



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



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

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

Calvin Ke

8:20 a.m. Lessons from North America

Milan Gupta

8:35 a.m. How early in life does risk actually begin?

Sonia Anand

8:55 a.m. ASCVD in South Asians: a genetics primer

Sonia Anand

9:15 a.m. How should we predict risk?

Nadia Khan

9:35 a.m. **Panel discussion**

10:00 a.m. **Health break**

Primary prevention strategies in South Asians

10:30 a.m. How to counsel regarding diet and obesity

Nadia Khan

10:50 a.m. Optimal treatment of diabetes

David Fitchett

11:10 a.m. Optimal treatment of lipids

Milan Gupta

11:30 a.m. Optimal treatment of hypertension

Nadia Khan

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

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

Secondary prevention in South Asians

1:00 p.m. Coronary calcium/carotid plaque: should we search for subclinical atherosclerosis?

Kevin Bainey

1:20 p.m. What do we know about heart failure in South Asians?

Anmol Kapoor

1:40 p.m. Peripheral arterial disease in South Asians

Milan Gupta

2:00 p.m. Type and timing of coronary revascularization

Kevin Bainey

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

3:00 p.m. **Symposium close**

REGISTRATION: \$75.00

www.ccrnmd.com

Accreditation:

College of Family Physicians of Canada – Mainpro+:

This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by Continuing Professional Development, Faculty of Medicine, University of Toronto, for up to **6.0** Mainpro+ credits.

Royal College of Physicians and Surgeons of Canada – Section 1

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, approved by Continuing Professional Development, Faculty of Medicine, University of Toronto. You may claim a maximum of **6** hours.

In support of:

