



**WORLD HEART
FEDERATION®**

**World Congress
of Cardiology**

Scientific Sessions 2012

18–21 April 2012 | **Dubai, United Arab Emirates**

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ANNOUNCEMENT

WCC 2012 - DUBAI COURSE IN PREVENTIVE CARDIOLOGY

FOR CARDIOLOGY TRAINEES & MEDICAL STUDENTS ONLY

Dubai International Convention and Exhibition Centre (DICEC), Room Umm Al Qwain (2nd floor)

Wednesday, 18 April 2012 – 7:30-18:00

The 'Dubai Course in Preventive Cardiology for cardiology trainees and medical students' is a comprehensive one-day curriculum provided by worldwide experts in preventive cardiology intended for medical and cardiology residents, fellows, and students.

The course is intended to provide attendees with a background in the epidemiology, lifestyle, and clinical management of key risk factors for cardiovascular disease as well as guidelines for prevention, including in special populations. Topics range from discussion of worldwide trends in obesity and other cardiovascular risk factors, evaluation and management of hypertension, tobacco use, dyslipidemia, obesity, psychosocial factors, nutrition and physical activity.

PROGRAMME

Course directors:

Nooshin Bazargani (United Arab Emirates), Kathryn Taubert (Switzerland), Nathan Wong (United States) and International faculty

MORNING SESSION

- 07:30 Registration
- 08:00 Welcome and opening remarks
- 08:15 Overview of the CVD epidemic, global trends and incidence, definitions
- 08:45 Hypertension and CVD: epidemiology, evaluation, and management
- 09:15 Tobacco and passive smoking – prevention, evaluation, behavioral and pharmacologic approaches for cessation
- 09:45 Dyslipidemia – evaluation and management
- 10:15 Metabolic syndrome, diabetes and CVD: epidemiology and ABC's of management

10:45-13:00 Break for WCC 2012 opening ceremony and lunch

AFTERNOON SESSION

- 13:00 The obesity epidemic – individual and population approaches
- 13:30 Heart healthy nutrition: role of monounsaturated fats, omega fatty acids and fiber: assessment and guidelines
- 14:00 Physical activity prescription in primary and secondary prevention
- 14:30 Psychosocial and behavioral factors – evidence, evaluation and intervention

15:00-15:15 Afternoon break

- 15:15 Biomarkers and imaging techniques – do they improve prediction of CVD and what are the recommendations?
- 15:45 Prevention of CVD in youth
- 16:15 Prevention of CVD in women
- 16:45 Prevention of Stroke
- 17:10 Implementation of prevention guidelines
- 17:30 Written evaluation (to be returned at end of course in order to acquire units) & conclusions
- 17:45-18:00 Closing remarks

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