

Emory Heart Center  
Emory University School of Medicine  
Department of Medicine - Division of Cardiology  
presents

# 24<sup>TH</sup> ANNUAL **ESCAPE** **2026**

**AMELIA ISLAND,  
FLORIDA**

**EMORY SYMPOSIUM  
ON CORONARY ATHEROSCLEROSIS  
PREVENTION & EDUCATION**

**JUNE 26-28, 2026**

**OMNI Amelia Island Resort  
Amelia Island, Florida**



**EMORY**  
UNIVERSITY®  
SCHOOL OF  
MEDICINE

# INFORMATION

## STATEMENT OF NEED

ASCVD has seen a significant reduction in recent years. Yet, the disease is a major cause of disability and death both in the United States and globally. Physicians and clinicians must gain knowledge, skill, and resources to integrate the latest research and clinical guidelines in the context of their own practice. At ESCAPE, attendees will hear nationally renowned speakers discuss ACC/AHA guidelines on hypertension, blood cholesterol, women's heart disease, electrophysiology, interventional cardiology, and congestive heart failure.

## CORE COMPETENCIES

Patient Care and Medical Knowledge

## COURSE LEARNING OBJECTIVES

At the conclusion of this activity, participants will be able to:

- Describe the treatment modalities of HFpEF vs HFrEF
- Discuss updated recommendations from the 2025 Hypertension Guidelines
- Recognize the expanding roles of GLP1RA beyond weight loss
- Summarize the diagnosis and treatment of Cardiac Amyloidosis
- Identify the appropriate patient for Left Atrial Appendage Closure
- Explain the role of cardiac prevention across a women's lifespan

## WHO SHOULD ATTEND

Cardiologists, Internists, Physician Associates, PharmD and Nurses Practitioners would benefit from this conference. **Specialties:** Emergency Medicine, Family Practice, Endocrinology, Internal Medicine, OB/GYN and Pharmacists.

## ACCREDITATION STATEMENT

The Emory University School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## CONTINUING EDUCATION CREDITS

The Emory University School of Medicine designates this **live** activity for a maximum of **15 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## NURSING CREDITS

Emory Nursing Professional Development Center (ENPDC) is accredited as a provider of Nursing Continuing Professional Development (NCPD) by the American Nurses Credentialing Center's Commission on Accreditation. Attendees to this CME activity will be awarded 15 Nursing contact hours.

## MAINTENANCE OF CERTIFICATION (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **15 MOC** points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

## CANCELLATION POLICY

If a course is filled or cancelled, Emory will refund the full registration fees. Cancellation after Monday, June 1, 2026, will be refunded less an \$80 administrative fee. Requested registration cancellation must be in writing. ESCAPE is not responsible for participant airline or hotel cancellation penalties, or any other losses incurred because of meeting cancellation.

## MEETING MATERIALS

In accordance with Emory University's sustainability initiative, we are offering handouts to attendees via email. Meeting handouts can be **viewed, downloaded, and printed** from this email which will contain an agenda with clickable links. **No printed handouts will be available onsite at the meeting.**

## EVENTS AND ATTIRE

Attire for the symposium is business casual and comfortable. Since meeting room temperatures and personal comfort levels vary, please bring a sweater or jacket to the educational sessions. Attire for the Family Social on Friday, June 26, 2026 is casual.

## ADDITIONAL MEETING ACTIVITIES

Registration for activities will be available at the Online Registration site [www.emory.edu/CME](http://www.emory.edu/CME) or by scanning registration QR Code.

## FRIDAY, JUNE 26 from 6 - 8 pm - FAMILY SOCIAL AND COOKOUT

This is an evening cookout and social that will take place under the stars and your spouse, children, and guests may attend. Your registration fee covers up to 4 people plus children ages 3 years and under.

**Additional fees apply for extra guests. Adults 13 years plus - \$45 and children 4 - 12 years old - \$20. Children will be entertained with games. Please reserve your extra guests attendance when registering online.**

## CONFERENCE LOCATION AND LODGING

The conference will be held at Omni Amelia Island Resort, 39 Beach Lagoon, Fernandina Beach, Florida 32034. Room reservations may be made by **calling 1-888-261-6161**. Emory University School of Medicine has secured a block of Oceanfront rooms at the Omni Amelia Island Resort for the group rate of **\$389.00 (plus applicable taxes) per night, king or double occupancy**. These rates will be honored three days prior to and three days following the meeting, based on guest room availability.

*Cancellations: Individual guest rooms must be canceled 7 days or more before arrival to receive a full refund.*

See all **Emory ESCAPE Conference** special rates:

ROOM	RATE
Oceanfront One Bedroom Suite	\$429
Oceanfront Two Bedroom Villa	\$569
Oceanfront Three Bedroom Villa	\$639
Nature View One Bedroom Suite	\$324
Nature View Two Bedroom Villa	\$489
Nature View Three Bedroom Villa	\$569

**Booking through 3rd party sites will be at your own risk.**

*Villas require 3 night minimum stay*

**The resort has a \$25** (plus applicable taxes) per room resort fee per night. This fee includes the following amenities:

- Unlimited Internet Access
- On-property Resort Transportation Shuttle Service
- Unlimited use of Health and Fitness Center
- Resort Beach Access
- Preferred Racquet Club and Golf Course Reservation Access
- **10% discount** on spa services
- Self-Parking – OMNI Deck \$20.00 (plus tax per vehicle, per night).
- **Check In** Time 4pm EST. / **Check Out** Time 11am EST.

To receive the **discounted rate**, please indicate that you are attending the **EMORY ESCAPE Conference** when making your reservations. Reservations should be made as soon as possible, but no later than **Friday, May 6, 2026**. It is highly recommended you make your reservations as soon as possible, **as this rate is available through May 6, 2026** or until the block is sold out, whichever comes first. After this date, reservations will be based on room availability. For more information about the Omni Amelia Island Resort, you may call **(888) 261-6161** or visit the Omni Amelia Island Resort website at **Omni Amelia Island Resort | Amelia Island Hotels & Resorts in FL ([omnihotels.com](http://omnihotels.com))**

## GROUND TRANSPORTATION

Round trip transportation is available between the Jacksonville International Airport and Omni Amelia Island Resort (29 miles). **Local provider:** Amelia Island Transportation/ Contact Info: 904-753-6480 / [ameliatransport.com](http://ameliatransport.com) Also, you can reserve ground transportation through the airport or Lyft/Uber transportation to be used at your own discretion.

Emory Cardiology is now on Facebook.

Join us for updates at: <http://www.facebook.com/EmoryCardiology>

## FRIDAY - JUNE 26, 2026

 **FOCUS: CONTROVERSIES IN CV PREVENTION** Moderator: Ijeoma Isiadinso, MD

7:00 am **SIGN-IN, BREAKFAST AND EXHIBITS**

7:25 **WELCOME** – Ijeoma Isiadinso, MD

7:30 **CARE DELIVERY REIMAGINED: TEAM-BASED MODELS, SYSTEMS AND SOLUTIONS** – Modele Ogunniyi, MD

7:50 **BRIDGING THE DISTANCE: IMPROVING ACCESS TO HEALTH CARE IN RURAL COMMUNITIES** – Erin Ferranti, PhD, RN

8:10 **A GLOBAL CRISIS: CARDIOVASCULAR DISEASE ACROSS POPULATIONS AND SOCIETIES** – Arshed Quyyumi, MD

8:30 **PANEL DISCUSSION / Q & A**

8:50 **BREAK AND EXHIBITS**

9:10 **HEpEF vs HFrEF: DISTINCT SYNDROMES, DISTINCT MANAGEMENT** – Kunal Bhatt, MD

9:30 **FROM TRIALS TO TREATMENT: NON-STEROIDAL MRAS FOR CVD AND CKD** – Josiah Bennett, MD

9:50 **FISH OIL AND ASCVD: MIRACLE, MYTH OR ALL OF THE ABOVE** – Jeffer Baer, MD

10:10 **PANEL DISCUSSION / Q & A**

10:30 **BREAK AND EXHIBITS**

**Moderator:** Arshed Quyyumi, MD

10:50 **GENDER DISPARITIES IN CARDIOVASCULAR CLINICAL TRIALS** – Nanette Wenger, MD

11:10 **HEART HEALTHY DIETARY PATTERNS: A RECIPE FOR LIFE** – Laurence Sperling, MD

11:30 **SHOULD WE USE CORONARY CTA FOR PRIMARY PREVENTION CVD SCREENING?** – Wendy Post, MD

11:50 **PANEL DISCUSSION / Q & A**

12:10 pm **LUNCH**

## FRIDAY - JUNE 26, 2026 (CONTINUED)

- 12:40 **WALKING THE TIGHTROPE:  
TRIPLE BLOOD THINNER USE IN CHRONIC CAD** – Rob Wilson, PA
- 1:00 **THE GROWING IMPORTANCE OF THE PREVENT SCORE IN PHARMACOTHERAPY  
FOR THE CKM SYNDROME** – Roger Blumenthal, MD
- 1:20 **THE EXPANDING ROLE OF GLPIRA: WEIGHT LOSS, OSA AND  
CV RISK REDUCTION** – Peter Wilson
- 1:40 **PANEL DISCUSSION / Q & A**
- 2:00 **ADJOURNMENT**
- 6:00 pm **FAMILY SOCIAL & COOKOUT**

## SATURDAY - JUNE 27, 2026

 **FOCUS: PRACTICAL PREVENTION AND MORE** Moderator: Jeffer Baer, MD

- 7:00 am **SIGN-IN, BREAKFAST AND EXHIBITS**
- 7:30 **EKGS PEARLS WITH THE PROFESSOR** – Miguel Leal, MD
- 7:50 **ADVANCES IN THE DIAGNOSIS AND TREATMENT OF  
CARDIAC AMYLOIDOSIS** – Kunal Bhatt, MD
- 8:10 **LEFT ATRIAL APPENDAGE CLOSURE:  
IDENTIFYING THE APPROPRIATE PATIENT** – Miguel Leal, MD
- 8:30 **PANEL DISCUSSION / Q & A**
- 8:50 **BREAK AND EXHIBITS**
- 9:10 **CARDIOVASCULAR RISK REDUCTION ACROSS A WOMAN'S LIFESPAN** – Ijeoma Isiadinso, MD
- 9:30 **STROKE PREVENTION: THE NEUROLOGIST'S PERSPECTIVE** – Ghada Mohamed, MD
- 9:50 **TOP 10 TAKEAWAYS FROM THE 2025 GUIDELINES ON THE MANAGEMENT  
OF HTN** – Modele Ogunniyi, MD
- 10:10 **PANEL DISCUSSION / Q & A**
- 10:30 **BREAK AND EXHIBITS**

## SATURDAY - JUNE 27, 2026 (CONTINUED)

**Moderator:** Jefferson Baer, MD

- 10:50 **WHAT SHOULD A CARDIOLOGIST KNOW ABOUT GENETICS AND “OMICS”?** – Wendy Post, MD
- 11:10 **STRESS AND CARDIOVASCULAR DISEASE: FROM PATHOPHYSIOLOGY TO PATIENT CARE** – Arshed Quyyumi, MD
- 11:30 **BETA-BLOCKER USE POST MI IN THE ABSENCE OF REDUCED LVEF** – Rob Wilson, PA
- 11:50 **PANEL DISCUSSION / Q & A**
- 12:10 pm **LUNCH**
- 12:40 **HARMONIZING CV RISK ASSESSMENT AND DYSLIPIDEMIA GUIDELINES ACROSS THE POND** – Roger Blumenthal, MD
- 1:00 **RESIDUAL CARDIOVASCULAR RISK: WHAT'S LEFT AFTER WE'VE DONE EVERYTHING** – Jeffer Baer, MD
- 1:20 **TRICUSPID VALVE INTERVENTION: NO LONGER THE FORGOTTEN VALVE** – Joe Xie, MD
- 1:40 **PANEL DISCUSSION / Q & A**
- 2:00 **ADJOURNMENT**

## SUNDAY - JUNE 28, 2026

 **FOCUS: PREVENTION POTPOURRI** **Moderator:** Laurence Sperling, MD

- 6:30 am **SIGN-IN, BREAKFAST AND EXHIBITS**
- 7:00 **CONTEMPORARY MANAGEMENT OF ATRIAL FIBRILLATION** – Miguel Leal, MD
- 7:20 **MORE THAN A HEADACHE: MIGRAINE AS A CARDIOVASCULAR RISK MARKER** – Ghada Mohamed, MD
- 7:40 **GENDER DIFFERENCES IN VALVULAR HEART DISEASE: CLINICAL IMPLICATIONS** – Ijeoma Isiadinso, MD
- 8:00 **DO THE NEW U.S. DIETARY GUIDELINES GO FAR ENOUGH FOR CARDIOVASCULAR PREVENTION?** – Erin Ferranti, PhD, RN
- 8:20 **PANEL DISCUSSION / Q & A**

## SUNDAY - JUNE 28, 2026 (CONTINUED)

- 8:40 **FOCUS ON CARDIOVASCULAR LIVER METABOLIC HEALTH** – Laurence Sperling, MD
- 9:00 **THE UTILITY OF CARDIAC CTA IN THE SYMPTOMATIC PATIENT: LOOKING BEYOND THE CORONARY ARTERIES** – Joe Xie, MD
- 9:20 **THE FOURTH TRIMESTER OF PREGNANCY: CHALLENGES AND OPPORTUNITIES** – Nanette Wenger, MD
- 9:40 **ZIP CODE OR GENETIC CODE? AREA DEPRIVATION INDEX AND CARDIOVASCULAR OUTCOMES** – Josiah Bennett, MD
- 10:00 **INTERESTING CASES FROM THE CLINIC: THE HEART-HORMONE CONNECTION** – Peter Wilson, MD
- 11:20 **PANEL DISCUSSION / Q & A**
- 10:45 **ADJOURNMENT**

# FACULTY

## COURSE DIRECTOR AND PLANNING COMMITTEE

### IJEOMA ISADIANSO, MD, MPH, FACC, FASNC

Associate Professor of Medicine – Cardiology  
Director, Emory Center for Heart Disease Prevention

### ARSHED A. QUYYUMI, MD, FACC, FRCP

Professor of Medicine - Cardiology

### ERIN FERRANTI, PhD, MPH, RN, FAHA

Assistant Professor – School of Nursing

### ARSHED A. QUYYUMI, MD, FACC, FRCP

Professor of Medicine - Cardiology

### JEFFERSON BAER, MD, MPH

Associate Professor of Medicine – Cardiology

### LAURENCE S. SPERLING, MD, FACP, FACC, FAHA

Katz Professor in Prevention Cardiology

### ROBERT WILSON, PA-C

EUH Dept. of Interventional - Cardiology

## GUEST FACULTY

### ROGER S. BLUMENTHAL, MD

Professor Medicine – Cardiology  
Director of Preventive Cardiology  
Johns Hopkins

### WENDY S. POST, MD, MS

Professor of Medicine – Cardiology  
Lou and Nancy Grasmick Professor of Cardiology  
Johns Hopkins

## EMORY FACULTY

### Josiah Bennett, MD

### Kunal Bhatt, MD

### Miguel Leal, MD

### Ghada Mohamed, MD

### Modele Ogunniyi, MD

### Joe Xie, MD

### Nanette Wenger, MD

### Peter Wilson, MD

# REGISTRATION

## ESCAPE 2026

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**AMELIA ISLAND, FLORIDA**

**ONLINE REGISTRATION RECOMMENDED**

Register Online at  
**[www.emory.edu/CME](http://www.emory.edu/CME)**

or Scan QR Code to Register



### REGISTRATION FEE

(Conference information will be provided  
by or after June 8, 2026)

#### PHYSICIANS

**By June 2 - \$750 / After June 2 - \$780**

#### OTHER HEALTHCARE PROFESSIONALS

**By June 2 - \$650 / After June 2 - \$670**

#### CANCELLATION POLICY

Registration Fee includes Continental Breakfast, Lunch, Family Cookout.  
Cancellation after Monday, June 1, 2026, will be refunded less an  
\$80 administrative fee.

Requested registration cancellation must be in writing.

### ADDITIONAL INFORMATION

Please contact Shirley L. Miller  
at **[smill25@emory.edu](mailto:smill25@emory.edu)**

Or the Emory CME Office:  
Main (404) 727-5695  
Toll Free (888) 727-5695