

From Metabolic Syndrome to Cardiometabolic Risk...

# Cardiometabolic Health Congress

2007

SEPTEMBER 26 – 29, 2007 · SHERATON BOSTON HOTEL · BOSTON, MA



Discover Insights from the Experts in Cardiometabolic Risk Management!

## Distinguished Chairpersons



Christie M. Ballantyne, MD  
Baylor College of Medicine



Robert H. Eckel, MD  
Univ. of Colorado at Denver and Health Sciences Ctr.



Richard W. Nesto, MD  
Harvard Medical School  
Lahey Clinic Medical Ctr.



Jay S. Skyler, MD  
Univ. of Miami  
Miller School of Medicine

## Keynote Presenters

Pre-diabetes  
Insulin Resistance  
Hypertension



C. Ronald Kahn, MD  
Harvard Medical School  
Joslin Diabetes Ctr.



Valentin Fuster, MD, PhD  
Mount Sinai  
School of Medicine

Dyslipidemia  
Obesity  
Type 2 Diabetes

## Association Supporters

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### American Heart Association

Councils on Clinical Cardiology; Arteriosclerosis, Thrombosis and Vascular Biology; Nutrition, Physical Activity, and Metabolism; High Blood Pressure Research; Cardiovascular Nursing; and Epidemiology and Prevention



Earn 30.25 CME Credits!



[www.cardiometabolichealth.org](http://www.cardiometabolichealth.org)

This activity is jointly sponsored by HealthScience Media, Inc., and Medical Education Collaborative, Inc. (MEC). MEC is a nonprofit organization that has been certifying quality educational activities since 1988.



Dear Colleague:

Please join us and our distinguished faculty for the 2007 Cardiometabolic Health Congress, taking place September 26–29, 2007, at the Sheraton Hotel in Boston, MA.

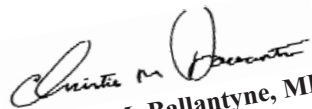
The combined impact of obesity, diabetes, and cardiovascular disease is one of the largest health problems we face today. It is critical that physicians and health care providers understand the predictive relationship between metabolic risk, diabetes, and cardiovascular disease, and employ aggressive intervention strategies to prevent and/or delay disease progression.

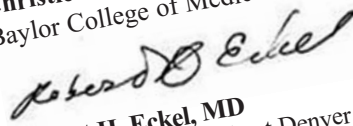
The 2007 Cardiometabolic Health Congress features world-renowned experts, translating cutting-edge science into practical medical, lifestyle, and surgical approaches to manage the problems associated with obesity, diabetes, and cardiovascular disease.

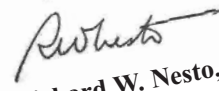
Our inaugural congress was an unprecedented success – attended by forward-thinking clinicians seeking advanced-level scientific and practical information regarding the prevention and management of diabetes, dyslipidemia, hypertension, obesity, and cardiovascular disease.

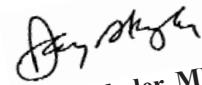
If you've been looking for a multidisciplinary interactive experience where your clinical knowledge can rise to the next level, attend the 2007 Cardiometabolic Health Congress and participate in an expert-level forum where novel ideas are generated!

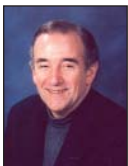
We look forward to seeing you in Boston.

  
**Christie M. Ballantyne, MD**  
Baylor College of Medicine

  
**Robert H. Eckel, MD**  
University of Colorado at Denver  
and Health Sciences Center

  
**Richard W. Nesto, MD**  
Harvard Medical School

  
**Jay S. Skyler, MD**  
University of Miami  
Miller School of Medicine



*"The Cardiometabolic Health Congress is a unique meeting because it brings together a wide array of experts in diabetes, insulin resistance, metabolic syndrome, and cardiovascular disease. Together they focus on translating the latest science into meaningful recommendations for the practicing health professional."*

**Henry Ginsberg, MD**

## PROGRAM OVERVIEW



Patients presenting with multiple cardiometabolic risk factors (including insulin resistance, dyslipidemia, central obesity, hypertension, microalbuminuria, increased inflammation, and oxidative stress) are at triple the risk of experiencing myocardial infarction and/or stroke and double the risk of mortality from these conditions. Each of these risk factors poses a danger to good health, and the more risk factors present, the greater the risk of heart disease and type 2 diabetes.

Therapeutic advances have been gained from antidiyslipidemia, antihypertensive, and antidiabetic agents. These treatment regimens are invaluable tools to help reduce the clinical and economic burden imposed by cardiovascular and metabolic disease. However, despite this evidence, cardiovascular disease still remains a major cause of death in the United States and globally – whether due to inappropriate control of diseases such as diabetes mellitus and hypertension, or by emergent risk factors such as abdominal obesity, reduced levels of HDL-C, hypertriglyceridemia, and a higher proportion of small and dense LDL particles, all contributing to cardiovascular risk.

The 2007 Cardiometabolic Health Congress will translate the latest clinical data into practical and effective approaches to identify and manage the approximately 27.6% of the U.S. population at increased cardiometabolic risk. The goal of the congress is to improve patient outcomes through early identification and intervention strategies for patients with, or at risk of developing, diabetes and cardiovascular disease.



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## LEARNING OBJECTIVES

At the end of the congress, participants will be able to:

- Demonstrate the interrelationship between insulin resistance, dyslipidemia, type 2 diabetes and obesity, and the impact of these factors on cardiovascular health
- Apply strategies for prevention, screening, early detection, and treatment of cardiometabolic risk in clinical practice
- Utilize screening tools, lifestyle change treatment plans, and various drugs in combination to reduce morbidity and mortality associated with cardiometabolic risk
- Discuss the potential role of new therapies for the prevention and management of type 2 diabetes and cardiovascular disease

## TARGET AUDIENCE

Advanced-level clinicians responsible for the prevention, diagnosis, and management of type 2 diabetes and cardiovascular disease

*"Perfect, well-balanced program—well done!"*

*"Outstanding conference packed with valuable information to apply to practice."*

*"Exceptional meeting with very good content value."*

*"Very well organized conference and the moderators kept everything on track—great job!"*

# Chairpersons and Keynote Presenters

## CHAIRPERSONS



**Christie M. Ballantyne, MD**  
Associate Chief and Professor of Medicine  
Director, Center for Cardiovascular  
Disease Prevention  
Codirector, Lipid Metabolism  
and Atherosclerosis Clinic  
Baylor College of Medicine



**Robert H. Eckel, MD**  
Professor of Medicine,  
Division of Endocrinology,  
Metabolism, and Diabetes  
Division of Cardiology  
Professor of Physiology and Biophysics  
Charles A. Boettcher II Chair in Atherosclerosis  
Program Director, Adult General  
Clinical Research Center  
University of Colorado at Denver  
and Health Sciences Center  
Director, Lipid Clinic, University Hospital

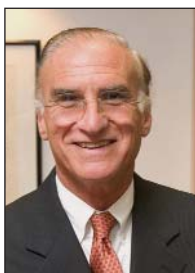


**Richard W. Nesto, MD**  
Associate Professor,  
Harvard Medical School  
Chair, Department of  
Cardiovascular Medicine  
Lahey Clinic Medical Center



**Jay S. Skyler, MD**  
Professor of Medicine,  
Pediatrics, and Psychology  
Division of Endocrinology,  
Diabetes, and Metabolism  
University of Miami Miller School of Medicine  
Associate Director for Academic Programs,  
Diabetes Research Institute

## KEYNOTE PRESENTERS



### **The Science Behind Insulin Resistance and Its Impact on Cardiometabolic Risk**

**C. Ronald Kahn, MD**  
Professor of Medicine,  
Harvard Medical School  
President and Director,  
Joslin Diabetes Center



### **Atherosclerosis in Patients with Cardiometabolic Risk: New Findings Regarding Inflammation and Neovascularization**

**Valentin Fuster, MD, PhD**  
Director, Zena and Michael A. Wiener  
Cardiovascular Institute  
Director, Marie-Josée and Henry R. Kravis  
Center for Cardiovascular Health  
Professor of Medicine,  
Mount Sinai School of Medicine



*“Research in the last 10 years has clearly shown that an elevated glucose level is one of the most important CV risk factors in people both with and without any evidence of diabetes. More than two-thirds of people with a MI have either diabetes, impaired glucose tolerance, or impaired fasting glucose levels.”*

*Hertzell Gerstein, MD*

## DISTINGUISHED FACULTY



**Martin J. Abrahamson, MD**  
Harvard Medical School  
Joslin Diabetes Center



**David E. Cohen, MD**  
Brigham and Women's Hospital  
Harvard Medical School



**Thomas Giles, MD**  
Tulane University  
School of Medicine



**Louis J. Aronne, MD**  
New York Presbyterian  
Hospital  
Weill Cornell Medical  
College



**Paresh Dandona, MBBS**  
Millard Fillmore Health System  
State University of NY at Buffalo



**Henry N. Ginsberg, MD**  
Columbia University  
College of Physicians  
and Surgeons



**George Bakris, MD**  
University of Chicago  
School of Medicine



**Lawrence M. Dolan, MD**  
Cincinnati Children's Hospital  
University of Cincinnati College  
of Medicine



**Ronald B. Goldberg, MD**  
University of Miami  
Miller School of Medicine



**Deepak L. Bhatt, MD**  
Cleveland Clinic  
Department of  
Cardiovascular Medicine



**John P. Foreyt, PhD**  
Baylor College of Medicine



**David Gonzales, PhD**  
Oregon Health and  
Science University



**Lawrence Blonde, MD**  
Ochsner Medical Center



**Om P. Ganda, MD**  
Joslin Diabetes Center



**Alan H. Gradman, MD**  
Temple University  
The Western  
Pennsylvania Hospital



**Zachary T. Bloomgarden, MD**  
Mount Sinai Medical Center



**John E. Gerich, MD**  
University of Rochester  
Medical Center



**Steven M. Haffner, MD**  
University of Texas  
Health Science Center  
at San Antonio



**Sonia Caprio, MD**  
Yale University  
School of Medicine



**Hertzell C. Gerstein, MD**  
McMaster University



**Byron Hoogwerf, MD**  
Cleveland Clinic Foundation



**William T. Cefalu, MD**  
Pennington Biomedical  
Research Center  
Louisiana State University



**Garry H. Gibbons, MD**  
Morehouse School  
of Medicine



**Gökhan Hotamisligil, MD, PhD**  
Harvard School of Public Health

*(continued on next page)*

## DISTINGUISHED FACULTY

(continued from page 5)



**Willa Hsueh, MD**  
UCLA School of Medicine



**Andrew McCullough, MD**  
New York University  
Medical Center



**Allen M. Spiegel, MD**  
Albert Einstein  
College of Medicine



**Matthew M. Hutter, MD, MPH**  
Massachusetts General  
Hospital



**Nancy Houston Miller, RN, BSN**  
Stanford University  
School of Medicine



**Robert D. Toto, MD**  
UT Southwestern Medical  
Center at Dallas



**Kenneth A. Jamerson, MD**  
University of Michigan  
School of Medicine



**Kitt Falk Petersen, MD**  
Yale University  
School of Medicine



**Scott Urquhart, PA-C**  
James Madison University  
Physician Assistant Program



**Richard A. Kahn, PhD**  
American Diabetes Association



**Jorge Plutzky, MD**  
Harvard Medical School  
Brigham and Women's  
Hospital



**R. Parker Ward, MD**  
University of Chicago  
Medical Center



**Samuel Klein, MD**  
Washington University  
School of Medicine  
Barnes-Jewish Hospital



**Daniel J. Rader, MD**  
Pennsylvania Cardiac Care  
at Presbyterian Medical Center



**Matthew R. Weir, MD**  
University of Maryland  
School of Medicine



**Jack Leahy, MD**  
University of Vermont  
College of Medicine



**Frank M. Sacks, MD**  
Harvard School of Public Health  
Brigham and Women's Hospital



**K. Michael Welch, MD**  
Rosalind Franklin University of  
Medicine and Science



**Lawrence A. Leiter, MD**  
St. Michael's Hospital  
University of Toronto



**Michael W. Schwartz, MD**  
University of Washington  
School of Medicine



**Peter W. Wilson, MD**  
Emory University  
School of Medicine



**Richard Lifton, MD, PhD**  
Yale University  
School of Medicine



**Ronald Sigal, MD**  
University of Calgary



**Judith Wylie-Rosett, EdD, RD**  
Albert Einstein College  
of Medicine



**R. Preston Mason, PhD**  
Brigham and Women's Hospital



**Steven R. Smith, MD**  
Pennington Biomedical  
Research Center  
Louisiana State University



**Bernard Zinman, MD**  
University of Toronto  
Mount Sinai Hospital

**Wednesday, September 26, 2007**

2:00pm – 6:00pm **Registration**

6:30pm – 8:30pm **Dinner Symposium**

**Prandial Insulin and Cardiovascular Risk**

Presenters: Lawrence Blonde, MD; William Cefalu, MD; John Gerich, MD

**Thursday, September 27, 2007**

6:30am – 8:00am **Breakfast Symposium**

**Cardiometabolic Risk Reduction: Novel Strategies for Achieving Lipid and Glycemic Targets**

Presenters: David Cohen, MD; Zachary Bloomgarden, MD; Om Ganda, MD

8:00am – 8:15am **Opening Remarks**

Jay Skyler, MD

8:15am – 8:45am **Keynote Presentation**

**The Science Behind Insulin Resistance and Its Impact on Cardiometabolic Risk**

C. Ronald Kahn, MD

8:45am – 9:15am **Pharmacotherapy for the Management of Type 2 Diabetes**

Martin Abrahamson, MD

9:15am – 9:45am **Exercise as an Intervention to Reduce Cardiovascular Risk in Patients with Diabetes**

Ronald Sigal, MD

9:45am – 10:15am **Nutritional Interventions to Reduce Cardiometabolic Risk**

Judith Wylie-Rosett, EdD, RD

10:15am – 10:45am **Morning Break / Exhibit Hall**

10:45am – 11:15am **Type 2 Diabetes: Interdicting Disease Progression**

Bernard Zinman, MD

11:15am – 11:45am **Preventing the Progression of Atherosclerosis in Type 2 Diabetes**

Henry Ginsberg, MD

11:45am – 12:30pm **Diabetes Prevention: Does It Work? Is It Worthwhile?**

Moderator: Jay Skyler, MD

Panelists: Hertzell Gerstein, MD; Richard Kahn, PhD; Larry Leiter, MD; Richard Nesto, MD

12:30pm – 1:45pm **Lunch Symposia**

**Cardiometabolic Risk Management: The Role of Insulin Therapy in Achieving Glycemic Control**

Presenters: Paresh Dandona, MBBS; Jack Leahy, MD; Richard Nesto, MD

**Advances in Hypertension Management:**

**The Role of Direct Renin Inhibition in Achieving Blood Pressure Control**

Presenters: Alan Gradman, MD; Kenneth Jamerson, MD; Matthew Weir, MD

2:00pm – 2:30pm **Physiologic Mechanisms of Obesity**

Samuel Klein, MD

2:30pm – 3:00pm **Is It Visceral or Ectopic Fat Deposition, or Is It Both?**

Kitt Falk Petersen, MD

3:00pm – 3:30pm **Afternoon Break / Exhibit Hall**

3:30pm – 4:00pm **Effects of Adipose Tissue-Derived Cytokines on Cardiovascular Function and Structure**

Gökhan Hotamisligil, MD, PhD

4:00pm – 4:30pm **Pharmacotherapy for Obesity Management: Current Practice and Future Directions**

Louis Aronne, MD

4:30pm – 5:00pm **Bariatric Surgery: Patient Selection, Procedure Options, and Outcomes**

Matthew Hutter, MD

5:00pm **Closing Remarks**

Richard Nesto, MD

5:00pm – 6:30pm **Welcome Reception**

6:30pm – 8:30pm **Dinner Symposium**

**Emerging Concepts in Obesity Management: Integrated Neurohormonal Therapy**

Presenters: Henry Ginsberg, MD; Michael Schwartz, MD; Steven Smith, MD

- 6:30am – 8:00am **Breakfast Symposia**  
**Expert Roundtable: Emerging Concepts in Cardiometabolic Risk Management**  
Christie Ballantyne, MD; Thomas Giles, MD; Steven Haffner, MD; Daniel Rader, MD  
**Cardiometabolic Risk Reduction: The Role of New Generation Beta-Blockade in Achieving Hypertension Control**  
Presenters: George Bakris, MD; Garry Gibbons, MD; R. Preston Mason, PhD
- 8:00am – 8:15am **Opening Remarks**  
Christie Ballantyne, MD
- 8:15am – 8:45am **Keynote Presentation**  
**Atherosclerosis in Patients with Cardiometabolic Risk: New Findings Regarding Inflammation and Neovascularization**  
Valentin Fuster, MD, PhD
- 8:45am – 9:15am **Diabetes and Atherosclerosis: Defining the Link and Opportunities for Intervention**  
Jorge Plutzky, MD
- 9:15am – 9:45am **Biomarkers and Noninvasive Imaging: Useful, Hopeful, or Hype?**  
Christie Ballantyne, MD
- 9:45am – 10:15am **Morning Break / Exhibit Hall**
- 10:15am – 10:45am **Risk Assessment Models to Predict Multiple Cardiometabolic Risk Factors**  
Peter Wilson, MD
- 10:45am – 11:15am **Hypertension Management in Patients with Diabetes and Cardiovascular Disease**  
George Bakris, MD
- 11:15am – 11:45am **Antithrombotics for Patients with Increased Cardiometabolic Risk: What Do We Use and for How Long?**  
Deepak Bhatt, MD
- 11:45am – 1:00pm **Lunch Symposia**  
**The Role of the Endocannabinoid System in the Management of Cardiometabolic Risk**  
Presenters: Louis Aronne, MD; Deepak Bhatt, MD; Robert Eckel, MD  
**Cardiovascular Risk Reduction: Controlling Dyslipidemia in Patients with Type 2 Diabetes**  
Presenters: Henry Ginsberg, MD; Ronald Goldberg, MD; Michael Welch, MD
- 1:15pm – 2:15pm **Dyslipidemia: Controversies and Difficulties in Lipid Management**  
Moderator: Robert Eckel, MD  
Panelists: Christie Ballantyne, MD; Henry Ginsberg, MD; Ronald Goldberg, MD; Daniel Rader, MD
- 2:15pm – 2:45pm **Lipid Management in Children with Type 1 or Type 2 Diabetes**  
Larry Dolan, MD
- 2:45pm – 3:15pm **Afternoon Break / Exhibit Hall**
- 3:15pm – 3:45pm **Glycemic Control in Children with Type 1 or Type 2 Diabetes**  
Sonia Caprio, MD
- 3:45pm – 4:15pm **Butting Out: Novel Smoking Cessation Strategies to Reduce Cardiometabolic Risk**  
David Gonzales, PhD
- 4:15pm – 5:15pm **Cardiometabolic Risk Management in High-Risk Populations: Medical Management and Lifestyle Modification Strategies**  
Presenters: John Foreyt, PhD; Nancy Houston Miller, RN, BSN; Scott Urquhart, PA-C
- 5:15pm **Closing Remarks**  
Christie Ballantyne, MD
- 6:00pm – 8:00pm **Dinner Symposium**  
**Reducing Residual Cardiovascular Risk by Lowering Triglycerides and Raising HDL-C**  
Presenters: Christie Ballantyne, MD; Jorge Plutzky, MD; Frank Sacks, MD

- 6:30am – 8:00am **Breakfast Symposium**  
**Beyond Hypertension Control:  
The Role of ARBs in the Management of Cardiometabolic Risk**  
Presenters: Thomas Giles, MD; Byron Hoogwerf, MD; Willa Hsueh, MD
- 8:00am – 8:15am **Opening Remarks**  
Robert Eckel, MD
- 8:15am – 8:45am **The Impact of Personalized Medicine on the Management of  
the Obese Patient with Multiple Cardiometabolic Risk Factors**  
Allen Spiegel, MD
- 8:45am – 9:30am **Early Kidney Disease:  
The Underappreciated Cardiometabolic Risk Factor**  
Robert Toto, MD
- 9:30am – 10:00am **The Influence of Genetics on Hypertension and Cardiometabolic Risk Management:  
Current Strategies and Future Directions**  
Richard Lifton, MD
- 10:00am – 10:30am **Morning Break / Exhibit Hall**
- 10:30am – 11:00am **Appropriate Revascularization in Patients with Diabetes and Cardiovascular Disease**  
Richard Nesto, MD
- 11:00am – 12:00pm **Expert Roundtable: Evaluating Clinical Trial Evidence**  
Moderator: Richard Nesto, MD  
Presenters: Christie Ballantyne, MD; Robert Eckel, MD; Steven Haffner, MD
- 12:00pm – 1:00pm **Lunch Symposium**  
**Establishing the Relationship Between Erectile Dysfunction and Cardiometabolic Risk:  
Opportunities for Screening and Early Intervention to Improve Patient Care**  
Presenters: Andrew McCullough, MD; R. Parker Ward, MD
- 1:00pm **Closing Remarks**  
Robert Eckel, MD

*"This conference helped me out of burn-out and has rejuvenated me.  
I'm eager to get back to work!"*

*"It is encouraging to see so many important groups working together to find  
new ways to develop standards to help our patients."*

*"It has been wonderful to get the latest data concerning this  
enormous problem."*



*"The Cardiometabolic Health Congress features internationally-recognized experts in their fields,  
translating cutting-edge science into practical lifestyle, medical, and surgical approaches to the problems  
of obesity, diabetes, and cardiovascular disease."*

*Ronald Sigal, MD*

# Corporate-Supported Symposia

## Wednesday, September 26, 2007

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6:30pm – 8:30pm

### Dinner Symposium

#### Prandial Insulin and Cardiovascular Risk

Presenters: Lawrence Blonde, MD; William Cefalu, MD; John Gerich, MD

*Supported by an educational grant from Pfizer*

## Thursday, September 27, 2007

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6:30am – 8:00am

### Breakfast Symposium

#### Cardiometabolic Risk Reduction: Novel Strategies for Achieving Lipid and Glycemic Targets

Presenters: Zachary Bloomgarden, MD; David Cohen, MD; Om Ganda, MD

*Supported by an educational grant from Daiichi-Sankyo*

12:30pm – 1:45pm

### Lunch Symposia

#### Cardiometabolic Risk Management: The Role of Insulin Therapy in Achieving Glycemic Control

Presenters: Paresh Dandona, MBBS; Jack Leahy, MD; Richard Nesto, MD

*Supported by an educational grant from sanofi-aventis*

#### Advances in Hypertension Management:

#### The Role of Direct Renin Inhibition in Achieving Blood Pressure Control

Presenters: Alan Gradman, MD; Kenneth Jamerson, MD; Matthew Weir, MD

*Supported by an educational grant from Novartis*

6:30pm – 8:30pm

### Dinner Symposium

#### Emerging Concepts in Obesity Management: Integrated Neurohormonal Therapy

Presenters: Henry Ginsberg, MD; Michael Schwartz, MD; Steven Smith, MD

*Supported by an educational grant from Amylin*

## Friday, September 28, 2007

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6:30am – 8:00am

### Breakfast Symposia

#### Expert Roundtable: Emerging Concepts in Cardiometabolic Risk Management

Presenters: Christie Ballantyne, MD; Thomas Giles, MD; Steven Haffner, MD; Daniel Rader, MD

*Supported by an educational grant from Merck*

#### Cardiometabolic Risk Reduction: The Role of New Generation Beta-Blockade in Achieving Hypertension Control

Presenters: George Bakris, MD; Garry Gibbons, MD; R. Preston Mason, PhD

*Supported by an educational grant from Forest Laboratories, Inc.*

11:45am – 1:00pm

### Lunch Symposia

#### The Role of the Endocannabinoid System in the Management of Cardiometabolic Risk

Presenters: Louis Aronne, MD; Deepak Bhatt, MD; Robert Eckel, MD

*Supported by an educational grant from sanofi-aventis*

#### Cardiovascular Risk Reduction: Controlling Dyslipidemia in Patients with Type 2 Diabetes

Presenters: Henry Ginsberg, MD; Ronald Goldberg, MD; Michael Welch, MD

*Supported by an educational grant from Pfizer*

6:00pm – 8:00pm

### Dinner Symposium

#### Reducing Residual Cardiovascular Risk by Lowering Triglycerides and Raising HDL-C

Presenters: Christie Ballantyne, MD; Jorge Plutzky, MD; Frank Sacks, MD

*Supported by an educational grant from Abbott*

## Saturday, September 29, 2007

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6:30am – 8:00am

### Breakfast Symposium

#### Beyond Hypertension Control: The Role of ARBs in the Management of Cardiometabolic Risk

Presenters: Thomas Giles, MD; Byron Hoogwerf, MD; Willa Hsueh, MD

*Supported by an educational grant from Boehringer Ingelheim*

12:00pm – 1:00pm

### Lunch Symposium

#### Establishing the Relationship Between Erectile Dysfunction and Cardiometabolic Risk: Opportunities for Screening and Early Intervention to Improve Patient Care

Presenters: Andrew McCullough, MD; R. Parker Ward, MD

*Supported by an educational grant from Pfizer*

## Partial List of Organizations in Attendance in 2006

3T Mary Duluth Clinic	The Heart Center	Raritan Bay Cardiology Group
Acoma Canoncito Laguna Hospital	The Heart Group	Recherche Invascor
Acton Medical Associates	Heart Health	Rhode Island Hospital
Adventist Medical Center	Hilltown Community Health Center	Riverview Medical Center
Albany Medical Center	Horizons West Medical Group	Rochester Lifestyle Change
American Diabetes Association	Hospital Laval-Pavillon Marguerite	Salazar Medical Group, PC
American Society of Endocrine Physician Assistants	Inflammation Research Foundation	Sandia National Lab
America's Health Insurance Plans	Instituto Nacional de Cardiologia	Sansum Medical Clinic
Anna Jaques Hospital	Integrative Cardiology, PLLC	Self Regional Healthcare
Arkansas Heart Center	Internal Medicine Group of Peoria	Serono, Inc.
Association of Black Cardiologists, Inc.	James J. Peters VA Medical Center	Shawnee Mission Medical Center
Baltimore VA Medical Center	James Madison University, PA Program	South Shore Medical Center
Bassett Healthcare	Jefferson Medical Associates	South Texas Veterans Healthcare System
Baylor College of Medicine	Jefferson Medical College	Southern Jamaica Plain Health Center/Brigham and Women's Hospital
Baystate Medical Center	Joslin Diabetes Center	Southern Nevada Health District
Bland Clinic, PA	Joslin Diabetes Center at University of California, Irvine	Springfield Diabetes and Endocrinology Center
Blue Cross Blue Shield of Massachusetts	Kaiser Permanente	St. Francis University-Center of Excellence
Behavioral Medicine Research Center	The Keck School of Medicine of University of Southern California	St. Joseph Healthcare
Berkeley Heart Lab, Inc.	Lahey Clinic	St. Joseph's Hospital
Berkshire Health Systems	Lamprey Health Care	St. Luke's Roosevelt Hospital Center
Berkshire Visiting Nurse Association	Lehigh Valley Hospital	St. Mary's Duluth Clinic Medical Center
Beth Israel Deaconess Medical Center	Lifestyle Management Institute	St. Mary's of Michigan Standish Hospital
Beverly Hospital Hunt Center	Lifetime Health Medical Group	St. Regis Mohawk Health Service
Boston Medical Center	Lincoln Medical and Dental Health Center	St. Vincent Health Systems
Boston University Medical Center	Lisbon Family Practice	St. Vincent Medical Center
Brigham and Women's Hospital	Longevity Training Center	Stamford Hospital
Brody School of Medicine at East Carolina University	Louisiana Health Science Center Chabert Medical Center	Statesville Cardiovascular
Cape Cod Hospital	Lovelace Medical Center	Steele Memorial Medical Center
Cardiac Study Center	Madras Medical College and Government General Hospital India	Summit Medical Group
Cardiology Associates of Central Virginia	Massachusetts General Hospital	SUNY Downstate Medical Center at Brooklyn
Cardiology, Inc.	Massachusetts General Hospital Weight Center	SUNY Upstate Medical University at Syracuse, NY
Cardiovascular Consultants	Mayo Clinic	Torrance Memorial Medical Center
Catholic Medical Center	Mayo Clinic Arizona	Tulane University Medical Center
Central Cardiovascular Institute of San Antonio	Medical College of Georgia	Tyler Cardiovascular Consultants
Central Maine Medical Center	Mercer University	University of California, Davis Medical Center-Cardiology Union Hospital
Central Utah Clinic	Michigan State University Kalamazoo Center for Medical Studies	University of California, San Francisco School of Nursing
Centre Cardiovasculaire de Laval	Midatlantic Cardiovascular Associates	University of Colorado at Denver and Health Sciences Center
Centre Hospitalier de l'Université de Montréal-Hotel Dieu	Milton Hospital	University of Louisville School of Medicine
Chelmsford Family Practice	The Miriam Hospital	University of Maine
Cherokee National Salina Clinic	Mitera Hospital	University of Maryland, School of Medicine
Children's Hospital Boston	Montefiore Medical Center	University of Miami Miller School of Medicine Jackson Memorial Hospital
Cleveland Regional Medical Center	Montgomery General Hospital	University of Michigan
Clinique de Prevencion de la Maladie Vasculaire el de Lipides	Mount Sinai Heart Clinical Trials Unit	University of New Mexico
Columbia University	Mount Sinai Hospital	University of Pittsburgh
Community Healthcare Group	Mount Sinai Medical Center	University of Rochester
Cumberland Valley Endocrinology	Mount Sinai School of Medicine	University of Texas Health Science Center
Dartmouth Hitchcock Keene	New Mexico Heart Institute	University of Vermont College of Medicine
Dartmouth Preventive Medicine Residency Program	New Milford Hospital	Université Laval
Diabetes Management Services	New York Presbyterian Hospital with Cornell Medical College	Upper Peninsula Cardiovascular Associates
Duke University Medical Center	New York University Medical Center	Upstate Medical University-SUNY
Edward Heart Hospital	North Country Community Health Center	VA Hudson Valley Health Care System
Emory University	Northeast Cardiology Associates	VA Medical Center of West Palm Beach
Endocrinology Consultants of East Tennessee	Northeastern Tribal Health System	Valley View Medical Center
Erlanger Health System	Nyack Hospital/Good Samaritan Hospital	Vanderbilt Heart Institute
Exeter Hospital-HealthReach Diabetes	Overland Park Cardiovascular	Veterans Administration
Falmouth Hospital	Overlook Hospital	Virginia Cardiovascular Specialists
Fletcher Allen Health Care	Pacific Heart and Vascular Medical Group	Wellspring Health
Florida Department of Health	Paris Hospital	West Roxbury Veterans Administration
Fort Wayne Endocrinology	Partners Healthcare System	Western Cardiology
Functional Medicine Research Center	Piedmont Hospital	Western Missouri Medical Center
Green Bay HeartCare	Pitts Medical	White-Wilson Medical Center
Harbor Medical Associates	Prahbaker Medical, LLC	Woodlands North Houston Heart Center
Harvard Heart Letter	Prairie Cardiovascular Consultants	Wright State University
Harvard Medical School	Presbyterian Healthcare Services	Yale New Haven Hospital
Healthy Communities Access Project @ Community Health Program	Prime Healthcare	Yale University School of Medicine
Healthy Ever After, LLC		
Heart and Vascular Care		
Heart and Vascular Center		



***"The 2007 Cardiometabolic Health Congress will provide attendees with the broadest program possible covering those risk factors responsible for cardiovascular disease. The meeting will focus on the recently recognized importance of those cardiometabolic risk factors related to obesity and type 2 diabetes, two conditions epidemic in proportion. The newest options to treat cardiovascular risk will be presented."***

***Richard Nesto, MD***

## ACCREDITATION STATEMENT

### ACCME

This activity has been planned and implemented in accordance with the Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of Medical Education Collaborative, Inc. (MEC), and HealthScience Media, Inc. MEC is accredited by the ACCME to provide continuing medical education for physicians.

Medical Education Collaborative designates this educational activity for a maximum of 30.25 AMA PRA Category 1 Credits. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### ANCC

Medical Education Collaborative (MEC) is the accredited provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation.

RNs, LPNs, LVNs, and NPs can receive up to 30.2 contact hours for participation in this program. This program is cosponsored with Medical Education Collaborative, Inc. (MEC), and HealthScience Media, Inc. Provider approved by the California Board of Registered Nursing, Provider Number CEP 12990, for 36.2 contact hours.

### ACPE

30.25 contact hours (3.025 CEUs) of credit for pharmacists. Approval of this course for pharmacists is under a cosponsorship agreement between Medical Education Collaborative, Inc. (MEC), and HealthScience Media, Inc. MEC is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. ACPE #: 815-999-07-050-L01. The program is designed for all pharmacists.

### CDR

Medical Education Collaborative is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 30.25 continuing professional education units (CPEUs) for completion of this program/material.

## HOTEL AND TRAVEL INFORMATION



### Congress Venue:

**Sheraton Boston Hotel**  
39 Dalton Street  
Boston, MA 02199  
Ph: 617.236.2000  
Fax: 617.236.6095

The 2007 Cardiometabolic Health Congress will take place at the Sheraton Boston Hotel, September 26–29, 2007. The hotel is located in the heart of Boston and is just 4 miles from Logan Airport.

**Due to high demand, our room block is sold out at the Sheraton Boston Hotel.**

We have secured additional rooms at the **Westin Copley Place**, which is connected to the Sheraton Boston Hotel. To book your hotel room please contact the hotel directly and be sure to mention you are attending the 2007 Cardiometabolic Health Congress to receive our special negotiated room rate of \$299.

### Westin Copley Place

10 Huntington Ave., Boston, MA 02116  
Phone: 617-262-9600 · Fax: 617-424-7483:

[2007 Cardiometabolic Health Congress Reservations](#)

**\*We recommend you book your hotel room ASAP – our group rate is available to September 12, 2007 and subject to availability\***

*“The continuum from prediabetes, to early diabetes, to diabetes with micro and macro vascular complication needs to be aggressively targeted to prevent the long-term inevitable consequences of diabetes-associated cerebral and cardiovascular death.”*

*Bernard Zinman, MD*



For additional information, please visit [www.cardiometabolichealth.org/attractions](http://www.cardiometabolichealth.org/attractions)

## BOSTON ATTRACTIONS



Arnold Arboretum

### Tours and Sightseeing

#### Arnold Arboretum -Walking Tours

125 Arborway, Jamaica Plain, MA 02130

(617) 524-1718 x100

Website: [www.arboretum.harvard.edu/visitors/hours.html](http://www.arboretum.harvard.edu/visitors/hours.html)

#### Boston Duck Tours – Land and Water Tour

Three Copley Place - Suite 310, Boston 02116

(617) 450-0068 or (800) 226-7442

Website: [www.BostonDuckTours.com](http://www.BostonDuckTours.com)

E-mail: [info@BostonDuckTours.com](mailto:info@BostonDuckTours.com)

#### CityView Trolley Tours

PO Box 267, Boston 02132

(617) 363-7899

Website: [www.cityviewtrolleys.com](http://www.cityviewtrolleys.com)

E-mail: [info@cityviewtrolleys.com](mailto:info@cityviewtrolleys.com)



CityView Trolley Tours

### Entertainment

#### Blue Man Group at the Charles Playhouse

74 Warrenton Street, Boston 02116

(617) 542-6700

Website: [www.blue-man.com](http://www.blue-man.com)

E-mail: [bostongroups@blue-man.com](mailto:bostongroups@blue-man.com)

#### Boston Ballet

19 Claredon Street, Boston 02116

(617) 456-6343

Website: [www.bostonballet.org](http://www.bostonballet.org)

#### Boston Lyric Opera

45 Franklin Street, Boston 02110

(617) 542-6772

Box Office: (617) 542-OPRA (6772)

Website: [www.blo.org](http://www.blo.org)

E-mail: [boxoffice@blo.org](mailto:boxoffice@blo.org)



Blue Man Group

#### Boston Philharmonic

295 Huntington Ave., Boston 02115

(617) 236-0999

Website: [www.bostonphil.org](http://www.bostonphil.org),

E-mail: [dohara@bostonphil.org](mailto:dohara@bostonphil.org).



Boston Philharmonic

#### ImprovBoston

1253 Cambridge Street, Cambridge 02139

(617) 576-1253 or (800) 576-1253

Website: [www.improvboston.com](http://www.improvboston.com)

E-mail: [info@improvboston.com](mailto:info@improvboston.com)

## REGISTRATION FORM

**Online:** www.cardiometabolichealth.org  
**Call:** Jessica at 877.571.4700  
**Fax Registration Form:** 866.218.9168

**Mail Registration Form with Payment to:**  
 2007 Cardiometabolic Health Congress  
 c/o HealthScience Media, Inc.  
 766 Shrewsbury Avenue, West Building, Suite W-203  
 Tinton Falls, NJ 07724

Registration Fees	Early-Bird Discount Register by 8/10/07	Early-Bird Discount Register by 9/7/07	Final Discount Register by 9/26/07	On-Site Registration
Physicians*	\$495	\$595	\$695	\$795
Allied Health Professionals*	\$395	\$495	\$595	\$695
Residents/Fellows**	\$150	\$200	\$250	\$300
Industry	\$895	\$995	\$1095	\$1195
Guest Pass***	\$100	\$100	\$100	\$100

\* License number should be provided on registration form for verification.

\*\*ID card from school, residency, or fellowship program is required for verification. No other discounts apply.

\*\*\*Guest passes are available to paid registrants only. Guests may only enter the exhibit hall and non-CME meal functions with a guest pass/badge.

If your organization requires a letter of invitation for you to attend the 2007 Cardiometabolic Health Congress, please check here. The letter will be mailed to the address you supplied approximately 5-7 business days after your registration is processed.

<b>Prefix</b>	<b>First Name</b>	<b>Last Name</b>	<b>Degree(s)</b>
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<b>Title</b>			
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<b>Tel</b>	<b>Fax</b>	<b>E-mail</b>	
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Guest Name (if you are purchasing a guest pass): \_\_\_\_\_

**Please indicate your specialty** (check one):

Cardiology  Endocrinology  Internal Medicine  Nephrology  Primary Care  Industry  Other \_\_\_\_\_

**Current members of our association supporters receive a \$100 discount off the registration price.**

Indicate which association you are a member of below:

- |  |  |  |
|--|--|--|
| <input type="checkbox"/> American College of Cardiology                    | <input type="checkbox"/> Consortium for Southeastern Hypertension Control  | <input type="checkbox"/> National Kidney Foundation              |
| <input type="checkbox"/> American Society of Endocrine PAs                 | <input type="checkbox"/> The Endocrine Society                             | <input type="checkbox"/> American College of Preventive Medicine |
| <input type="checkbox"/> Association of Black Cardiologists                | <input type="checkbox"/> Association of Physician Assistants in Cardiology | <input type="checkbox"/> Partnership for Prevention              |
| <input type="checkbox"/> Society of Atherosclerosis Imaging and Prevention | <input type="checkbox"/> American Heart Association                        |  |
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### Cancellation Policy

Cancellations must be made in writing via fax to 866.218.9168 or e-mail to cancellation@cardiometabolichealth.org. Refunds, less a \$100 service fee, will be given if written cancellation is received no later than September 4, 2007. No refunds will be given after September 4, 2007. You may send a substitute, even at the last minute. To send a substitute, please call 877.571.4700 or e-mail your request to registration@cardiometabolichealth.org.

## GROUP DISCOUNTS

The 2007 Cardiometabolic Health Congress offers group discounts to clinicians attending from the same organization. For more information please contact Jessica at 877.571.4700.

# 2007 Cardiometabolic Health Congress Supporters

The 2007 Cardiometabolic Health Congress gratefully acknowledges the education grant support and sponsorship provided by the following organizations.

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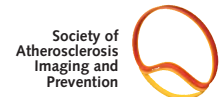
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Current members of associations supporting the 2007 Cardiometabolic Health Congress receive a \$100 discount.



### American Heart Association

Councils on Clinical Cardiology; Arteriosclerosis, Thrombosis and Vascular Biology; Nutrition, Physical Activity, and Metabolism; High Blood Pressure Research; Cardiovascular Nursing; and Epidemiology and Prevention



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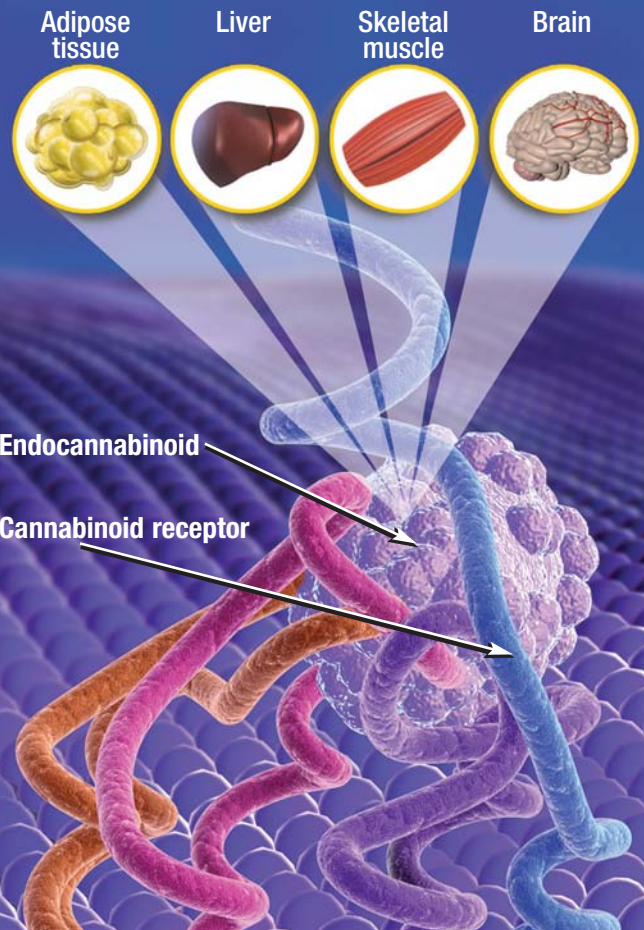
nature CLINICAL PRACTICE

## Educational Support, Sponsorship, and Exhibit Opportunities

For more information call 877.571.4700 or e-mail [dk@cardiometabolichealth.org](mailto:dk@cardiometabolichealth.org).

# THE ENDOCANNABINOID SYSTEM:

A NEW FOCUS FOR UNDERSTANDING THE DEVELOPMENT OF CARDIOMETABOLIC RISK FACTORS INCLUDING INTRA-ABDOMINAL ADIPOSITY\*



The activation of  $CB_1$  receptors located in adipose tissue, the liver, skeletal muscle, and the brain

## INCREASED ACTIVITY OF THE ENDOCANNABINOID SYSTEM:

### CONTRIBUTES TO THE DEVELOPMENT OF INTRA-ABDOMINAL ADIPOSITY\* AND OTHER CARDIOMETABOLIC RISK FACTORS

- The recently characterized endocannabinoid system is composed of signaling molecules and cannabinoid receptors (eg,  $CB_1$ )<sup>1</sup>
- Increased activity of this system affects food intake, energy expenditure, regulation of body weight, and glucose and lipid metabolism<sup>2-4</sup>

### HAS BOTH PERIPHERAL AND CENTRAL EFFECTS ON CARDIOMETABOLIC RISK

- In peripheral sites** [ie, adipose tissue, the liver, and skeletal muscle]
- Increased activity at  $CB_1$ -receptor sites is associated with cardiometabolic risk factors such as dyslipidemia and insulin resistance<sup>5-9†</sup>
- In central sites** [ie, the brain]
- Increased activity at  $CB_1$ -receptor sites is associated with intra-abdominal adiposity\* and increased weight<sup>3†</sup>

\*As measured by waist circumference.

† From human and/or animal data.

#### References

1. Pertwee RG. *Gut*. 2001;48:859-867. 2. DiMarzo V, Matias I. *Nat Neurosci*. 2005;8:585-589. 3. Bensaïd M, Gary-Bobo M, Esclangon A, et al. *Mol Pharmacol*. 2003;63:908-914. 4. Pagotto U, Vicennati V, Pasquali R. *Ann Med*. 2005;37:270-275. 5. Kershaw EE, Flier JS. *J Clin Endocrinol Metab*. 2004;89:2548-2556. 6. Carr MC, Brunzell JD. *J Clin Endocrinol Metab*. 2004;89:2601-2607. 7. Ouchi N, Kihara S, Funahashi T, et al. *Circulation*. 2003;107:671-674. 8. Osei-Hyiaman D, DePetrillo M, Pacher P, et al. *J Clin Invest*. 2005;115:1298-1305. 9. Liu YL, Connoley IP, Wilson CA, Stock MJ. *Int J Obes*. 2005;29:183-187.

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From Metabolic Syndrome to Cardiometabolic Risk...

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Obesity

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Type 2 Diabetes

[www.cardiometabolichealth.org](http://www.cardiometabolichealth.org)

*“The biggest health problem facing the world today is from the combined impact of obesity, diabetes, and cardiovascular disease. The Cardiometabolic Health Congress is the only major U.S.-based meeting that focuses exclusively on practical treatment modalities for these conditions to improve patients’ cardiometabolic health.”*

Jay Skyler, MD



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