

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

# 22<sup>ND</sup> ANNUAL ESCAPE 2024

AMELIA ISLAND,  
FLORIDA



EMORY SYMPOSIUM  
ON CORONARY  
ATHEROSCLEROSIS  
PREVENTION & EDUCATION  
MAY 29 - JUNE 2, 2024

OMNI Amelia Island Resort  
Amelia Island, Florida



EMORY  
UNIVERSITY  
SCHOOL OF  
MEDICINE

## FACULTY

### COURSE DIRECTOR AND PLANNING COMMITTEE

**IJEOMA ISIADINSO, MD, MPH, FAAC, FASNC**

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

**DANNY EAPEN, MD, FACC**

Assistant Professor of Medicine - Cardiology

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

Katz Professor in Preventive Cardiology

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

Professor of Medicine - Cardiology

**JEFFERSON BAER, MD, MPH**

Associate Professor of Medicine - 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

**HEATHER M. JOHNSON, MD**

Preventive Cardiologist/Cardiologist  
Christine E. Lynn Women's Health & Wellness Institute  
Associate Professor, Florida Atlantic University  
Boca Raton Regional Hospital / Baptist Health  
South Florida

---

### EMORY FACULTY

**OLAMIDE ALABI, MD**

**DANIEL GOLD, MD**

**JONATHAN KIM, MD**

**MIGUEL LEAL, MD**

**PUJA MEHTA, MD**

**NIDHI PATEL, MD**

**ALEXANDER RAZAVI, MD**

**PRATIK SANDESARA, MD**

**AMIT SHAH, MD**

**PETER WILSON, MD**

# INFORMATION

## STATEMENT OF NEED

ASCVD has seen a significant reduction in the 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 the 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

## OBJECTIVES

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

- Discuss the role of artificial intelligence in cardiovascular medicine
- Evaluate the current treatment options for Pericarditis
- List the indications for referral for ICD for Primary Prevention
- Identify the cardiovascular implications of Menopausal Hormone Therapy
- Recognize the appropriate use of Testosterone therapy for patients with CAD
- Discuss the updated 2023 Atrial Fibrillation guidelines

## WHO SHOULD ATTEND

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

## SPONSORSHIP AND ACCREDITATION

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

## TUITION

The tuition includes continental breakfast/breaks and links to presentation material for a rewarding learning experience. **Cancellation after May 1, 2024, will be refunded less a \$75 administrative fee.**

## CONTINUING EDUCATION CREDITS

The Emory University School of Medicine designates this live activity for a maximum of **19 AMA PRA Category 1 Credit(s)**<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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 activity will be awarded 19 contact hours by ENPDC upon completion of the activity evaluation and by participating in 90% of the activity time.

## MAINTENANCE OF CERTIFICATION (MOC)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to **19 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.

**Georgia Society of Health-System Pharmacists** is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. Participants of the session who complete the evaluation and provide accurate NABP e-Profile information will have their credit for 19 contact hours (1.9 CEU) submitted to CPE Monitor as early as 14 days after the event and no later than 60 days after the event.

Application for CME credit has been filed with the **American Academy of Family Physicians**. Determination of credit is pending.

## CANCELLATION POLICY

If a course is filled or cancelled, Emory will refund the full registration fees. Registration cancellation after May 1, 2024, will be refunded less a \$75 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 as a result of cancellation.

**Emory Cardiology** is now on Facebook.

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

## 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, May 31, 2024 is casual.

To ensure the safety of attendees, faculty and staff, COVID-19 safety protocols will be implemented based on CDC guidance and Emory University policies in place at the time of the symposium.

## 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.

**WEDNESDAY, MAY 29** from 4:30 - 6:30 pm - **PRE MEETING WORKSHOPS**

**THURSDAY, MAY 30** from 5:45 - 7 pm - **ATTENDEE-SPOUSE SESSION**  
**Spouses** are invited to participate in this session.

**FRIDAY, MAY 31** 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 **\$379.00 (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 14 days or more before arrival to receive a full refund.**

See all Emory ESCAPE Conference special rates:

ROOM	RATE
Oceanfront One Bedroom Suite	\$419
Oceanfront Two Bedroom Villa	\$559
Oceanfront Three Bedroom Villa	\$629
Nature View One Bedroom Suite	\$314
Nature View Two Bedroom Villa	\$479
Nature View Three Bedroom Villa	\$559

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, April 26, 2024**. It is highly recommended you make your reservations as soon as possible, **as this rate is available through April 26, 2024** or until the block is sold out, whichever comes first. After this date, reservations will be made on space available basis.

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). You are welcome to call **Amelia Airport Shuttle Transportation at (904) 753-6480** to make reservations or visit their website at [www.ameliatransport.com](http://www.ameliatransport.com). The current rate at publication is **\$80.00** per vehicle one way. **Reservations are required.** Also, you can reserve ground transportation through the airport or Lyft/Uber transportation to be used at your own discretion.

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

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA RESORT CONFERENCE CENTER – Amelia Ballroom  
Program subject to change

## WEDNESDAY, MAY 29, 2024

4:00 – 6:30 pm **REGISTRATION** (Amelia Foyer)

### PRE-MEETING WORKSHOPS

4:30-5:30 **CLINICAL CASES FROM OFFICE-BASED PRACTICE** – Danny Eapen, MD, Alexander Razavi, MD

5:30-6:30 **CASES IN PRIMARY AND SECONDARY CVD PREVENTION** – Rob Wilson, PA-C, Daniel Gold, MD

6:30 **ADJOURNMENT**

## THURSDAY, MAY 30, 2024

**FOCUS:**

**HOT TOPICS IN PREVENTION** Moderator: Ijeoma Isiadinso, MD

6:30 am **PRODUCT THEATRE**

7:00 **REGISTRATION, BREAKFAST AND EXHIBITS**

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

7:30 **IS IT TIME TO CONSIDER ANTI-INFLAMMATORY THERAPIES FOR THE TREATMENT OF CAD** – Arshed Quyyumi, MD

7:50 **MANAGEMENT OF PERICARDITIS** – Danny Eapen, MD

8:10 **PAD ACTION PLAN: MAKING IT A PRIORITY** – Olamide Alabi, MD

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

8:50 **BREAK AND EXHIBITS**

9:10 **THE FUTURE OF ARTIFICIAL INTELLIGENCE IN CARDIOVASCULAR MEDICINE**  
– Amit Shah, MD

9:30 **PERIOPERATIVE RISK ASSESSMENT: TO STRESS OR NOT TO STRESS** – Rob Wilson, PA-C

9:50 **BERRIES AND THE IMPACT ON CV HEALTH** – Puja Mehta, MD

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

10:30 **BREAK AND EXHIBITS**

10:50 **METABOLIC DYSFUNCTION-ASSOCIATED FATTY LIVER DISEASE** – Heather Johnson, MD

11:10 **TESTOSTERONE USE IN PATIENTS AT HIGH-RISK FOR CVD** – Peter Wilson, MD

11:30 **PANEL DISCUSSION / Q & A**

11:45 **ADJOURNMENT**

5:45 pm **ATTENDEE / SPOUSE RECEPTION** – Laurence Sperling, MD  
**HEALTH, WELL-BEING, MINDFULNESS AND MOVEMENT / WINE AND FLORIDA-GEORGIA CHEESE STATION**  
(Amelia Ballroom)

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA RESORT CONFERENCE CENTER – Amelia Ballroom  
Program subject to change

## FRIDAY, MAY 31, 2024

 **FOCUS: CONTROVERSIES IN CV PREVENTION** Moderator: Arshed Quyyumi, MD

6:30 am **PRODUCT THEATRE**

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

7:30 **ANTIPLATELET THERAPY AFTER ACS** – Rob Wilson, PA-C

7:50 **PCI VS CABG FOR MULTIVESSEL CAD: THE FAME 3 TRIAL** – Daniel Gold, MD

8:10 **CONSIDERATIONS FOR MANAGING ASCVD RISK FACTORS IN MASTER ATHLETES**  
– Jonathan Kim, MD

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

8:50 **BREAK AND EXHIBITS**

9:10 **MENOPAUSE AND CARDIOVASCULAR DISEASE: UNDERSTANDING MHT**  
– Ijeoma Isiadinso, MD

9:30 **UNIQUE RISK FACTORS FOR CVD IN WOMEN** – Heather Johnson, MD

9:50 **TREATMENT OF CORONARY MICROVASCULAR DYSFUNCTION:  
A CASE-BASED DISCUSSION** – Puja Mehta, MD

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

10:30 **BREAK AND EXHIBITS**

10:50 **SOCIAL DETERMINANTS OF HEALTH AND CARDIOVASCULAR DISEASE** – Wendy Post, MD

11:10 **HOW SHOULD WE USE CORONARY ARTERY CALCIUM SCORES TO PREDICT CV  
RISK?**

11:30 – Alexander Razavi, MD

11:45 **PANEL DISCUSSION / Q & A**

**ADJOURNMENT**

12 - 12:45 pm **OPTIONAL LUNCH ROUNDTABLE DISCUSSION  
CARDIO-OBSTETRICS CASES: MANAGING HTN IN THE PREGNANT PATIENT –  
PRACTICAL ADVICE FOR THE CLINICIAN**  
– Ijeoma Isiadinso, MD, Puja Mehta, MD and Nidhi Patel, MD

6:00 pm **FAMILY SOCIAL & COOKOUT** (Amelia Ballroom Pre-Function Foyer)

# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA RESORT CONFERENCE CENTER – Amelia Ballroom  
Program subject to change

## SATURDAY, JUNE 1, 2024

**FOCUS:** PRACTICAL PREVENTION AND MORE **Moderator:** Danny Eapen, MD

6:30 am **PRODUCT THEATRE**

7:00 **EKGS PEARLS WITH THE PROFESSOR** – Miguel Leal, MD

7:30 **RETURNING TO SPORTS AFTER CARDIAC ARREST** – Jonathan Kim, MD

7:50 **HEART DISEASE RISK IN SOUTH ASIANS** – Arshed Quyyumi, MD

8:10 **EVOLUTION OF CV RISK SCORES** – Roger Blumenthal, MD

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

8:50 **BREAK AND EXHIBITS**

9:10 **BREAST ARTERIAL CALCIFICATION AND CV RISK** – Ijeoma Isiadinso, MD

9:30 **MANAGEMENT OF CHRONIC CAD: PERSPECTIVES FROM A PREVENTIVE INTERVENTIONAL CARDIOLOGIST** – Pratik Sandesara, MD

9:50 **IS IT TIME FOR PLAVIX MONOTHERAPY POST-PCI?** – Pratik Sandesara, MD

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

10:30 **BREAK AND EXHIBITS**

10:50 **TIME-RESTRICTED EATING: A STRATEGY FOR CVD PREVENTION** – Laurence Sperling, MD

11:10 **GLP1RA: TOOLS OF THE TRADE FOR THE ENDOCRINOLOGIST AND CARDIOLOGIST**  
– Peter Wilson MD

11:30 **PANEL DISCUSSION / Q & A**

11:45 **ADJOURNMENT**

12pm **PRODUCT THEATRE**

**22<sup>ND</sup> ANNUAL**  
**ESCAPE**  
**2024**  
**AMELIA ISLAND, FLORIDA**



# AGENDA

ALL SESSIONS WILL BE HELD IN THE OMNI AMELIA RESORT CONFERENCE CENTER – Amelia Ballroom  
Program subject to change

## SUNDAY, JUNE 2, 2024

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

6:30 am **SIGN-IN, BREAKFAST AND EXHIBITS**

7:00 **PRIMARY PREVENTION ICD: CONSIDERATIONS FOR REFERRAL** – Miguel Leal, MD

7:20 **ADVANCES IN GENOMICS AND THE IMPACT ON PREVENTIVE CARDIOLOGY**  
– Wendy Post, MD

7:40 **FOCUS ON CARDIOVASCULAR KIDNEY METABOLIC HEALTH (CKMH) TO PREVENT CVD**  
– Laurence Sperling, MD

8:00 **CVD DISPARITIES IN RURAL AREAS: DOES GEOGRAPHY MATTER?** – Amit Shah, MD

8:20 **PANEL DISCUSSION / Q & A**

8:40 **RAGING CONTROVERSIES IN PREVENTIVE CARDIOLOGY** – Roger Blumenthal, MD

9:00 **CARDIAC REHABILITATION: WHY SHOULD I REFER MY PATIENT** – Danny Eapen, MD

9:20 **LP(a) AND ASCVD RISK** – Alexander Razavi, MD

9:40 **CURRENT APPROACHES IN THE MANAGEMENT OF VENOUS THROMBOEMBOLISM**  
– Olamide Alabi, MD

10:00 **A REVIEW OF THE 2023 GUIDELINE ON THE MANAGEMENT OF ATRIAL FIBRILLATION**  
– Miguel Leal, MD

10:20 **PANEL DISCUSSION / Q & A**

10:45 **ADJOURNMENT**



# REGISTRATION

## ESCAPE 2024

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

**MAY 29 - JUNE 2, 2024**

**AMELIA ISLAND, FLORIDA**

**ONLINE REGISTRATION RECOMMENDED**

Register Online at

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

or Scan QR Code to Register

SEE ACTIVITY CATALOG



## REGISTRATION FEE

(Conference information will be provided by May 24, 2024)

### PHYSICIANS

**By May 1 - \$735 / After May 1 - \$780**

### OTHER HEALTHCARE PROFESSIONALS

**By May 1 - \$630 / After May 1 - \$670**

The registration fee includes continental breakfast/breaks and links to presentation material for a rewarding learning experience.

**Cancellation after May 1, 2024, will be refunded less a \$75 administrative fee.**

Cancellation of registration fee 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