



# ASPC 2023 CONGRESS ON CVD PREVENTION SCIENTIFIC SESSIONS AGENDA

*Dates and times subject to change*

## FRIDAY, JULY 21, 2023

SESSION	NAME OF SESSION	SPEAKER / MODERATOR
<b>SESSION 1</b>	<b>Opening Session &amp; Awards</b>	
10:00 – 10:10 AM	Welcome Remarks	Michael Shapiro, DO, FASPC
10:10 – 10:20 AM	President’s Address	Martha Gulati, MD, FASPC
10:20 – 10:25 AM	Welcome to Arlington	
10:25 – 10:30 AM	Introduction of Award Lectures	
10:30 – 10:40 AM	<i>Honorary Fellow Award Lecture – The Imperative to Focus on the Prevention of Atrial Fibrillation</i>	Emelia Benjamin, MD, ScM
10:40 – 10:50 AM	<i>Pioneer in Prevention Award Lecture – My Journey in Heart Disease Prevention: Gratitude from the Heart</i>	Larry Sperling, MD, FASPC
10:50 – 11:00 AM	Nanette Wenger Award Lecture	Janet Wright, MD
11:00 – 11:10 AM	Joseph Stokes III, MD Award & Lecture	William C. Roberts, MD
11:10 – 11:35 AM	American Journal of Preventive Cardiology Top 10	Erin Michos, MD, MHS, FASPC Nathan Wong, PhD, FASPC
11:35 AM– 12:00 PM	<i>Networking Break</i>	
12:00 – 12:45 PM	<i>Expert Theater Lunch Presentations</i>	
<b>SESSION 2</b>	<b>Use it or Lose it! The Importance of Physical Activity in CVD Prevention</b>	Barry Franklin, PhD, FASPC Heather Johnson, MD, MMM, FASPC
1:00 – 1:05 PM	Introduction	
1:05 – 1:20 PM	How to Prescribe Exercise	Chip Lavie, MD
1:20 – 1:35 PM	Supervised Exercise Training in PAD	Ambarish Pandey, MD
1:35 – 1:50 PM	Exercise Intervention in Metabolic Syndrome	Nicolle Kräenkel, PhD
1:50 – 2:05 PM	Motivational Interviewing for Physical Activity Promotion	Jody Hereford, MS, BSN, RN
2:05 – 2:20 PM	Cardiac Rehab in the COVID-19 Era	Alison Bailey, MD, FASPC
2:20 – 2:35 PM	Steps vs. Moderate to Vigorous Physical Activity: Which is Better?	Charles German, MD
2:35 – 2:55 PM	Q & A	
2:55 – 3:10 PM	<i>Networking Break</i>	



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<b>SESSION 3</b>	<b>Lipoprotein(a): The New(ish) Kid on the Block</b>	<b>Danielle Belardo, MD Nehal Mehta, MSCE, FASPC</b>
<b>3:10 – 3:15 PM</b>	<b>Introduction</b>	
<b>3:15 – 3:30 PM</b>	<b>Lipoprotein(a) – The Fundamentals</b>	<b>Heather Johnson, MD, FASPC</b>
<b>3:30 – 3:45 PM</b>	<b>Understanding Lipoprotein(a) Measurement</b>	<b>Harpreet Bhatia, MD, MAS</b>
<b>3:45 – 4:00 PM</b>	<b>When to Measure and What to Do About Elevated Levels</b>	<b>Sadiya Khan, MD</b>
<b>4:00 – 4:15 PM</b>	<b>Lipoprotein(a) Therapeutics in Development</b>	<b>Ron Blankstein, MD, FASPC</b>
<b>4:15 – 4:35 PM</b>	<b>Q &amp; A</b>	
<b>SESSION 4</b>	<b>What is Preventive Cardiology?</b>	<b>Martha Gulati, MD, FASPC Eugene Yang, MD, MS</b>
<b>4:35 – 4:40 PM</b>	<b>Introduction</b>	
<b>4:40 – 4:55 PM</b>	<b>The European / EAPC Perspective</b>	<b>Ana Abreu, MD, PhD</b>
<b>4:55 – 5:10 PM</b>	<b>The U.S. / ASPC Perspective</b>	<b>David Maron, MD, FASPC</b>
<b>5:10 – 5:25 PM</b>	<b>The Canadian Perspective</b>	<b>GB John Mancini, MD</b>
<b>5:25 – 5:40 PM</b>	<b>Q &amp; A</b>	
<b>5:40 – 6:00 PM</b>	<b>Networking Break</b>	
<b>6:00 – 7:00 PM</b>	<b>Welcome Reception</b>	
<b>7:30 – 9:30 PM</b>	<b>Satellite Dinner Symposia</b>	



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## SATURDAY, JULY 22, 2023

SESSION	NAME OF SESSION	SPEAKER / MODERATOR
8:00 – 8:45 AM	<i>Expert Theater Breakfast Presentations</i>	
<b>SESSION 5</b>	<b>Debating Contemporary Challenges in Preventive Cardiology</b>	<b>Roger Blumenthal, MD Karol Watson, MD, PhD</b>
9:00 – 9:05 AM	Introduction	
9:05 – 9:35 AM	Should We Use CAC Testing in Familial Hypercholesterolemia?	Raul Santos, MD, MSc, PhD vs. Donald Lloyd-Jones, MD
9:35 – 10:05 AM	Should I Order a Polygenic Risk Score or CAC Scan for Better Risk Assessment?	Pradeep Natarajan, MD, MMSc vs. Michael Blaha, MD, MPH, FASPC
10:05 – 10:35 AM	Do Omega-3 Fatty Acids Still Have a Role in Preventing CV Events?	Matthew Budoff, MD, FASPC vs. Eugenia Gianos, MD
10:35 – 11:00 AM	Q & A	
<b>SESSION 6</b>	<b>Early Career Presentations</b>	<b>Amit Khera, MD, MSc, FASPC</b>
11:00 – 11:05 AM	Introduction	
11:05 – 11:50 AM	Early Career Abstract Presentations	Sachini Ranasinghe, MD, MPH Abdul Mannan Khan Minhas, MD Tabitha Lobo, MD
11:50 – 11:55 AM	ASPC Annual Business Meeting	Michael Shapiro, DO, FASPC
11:55 AM – 12:00 PM	ASPC 2023 Class of Fellows Recognition	Martha Gulati, MD, FASPC
12:00 – 12:45 PM	<i>Expert Theater Lunch Presentations</i>	



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SESSION	NAME OF SESSION	SPEAKER / MODERATOR
<b>SESSION 7</b>	<b>The Most Prevalent CV Risk Factor of All – Contemporary and Future Approaches to Hypertension</b>	<b>Alison Bailey, MD, FASPC Peter Toth, MD, PhD, FASPC</b>
<b>1:00 – 1:05 PM</b>	<b>Introduction</b>	
<b>1:05 – 1:20 PM</b>	<b>Can We Find Some Common Ground – Comparison of National and International Hypertension Guidelines</b>	<b>Karol Watson, MD, PhD</b>
<b>1:20 – 1:35 PM</b>	<b>Where to Measure: Office, Home, or ABPM?</b>	<b>George Bakris, MD</b>
<b>1:35 – 1:50 PM</b>	<b>Should I Be Worried About Isolated Diastolic Hypertension?</b>	<b>Bill McEvoy, MB BCh BAO, MEd, MHS, PhD, FRCPI</b>
<b>1:50 – 2:05 PM</b>	<b>State-of-the-Art Renal Denervation</b>	<b>Keith Ferdinand, MD, FASPC</b>
<b>2:05 – 2:20 PM</b>	<b>What Does the Future Hold – Anti-Hypertensives in the Pipeline</b>	<b>Wanpen Vongpatanasin, MD</b>
<b>2:20 – 2:35 PM</b>	<b>Q &amp; A</b>	
<b>2:35 – 2:50 PM</b>	<b>Networking Break</b>	
<b>SESSION 8</b>	<b>Novel Approaches to Opportunistic Screening</b>	<b>Seth Baum, MD, FASPC Icilma Fergus, MD, FASPC</b>
<b>2:50 – 2:55 PM</b>	<b>Introduction</b>	
<b>2:55 – 3:10 PM</b>	<b>Artificial Intelligence for Quantification of CAC on Routine Chest CT</b>	<b>Fatima Rodriguez, MD</b>
<b>3:10 – 3:25 PM</b>	<b>Breast Arterial Calcification</b>	<b>Tammy Polonsky, MD</b>
<b>3:25 – 3:40 PM</b>	<b>Using the EHR to Leverage Prevention Strategies</b>	<b>Khurram Nasir, MD, MPH, FASPC</b>
<b>3:40 – 3:55 PM</b>	<b>Screening for FH in Blood Donors</b>	<b>Amit Khera, MD, MSc, FASPC</b>
<b>3:55 – 4:10 PM</b>	<b>Q &amp; A</b>	



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## SATURDAY, JULY 22, 2023

SESSION	NAME OF SESSION	SPEAKER / MODERATOR
<b>SESSION 9</b>	<b>Case Presentations with Expert Faculty Panel</b>	<b>Keith Ferdinand, MD, FASPC</b>
<b>4:10 – 4:15 PM</b>	<b>Introduction</b>	
<b>4:15 – 4:25 PM</b>	<b>Case 1 – Cardio OB – Severe Hypertriglyceridemia in pregnancy: Management Strategies</b>	<b>Anum Saeed, MD</b> <b>Vijay Nambi, MD, PhD, FASPC</b> <b>Christie Ballantyne, MD</b> <b>Martha Gulati, MD, FASPC</b>
<b>4:25 – 4:45 PM</b>	<b>Discussion</b>	
<b>4:45 – 4:55 PM</b>	<b>Case 2 – Premature ASCVD due to elevated Lp(a): How to Manage Risk</b>	
<b>4:55 – 5:15 PM</b>	<b>Discussion</b>	
<b>5:15 – 5:25 PM</b>	<b>Case 3 – Inflammation and CVD Risk: Do I need to take Colchicine?</b>	
<b>5:25 – 5:45 PM</b>	<b>Discussion</b>	
<b>5:45 – 5:50 PM</b>	<b>Presentation of Early Career Abstract Winner</b>	<b>Amit Khera, MD, MSc, FASPC</b>
<b>7:30 – 9:30 PM</b>	<b>Satellite Dinner Symposia</b>	

## SUNDAY, JULY 23, 2023

<b>SESSION 10</b>	<b>The Future is Bright - Preventive Cardiology Trials at the Leading Edge</b>	<b>Martha Gulati, MD, FASPC</b> <b>Michael Shapiro, DO, FASPC</b>
<b>8:00 – 8:05 AM</b>	<b>Introduction</b>	
<b>8:05 – 8:20 AM</b>	<b>VA-IMPACT</b>	<b>Gregory Schwartz, MD, PhD</b>
<b>8:20 – 8:35 AM</b>	<b>PREVENTABLE and CAC-PREVENTABLE</b>	<b>Melissa Daubert, MD</b>
<b>8:35 – 8:50 AM</b>	<b>SURPASS-CVOT</b>	<b>Stephen Nicholls, MD</b>
<b>8:50 – 9:05 AM</b>	<b>Genome Editing to Inactivate PCSK9 or ANGPTL3 and Durably Lower LDL-cholesterol</b>	
<b>9:05 – 9:20 AM</b>	<b>Q &amp; A</b>	



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## SUNDAY, JULY 23, 2023

SESSION	NAME OF SESSION	SPEAKER / MODERATOR
<b>SESSION 11</b>	<b>Evaluation and Management of Obesity in Preventive Cardiology</b>	<b>Michael Blaha, MD, MPH, FASPC Pam Taub, MD, FASPC</b>
<b>9:20 – 9:25 AM</b>	<b>Introduction</b>	
<b>9:25 – 9:40 AM</b>	<b>Understanding Obesity as a Chronic Condition</b>	<b>Donna H. Ryan, MD</b>
<b>9:40 – 9:55 AM</b>	<b>Adiposity Related Diseases</b>	<b>Jamy Ard, MD</b>
<b>9:55 – 10:10 AM</b>	<b>Strategies for Medical Management of Obesity</b>	<b>Beverly Tchang, MD</b>
<b>10:10 – 10:25 AM</b>	<b>Bariatric Surgery to Manage Cardiometabolic Diseases and CV Risk</b>	<b>Jaime Almandoz, MD</b>
<b>10:25 – 10:40 AM</b>	<b>Q &amp; A</b>	
<b>10:40 – 10:55 AM</b>	<b>Networking Break</b>	
<b>SESSION 12</b>	<b>High Risk Conditions</b>	<b>Danielle Belardo, MD Dharmesh Patel, MD, FASPC</b>
<b>10:55 – 11:00 AM</b>	<b>Introduction</b>	
<b>11:00 – 11:15 AM</b>	<b>Chronic Inflammatory Diseases – Risk Marker or Risk Factor?</b>	<b>Michael Garshick, MD</b>
<b>11:15 – 11:30 AM</b>	<b>CKD in CVD</b>	<b>Pam Taub, MD, FASPC</b>
<b>11:30 – 11:45 AM</b>	<b>From NAFLD to MAFLD – Not Just a Change in Name</b>	<b>Anurag Mehta, MD</b>
<b>11:45 AM – 12:00 PM</b>	<b>High-risk Ethnicity: Focus on South Asians</b>	<b>Anand Rohatgi, MD</b>
<b>12:00 – 12:15 PM</b>	<b>Conditions Specific to Women</b>	<b>Martha Gulati, MD, FASPC</b>
<b>12:15 – 12:30 PM</b>	<b>Metabolic Syndrome</b>	<b>Ambarish Pandey, MD</b>
<b>12:30 – 12:50 PM</b>	<b>Q &amp; A</b>	
<b>12:50 – 1:00 PM</b>	<b>Closing Remarks</b>	<b>Martha Gulati, MD, FASPC</b>