



ATHEROSCLEROSIS IN SOUTH ASIANS: PARTNERING FOR A HEALTHIER FUTURE

SATURDAY, JUNE 22, 2019

Novotel Hotel | 3670 Hurontario St. Mississauga, ON

Intended for family practitioners, specialists, nurses and other allied health professionals

CO-CHAIRS & PLANNING COMMITTEE



Milan Gupta, MD, FRCPC, FACC

Associate Clinical Professor of Medicine, McMaster University
Assistant Professor of Medicine, University of Toronto
Medical Director, Canadian Collaborative Research Network
Brampton, ON



Nadia Khan, MD, MSc, FRCPC

Professor, Division of General Internal Medicine
University of British Columbia, Clinician Scientist, CHEOS
St. Paul's Hospital
Vancouver, BC

Humaira Ali, MD

Kevin Bainey, MD, MSc, FRCPC, FACC

Anmol Kapoor, MD, FRCPC

This program will equip participants to identify, evaluate and treat South Asian patients with, and at risk for cardiovascular disease. In addition, participants will learn about culturally appropriate diet and exercise recommendations and understand the role of genetics and new risk factors to explain the heightened risk.

AGENDA

7:00 a.m. Breakfast and Sign In

7:45 a.m. Welcome

The Scope of the Problem

8:00 a.m. Lessons from the South Asian subcontinent

8:20 a.m. Lessons from north America

8:35 a.m. The search for new risk factors

8:50 a.m. Coronary calcium/carotid plaque: should we search for subclinical atherosclerosis

9:10 a.m. How early in life does risk actually begin?

9:25 a.m. ASCVD in South Asians: a genetics primer

9:40 a.m. **Panel discussion**

10:05 a.m. **Health break**

Primary prevention strategies in South Asians

10:30 a.m. How should we predict risk?

10:45 a.m. How to counsel regarding diet and obesity

11:05 a.m. Optimal treatment of diabetes

11:20 a.m. Optimal treatment of lipids

11:35 a.m. Optimal treatment of hypertension

11:50 a.m. **Panel discussion**

12:15 p.m. **Lunch**

Secondary prevention in South Asians

1:15 p.m. What do we know about heart failure in South Asians?

1:30 p.m. Peripheral arterial disease in South Asians

1:50 p.m. Type and timing of coronary revascularization

2:05 p.m. How can we optimize cardiac rehab?

2:20 p.m. Moving forward: roundtable on improving CV health in South Asians

3:20 p.m. **Symposium close**

REGISTRATION:

\$75.00

www.ccrnmd.com

In partnership with:

