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# 2025 Frontiers in Preventive Cardiology and Cardiometabolic Health February 14-15, 2025

Hyatt Place Hotel  
560 King Street  
Charleston, SC.



*Presented by the MUSC Department of Medicine*

For More Information:

Visit [www.musc.edu/cme](http://www.musc.edu/cme), Call the Office of CME, 843-876-1925 or email [cmeoffice@musc.edu](mailto:cmeoffice@musc.edu)

# 2025 Frontiers in Preventive Cardiology and Cardiometabolic Health

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College of Medicine

## COURSE FACULTY

### CONFERENCE DIRECTOR

#### **Pamela B. Morris, MD**

Professor of Medicine, Cardiology  
Medical University of South Carolina  
Paul V. Palmer Endowed Chair in Cardiovascular  
Disease Prevention  
Director, Seinsheimer Cardiovascular Health Program  
Trustee, American College of Cardiology

### GUEST FACULTY

#### **Christie Ballantyne, MD**

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Associate Professor of Medicine  
Harvard Medical School  
Boston, MA

#### **Jennifer Green, MD**

Professor of Medicine  
Division of Endocrinology  
Duke Clinical Research Institute  
Duke University School of Medicine  
Durham, North Carolina

#### **Michael D. Shapiro, DO, MCR, FACC, FAHA**

Fred M. Parrish Professor of Cardiology and Molecular Medicine  
Director, Center for Prevention of Cardiovascular Disease  
Associate Director, T32 Program in Cardiovascular Epidemiology  
and Prevention  
President, American Society for Preventive Cardiology  
Wake Forest University School of Medicine  
Winson-Salem, NC

#### **Steve Kopecky, MD, MASPC, FACC, FAHA**

Professor of Medicine  
Department of CV Disease  
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### MUSC FACULTY

#### **Jan Basile, MD**

Professor of Medicine  
Division of Cardiology

#### **Kellie K. Mclain, ANP**

Associate Professor of Pediatrics  
Division of Cardiology

#### **C. Wayne Weart, PharmD, BCPS, FASHP, FAPhA,**

Professor Emeritus Department of Clinical  
Pharmacy and Outcome Sciences  
Professor of Family Medicine  
SC College of Pharmacy - MUSC Campus

#### **Janet Carter, MS, RDN, LDN, CSL, FNLA**

Outpatient Dietitian  
Heart Health Program Manager  
MUSC Children's Health

#### **Vishal Rao, MD**

Assistant Professor of Medicine  
Division of Cardiology

#### **Ashley Arana Waring, MD, FACC**

Assistant Professor of Medicine  
General Clinical Cardiology

#### **Sheldon Litwin, MD, FACC,**

Alicia Spaulding-Paolozzi Endowed Chair  
SC Center of Economic Excellence  
Professor of Medicine and Radiology  
Division of Cardiology  
Director of Echocardiography  
Associate Editor, Journal of the American  
Society of Echocardiography

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## CONFERENCE DESCRIPTION

Rapid developments in methods for cardiovascular (CV) disease risk evaluation and recent advances in pharmacological and procedural strategies for management of cardiometabolic risk factors have significantly improved our ability to identify and treat at-risk patients. Join our internationally renowned faculty for updates on contemporary understanding of cardiovascular disease risk algorithms, polygenic risk scores, biomarkers and CV risk, preventive imaging, and female specific risk factors and learn how to incorporate strategies for personalization of risk assessment for each of your unique patients. Develop skills in recognizing the early, multi-system signs of cardiometabolic disease beyond the heart, including metabolic liver and renal diseases and consider newer pharmacological strategies for organ protection. Targeting obesity is now imperative, particularly in at-risk patients early in the cardiometabolic continuum. Advance your skills in designing a comprehensive management strategy that includes lifestyle, as well as groundbreaking anti-obesity medications and surgical approaches to weight management. The landscape of lipid pharmacotherapy has never been more expansive and the most recent expert guidance on incorporation of these agents into clinical practice will be considered. Presentations of complex patient cases from the real-world will stimulate challenging discussions among participants and expert panelists. And just to keep you at the absolute peak of your scientific evidence game, join us for a session on the Top Trials of 2024-25 in preventive cardiology and cardiometabolic health that will impact your patient care!

## TARGET AUDIENCE

This course is intended for cardiovascular specialists, preventive cardiologists, practicing cardiologists, endocrinologists, nephrologists, cardiovascular advanced practice providers (NP or PA), internists, family physicians, pharmacists, cardiovascular nurses, and industry representatives.

## CREDIT DESIGNATION

### Physician Credit Statement

The Medical University of South Carolina designates this live activity for a maximum of 10.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### Other Credit Statements

**Nurses:** Most states accept CMEs that apply to a specific nursing specialty as nursing continuing education. Please check with your respective State Board of Nursing to ascertain the equivalent number of contact hours offered for 10.25 *AMA PRA Category 1 Credit(s)*<sup>™</sup>.

**PAs:** AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit(s)*<sup>™</sup> and Prescribed credit from AAFP from organizations accredited by ACCME or a recognized state medical society. The MUSC Office of CME provides certificates to PAs with a statement, approved by AAPA, that PAs may receive a maximum of 10.25 AAPA Category 1 Credits for this conference.

## ELECTRONIC SYLLABUS

The conference syllabus will be provided online. Information will be emailed to you the week of the conference so that you may download/print a copy.

## OBJECTIVES

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

1. Incorporate comprehensive cardiovascular risk assessment into routine clinical practice and personalize evaluation based on the patient's unique risk profile.
2. Formulate treatment strategies to target obesity early in the cardiometabolic risk continuum.
3. Select pharmacotherapy for management of dyslipidemia and reduction of cardiovascular risk based on current scientific evidence and expert guidance.
4. Intervene early for renal and hepatic protection in patients with cardiometabolic disease.

## ACCREDITATION

The Medical University of South Carolina is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

## DISCLOSURE

In accordance with the ACCME Standards for Integrity and Independence in Accredited Continuing Education anyone involved in planning or presenting this educational activity will be required to disclose any financial relationships with any ineligible companies. An ineligible company is any entity whose primary business is producing, marketing, selling, reselling, or distributing healthcare products used by or on patients. Any financial relationships with these ineligible companies have been mitigated by the MUSC Office of CME. Speakers who incorporate information about off-label or investigational use of drugs or devices will be asked to disclose that information at the beginning of their presentation.

## AMERICANS WITH DISABILITIES ACT

It is the policy of the Medical University of South Carolina not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at 843-876-1925.

## CANCELLATION

A refund will be made upon written request prior to January 14, 2025 less a \$50.00 cancellation fee. After January 14, 2025 no refunds will be made. We reserve the right to cancel the program if necessary. Full registration fees will be refunded for canceled programs. By registering for this conference, you acknowledge and agree to this cancellation policy.

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## COURSE AGENDA

### FRIDAY, FEBRUARY 14

- 7:30 am Registration/Breakfast with Exhibitors
- 8:00 Welcome and Opening Remarks
- Opening Plenary Session**  
**Moderator, Pamela B. Morris, M.D.**  
**Hormonal Conundrums & Controversies in Cardiovascular Disease Risk**
- 8:15 The Other Sex Hormone: Testosterone and CV/ Cardiometabolic Risk, *Steve Kopecky, M.D.*
- 8:40 Timing is Everything: Contraception and Reproductive Planning in Patients with CV Risk, *Pamela B. Morris, M.D.*
- 9:05 Extending the Glory Days or Increasing CV Risk: Post-Menopausal Hormone Replacement, *Noel Bairey Merz, M.D.*
- 9:30 The Forgotten Hormone: Aldosterone and CV Risk in Hypertension and Heart Failure, *Jan Basile, M.D.*
- 9:55 Panel Discussion, *Drs. Kopecky, Morris, Bairey Merz, Basile*
- 10:15 Break with Exhibitors
- The 360 Degree View of Cardiovascular Disease Risk Reduction**  
**Moderator, Ashley Waring, MD**
- 10:45 Beyond the Coronaries: Preventive Strategies in PAD and Cerebrovascular Disease, *Greg Piazza, M.D.*
- 11:10 Beyond Atherosclerosis: INOCA and MINOCA, *Noel Bairey Merz, M.D.*
- 11:35 News Flash: HFpEF is a Cardiometabolic Disease, *Sheldon Litwin, M.D.*
- 12:00 VTE: Considerations in Management in Cardiometabolic Disease, *Greg Piazza, M.D.*
- 12:25 Panel Discussion, *Drs. Piazza, Bairey Merz, Litwin*
- 12:45 Lunch (on your own)
- Getting to the Finish Line:  
It Takes the Entire Team**  
**Moderator: Pamela B. Morris, MD**
- 2:00 Come into the Huddle for Complex Case Discussions  
Case Presentations: *Ashley Waring, MD*  
Panelists: *Janet Carter, RDN; Kellie McLain, NP; Wayne Weart PharmD, NP-HF, CDE, RN/CR (HFpEF, HeFH, Obesity)*
- 3:00 MOC Assessment/Adjourn

### SATURDAY, FEBRUARY 15

- 7:30 am Registration/Breakfast with Exhibitors
- 8:00 Welcome and Opening Remarks
- Changing the Paradigm: The Top Recent Trials in Preventive Cardiology and Cardiometabolic Health**  
**Moderator, Jan Basile, MD**
- 8:05 Trial #1: *Noel Bairey Merz, M.D.*
- 8:15 Trial #2: *Michael Shapiro, D.O.*
- 8:25 Trial #3: *Steve Kopecky, M.D.*
- 8:35 Trial #4: *Christie Ballantyne, M.D.*
- 8:45 Trial #5: *Greg Piazza, M.D.*
- 8:55 Panel Discussion, *Drs. Bairey Merz, Shapiro, Kopecky, Ballantyne, Piazza*
- 9:15 Break with Exhibitors
- Driving in the Fast Lane:  
Keeping Pace with Advances in Dyslipidemia**  
**Moderator: Pamela B. Morris, M.D.**
- 9:45 Triglycerides, Remnant Cholesterol, and CV Risk Management, *Michael Shapiro, D.O.*
- 10:10 Faster Than the Speed of Light: Evolving LDL and Lp(a) Therapies, *Pamela B. Morris, MD*
- 10:35 Dyslipidemia Whiplash: Evolving Measures of Lipid/Lipoprotein-related Risk, *Christie Ballantyne, M.D.*
- 11:00 Panel Discussion: *Drs. Shapiro, Morris, Ballantyne*
- 11:15 **The Most Important Voice of All: Learning to Hear the Patient's Perspective**  
**Moderators: Ashley Waring, M.D.**  
Patient Interviewer: TBA  
1. Severe Hypertriglyceridemia  
2. INOCA  
3. Complex Hypertension
- 12:00 Lunch (on your own)
- Updates in Cardiometabolic Risk: A Potpourri**  
**Moderator: Pamela B. Morris, MD**
- 1:15 Diabetes Management 2025: What's New?  
*Jennifer Green, M.D.*
- 1:40 The Wins of Losing: Obesity Management and CV Risk,  
*Chiadi Ndumele, M.D.*
- 2:05 Caution: Liver at Risk in Cardiometabolic Disease  
*Vishal Rao, M.D.*
- 2:30 Panel Discussion, *Drs. Green, Ndumele, Rao*
- 3:00 Closing Remarks/MOC Assessment/Adjourn

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## REGISTRATION INFORMATION

	Early Bird (on/before 10/31)	Regular (after 10/31)
Physicians In Practice	\$300.00	\$350.00
All Others Healthcare Professionals	\$250.00	\$300.00
Industry	\$300.00	\$350.00

The fee for in-person attendance includes tuition, breaks, online syllabus, and certificates of attendance.

No pre-registrations will be accepted after February 7, 2025. After this date, you must contact the Office of CME at 843-876-1925 to see if space is still available. If space is available you must register on-site.

**REGISTRATION METHODS:** Please use ONE of these methods to register.

1. Mail registration form with check\* or credit card information to:  
MUSC Office of CME  
96 Jonathan Lucas Street, HE601, MSC 754  
Charleston, SC 29425

\*Checks should be made out to "Medical University of South Carolina"

2. Email/Scan completed registration form to [cmeoffice@musc.edu](mailto:cmeoffice@musc.edu)
3. Complete registration through the [Online Registration Portal](#)

## HOTEL INFORMATION

**The Hyatt Place Hotel • 560 King Street • Charleston, SC 29403 • (843) 414-4900**

Nestled in the Upper King Historic District, Hyatt Place Charleston / Historic District offers spacious rooms, well-equipped meeting spaces, and access to some of the best attractions in downtown Charleston. Explore the Restaurant District, South Carolina Aquarium, and Children's Museum of the Lowcountry nearby or take in city views from the rooftop bar of our Pour Taproom with over 40 craft beers on tap. The best of Charleston is within easy reach when you stay at the Hyatt Place Charleston / Historic District. The hotel offers valet parking, indoor swimming pool, fitness center, onsite restaurant and concierge. Special group rates start at \$279.00 plus tax, per night. A limited number of guest rooms have been reserved and are being offered on a first come, first serve basis. The room block will be held until January 14, 2025; however the room block may be filled prior to this date. In such a case, neither the group rate nor guest room availability can be guaranteed. Therefore, we recommend you make your reservation as soon as possible. Reservations can be made by calling the hotel directly at 843-414-0722 or Toll Free at 877-803-7534 and identifying yourself as being a participant in this meeting, or by following the online directions below. Link for online reservations:

Hotel QR Code



**Parking:** Valet parking at the hotel is available at \$42.00 plus tax, per day with unlimited in and out privileges. Self-parking is available at \$20.00 per day for a 24-hour period, without in and out privileges. Self-parking is located in the Charleston County Municipal Parking Garage next to the hotel and charges are paid directly to PMC Parking System, which manages the garage. Rates are subject to change with notice.

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## REGISTRATION FORM

Name \_\_\_\_\_ Personal ID# XXX - XX - \_\_\_\_\_  
(As you would like it printed on your name badge) (Last four digits of your SSN)

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Specialty \_\_\_\_\_ Degree/Credentials \_\_\_\_\_

Email \_\_\_\_\_  
(Please provide your active email address to ensure proper receipt of all CME Credit documentation.)

Phone (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_ Fax (\_\_\_\_\_) \_\_\_\_\_ - \_\_\_\_\_

### PLEASE READ THE STATEMENTS BELOW AND CHECK THE BOX IF YOU AGREE TO

- YES I give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.
- NO I do not give permission to the MUSC Office of CME to share my name, city, and state with other attendees and the companies that will be exhibiting at and/or supporting the conference through educational grants.

### REGISTRATION FEES & METHOD OF PAYMENT

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Physicians In Practice	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$350.00
All Others Healthcare Professionals	<input type="checkbox"/> \$250.00	<input type="checkbox"/> \$300.00
Industry	<input type="checkbox"/> \$300.00	<input type="checkbox"/> \$350.00

The fee for in-person attendance includes tuition, breaks, online syllabus, and certificates of attendance.

- Enclosed Check Payable to Medical University of South Carolina  MasterCard  Visa  Discover  American Express

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_ CVV Code \_\_\_\_\_

Name as it appears on card \_\_\_\_\_

(Please use ONE of these methods to register. Do not mail if previously faxed or telephoned).

- **Mail** registration form with check made out to "Medical University of South Carolina" or credit card information to MUSC Office of CME, 96 Jonathan Lucas Street, HE601, MSC 754, Charleston, SC, 29425
- **Telephone:** (843) 876-1925 – Registration by credit card only.
- **Email:** Scan & email completed registration form to [cmeoffice@musc.edu](mailto:cmeoffice@musc.edu)
- **Online:** Complete registration through the [Online Registration Portal](#)

[www.musc.edu/cme](http://www.musc.edu/cme)

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