b>	<b>WELCOME: Program Director:</b> M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC David Verinder, President and CEO, SMH Healthcare System Gregory Carter, Past Chairman SCPHB Co-Directors Professors: J. Cohn, A. DeMaria, and N. Wenger
	<b>SESSION ONE</b> <b>Advances in the Past 12 Months in Cardiovascular Disease Prevention</b> <b>WITH FOCUS ON COVID-19</b> <b>Chairpersons:</b> Drs. J. Cohn, M. El Shahawy, A. DeMaria and C. Pepine
<b>8:15 AM</b>	STATE OF THE ART LECTURE: The (Post-COVID) Future of CVD Prevention .....L. Sperling, MD
<b>8:40 AM</b>	COVID-19: Why Are Women Protected? ..... C. Pepine, MD
<b>9:00 AM</b>	Burden of Cardiovascular Disease in the Pandemic .....F. Pinto, MD
<b>9:20 AM</b>	Top Ten Take-Home Messages: 2019 ACC/AHA Guideline for Primary Prevention of Cardiovascular Disease .....N. Wenger, MD
<b>9:40 AM</b>	Excess Epicardial Fat Volume is a Novel Cardiovascular Risk Marker Associated with Structural and Functional Abnormalities- Novel Data from Our Cardiovascular Center in Sarasota, FL .....M. El Shahawy, MD
<b>10:00 AM</b>	Secondary Prevention in Complex Cardiovascular Patients .....M. Valentine, MD
<b>10:20 AM</b>	<b>Coffee Break</b>
	<b>TOOLS FOR CARDIOVASCULAR RISK ASSESSMENT</b>
<b>10:30 AM</b>	Novel Approach for Cardiovascular Risk Assessment .....J. Cohn, MD
<b>10:50 PM</b>	Echocardiography: New Information for Valvular Heart Disease Management.....A. DeMaria, MD

## SESSION ONE Continued

<b>11:10 AM</b>	Cardiac CT: Coronary Artery Calcium for Risk Assessment - What About Young Adults <40 and Older Adults >75 - Is There a Role? .....E. Micos, MD
<b>11:30 AM</b>	Patient Centered Imaging: The Role of Nuclear Cardiology .....D. Wolinsky, MD
<b>11:50 AM</b>	Digital Health.....A. Curtis, MD
<b>12:10 PM</b>	Panel Discussion: Moderators ..... Drs. M. El Shahawy A. DeMaria, F. Pinto Panelists .....All Faculty
<b>12:30 PM</b>	Optional Lunch Symposia, TBA

SATURDAY May 29th, 2021, 1:40 PM to 5:30 PM

## Afternoon Session

	<b>SESSION TWO</b> <b>Advances in the Past 12 Months in Cardiovascular Disease Prevention</b> <b>Update on the Treatment of The Major A, B, C, D, E Topics for Cardiovascular Diseases</b> <b>Chairpersons:</b> Drs. M. El Shahawy, A. DeMaria, T. Kelly and N. Wenger
<b>1:40 PM</b>	(A) Diabetic Heart Disease: Update on Novel Drugs .....K. Ferdinand, MD
<b>2:00 PM</b>	(A) Diagnosis and Management of Diabetic Heart Disease .....M. Budoff, MD
<b>2:20 PM</b>	(A) Novel Approach for Primary and Secondary Prevention of Cardiovascular Disease in Diabetics.. .....M. El Shahawy, MD
<b>2:40 PM</b>	(B) Update on Resistant Hypertension.....M. Pohl, MD
<b>3:00 PM</b>	(C) Update on Current Management of Dyslipidemia .....S. Kopecky, MD
<b>3:20 PM</b>	(D) Obesity With and Without Comorbidities is a Disease: Novel Data From Our Center in Sarasota, Florida .....M. El Shahawy, MD
<b>3:40 PM</b>	(E) Moving Your Way to a Healthier Heart: Physical Activity, Exercise, and Reduction of Sitting Time for the Prevention of Cardiovascular Disease.....E. Micos, MD
<b>4:00 PM</b>	<b>Coffee Break</b>
<b>4:20 PM</b>	Cardio Metabolic Syndrome: Update 2021 .....E. Ofili, MD
<b>4:40 PM</b>	Microbiota in Hypertension Patients ..... C. Pepine, MD
<b>5:00 PM</b>	Advances on Cardiothoracic Surgery: Update 2021 .....J. Sell, MD
<b>5:20 PM</b>	Panel Discussion: Moderators .....Drs. T. Kelly, A. DeMaria and N. Wenger Panelists .....All Faculty
<b>6:30 PM</b>	Optional Dinner Symposia, TBA

SUNDAY May 30th, 2021, 6:00 AM to 12:30 PM

## Morning Session

PUBLIC IS INVITED FREE TO ATTEND THIS SESSION

<b>6:00 – 7:00 AM</b>	<b>Optional Breakfast Symposia, TBA</b>
<b>7:15 AM</b>	<b>Registration</b>
<b>7:45 AM</b>	<b>WELCOME: Program Director:</b> M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC Mason Ayres: President, Sarasota Memorial Healthcare Foundation Thomas Kelly, MD: Board Trustee Sarasota Memorial Healthcare Foundation
	<b>SESSION THREE</b> <b>Advances in the Past 12 Months</b> <b>In Cardiovascular Disease Prevention and Treatment</b> <b>Chairpersons:</b> Drs. M. El Shahawy, G. Nasr, M. Yacoub And N. Wenger
<b>8:00 AM</b>	STATE OF THE ART LECTURE: Disparities in Influenza Vaccination: Opportunity To Extend CVD Prevention to Millions of Hearts .....L. Sperling, MD
	<b>Atrial Fibrillation, Stroke Prevention and Heart Failure</b>
<b>8:20 AM</b>	Atrial Fibrillation Guidelines in Europe.....F. Pinto, MD
<b>8:40 AM</b>	Stroke Prevention. .... F. Sogade, MD
<b>9:00 AM</b>	Diastolic Heart Failure: Dilemma in Diagnosis and Management .....A. DeMaria, MD
<b>9:20 AM</b>	Use of Implantable Devices for Patients with Heart Failure .....A. Curtis, MD
<b>9:40 AM</b>	Treatment of Heart Failure: From Straight-line to Complex Network .....M. Yacoub, MD
<b>10:00 AM</b>	ACC/AHA Guidelines for Pharmacologic Management of Heart Failure with Reduced Ejection Fraction .....D. Perloff, MD
<b>10:20 AM</b>	Coffee Break
	<b>WOMAN'S HEART DISEASE</b> <b>"HONORING PROFESSOR NANETTE WENGER"</b>
	<b>WELCOME: Program Director</b> M. El Shahawy, MD, MS, FESC, FAHA, FASPC, FACC: Lorrie Welker Liang, President Sarasota Memorial Hospital
<b>10:30 AM</b>	Preeclampsia and Cardiovascular Risk for Women.....N. Wenger, MD
<b>10:50 AM</b>	Sex-Specific factors that Increase a Women's Cardiovascular Risk Throughout the Lifespan .....E. Micos, MD
<b>11:10 AM</b>	Patient Engagement in Prevention .....G. Nasr, MD
<b>11:30 AM</b>	Cardiovascular Complications with Pregnancy .....B. Sogade, MD
<b>11:50 AM</b>	Panel Discussion: Moderators..... Drs. T. Kelly, M El Shahawy, G. Nasr Panelists .....All Faculty
<b>12:30 PM</b>	Concluding Remarks and Adjourn