Welcome to the 2006 Cardiometabolic Health Congress. We are pleased that you have joined us for one of the most productive and influential educational opportunities available focusing solely on cardiometabolic risk management.

Over the next three days, the 2006 Cardiometabolic Health Congress will translate the latest clinical data and research into practical and effective approaches to identify and manage the approximately 25% of the US population at increased cardiometabolic risk. Our mission is to provide an interactive educational forum designed to improve outcomes through early identification and intervention strategies for patients with, or at risk of developing, diabetes and cardiovascular disease.

Enclosed you will find information regarding the 2006 Cardiometabolic Health Congress, including our schedule of events, faculty, symposia and meal functions, association supporters, industry supporters and sponsors, and exhibit hall.

Should you require assistance during your stay, please do not hesitate to visit the 2006 Cardiometabolic Health Congress hospitality desk located outside the general session rooms.

We look forward to your participation.

Enjoy your stay in Boston!

Best regards,

Christie M. Ballantyne, MD
Baylor College of Medicine

Richard W. Nesto, MD
Harvard Medical School

Jay S. Skyler, MD, MACP
University of Miami
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GENERAL INFORMATION

2006 CARDIOMETABOLIC HEALTH CONGRESS

Hours:
Thursday, October 19, 2006  6:45am – 5:00pm
Friday, October 20, 2006  6:45am – 5:30pm
Saturday, October 21, 2006  7:00am – 12:00pm

General Session Rooms are located on the 4th floor, Salons E & F.

EXHIBIT HALL

Hours:
Thursday, October 19, 2006  10:00am – 6:30pm
Friday, October 20, 2006  7:00am – 4:30pm
Saturday, October 21, 2006  7:00am – 11:00am

The Exhibit Hall is located on the 3rd floor, University of Massachusetts Exhibit Hall.

WELCOME RECEPTION

Sponsored by sanofi aventis
Thursday, October 19, 2006  5:00pm – 6:30pm

The Welcome Reception will take place on the 3rd floor in the University of Massachusetts Exhibit Hall.
PROGRAM OVERVIEW

Patients presenting with multiple cardiometabolic risk factors (including insulin resistance, dyslipidemia, obesity, hypertension, microalbuminuria, increased inflammation, and oxidative stress) have triple the risk of experiencing a myocardial infarction and/or stroke and double the risk of mortality from these conditions. In addition, their risk of developing type 2 diabetes, if not already present, is fivefold.

The 2006 Cardiometabolic Health Congress will translate the latest clinical data and research into practical and effective approaches to identify and manage the approximately 25% of the US population at increased cardiometabolic risk. The goal of the congress is to improve outcomes through early identification and intervention strategies for patients with, or at risk of developing, diabetes and cardiovascular disease.

LEARNING OBJECTIVES

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

• Evaluate and integrate current and emerging therapies and treatment regimens into clinical practice

• Determine the most advantageous clinical and therapeutic strategies, based on patient co-morbidities and risk factors, for reducing cardiovascular risk

• Integrate successful programs into clinical practice that promote patient compliance to medical therapies and lifestyle modification

TARGET AUDIENCE

Clinicians responsible for the prevention and management of diabetes and cardiovascular disease — with the goal of reducing cardiovascular risk and related cardiometabolic complications
ACCREDITATION INFORMATION

CME ACCREDITATION STATEMENT
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 (HSM). MEC is accredited by the ACCME to provide continuing medical education for physicians.

Medical Education Collaborative designates this educational activity for a maximum of 20.75 category 1 credits towards the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

CNE ACCREDITATION STATEMENT
Approved for 24.9 contact hours of continuing education for RNs, LPNs, LVNs and NPs. This program is co-sponsored with Medical Education Collaborative, Inc. (MEC) and HealthScience Media (HSM). MEC is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center Commission on Accreditation. Provider approved by the California Board of Registered Nursing, Provider Number CEP 12990, for 24.9 contact hours.

CDR ACCREDITATION STATEMENT
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 20.75 continuing professional education units (CPEUs) for completion of this program/material.

HOW TO OBTAIN YOUR CE CREDIT
To obtain CE credit, please return your completed 2006 Cardiometabolic Health Congress evaluation form to HealthScience Media, Inc.

On-site: Please return your completed evaluation form to the evaluation drop box outside the general session room.

Post-conference: Please fax your completed evaluation form to 866.218.9168.

Certificates will be mailed directly to the address indicated on your evaluation form within eight (8) weeks from the date of submission.
### Thursday, October 19, 2006

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>6:45am - 8:00am</td>
<td>Breakfast Symposium</td>
<td>Salon G</td>
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<td>8:00am - 10:00am</td>
<td>General Session</td>
<td>Salons E&amp;F</td>
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<td>10:00am - 10:30am</td>
<td>Morning Refreshment Break</td>
<td>Univ. of Mass. Exhibit Hall</td>
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<tr>
<td>10:30am - 12:30pm</td>
<td>General Session</td>
<td>Salons E&amp;F</td>
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<td>12:30pm - 1:45pm</td>
<td>Lunch Symposium</td>
<td>Salon G</td>
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<tr>
<td>1:45pm - 3:15pm</td>
<td>General Session</td>
<td>Salons E&amp;F</td>
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<td>3:15pm - 3:45pm</td>
<td>Afternoon Refreshment Break</td>
<td>Univ. of Mass. Exhibit Hall</td>
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<tr>
<td>3:45pm - 5:00pm</td>
<td>General Session</td>
<td>Salons E&amp;F</td>
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<tr>
<td>5:00pm - 6:30pm</td>
<td>Welcome Reception</td>
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### Friday, October 20, 2006

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<td>Concurrent Sessions</td>
<td>Salons E&amp;F</td>
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<tr>
<td>5:15pm - 5:30pm</td>
<td>Closing Remarks</td>
<td>Salon E</td>
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### Saturday, October 21, 2006

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<td>10:00am - 12:00pm</td>
<td>Concurrent Sessions</td>
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CHAIRPERSONS

Christie M. Ballantyne, MD  
Baylor College of Medicine

Richard W. Nesto, MD  
Harvard Medical School

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

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Weill-Cornell Medical College

Jean-Pierre Després, PhD  
Laval Hospital Research Center

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Laboratory-Bronx VA Medical Center  
James J. Peters VA Medical Center

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University of Colorado at Denver Health Sciences Center

Christopher P. Cannon, MD  
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Vivian Fonseca, MD  
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Brody School of Medicine at East Carolina University

Matthew M. Hutter, MD
Massachusetts General Hospital

Andrew McCullough, MD
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C. Ronald Kahn, MD
Joslin Diabetes Center

Nancy Houston Miller, RN BSN
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Richard A. Kahn, PhD
American Diabetes Association

David M. Nathan, MD
Harvard Medical School

Francine R. Kaufman, MD
Children’s Hospital Los Angeles

Elizabeth O. Ofili, MD MPH
Morehouse School of Medicine
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F. Xavier Pi-Sunyer, MD MPH
St. Luke's-Roosevelt Hospital

Gerald I. Shulman, MD PhD
Yale School of Medicine

Jorge Plutzky, MD
Brigham and Women’s Hospital

Scott David Solomon, MD
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College of Medicine

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Physician Assistant Program

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

Howard Weintraub, MD
NYU Medical Center

Paolo Raggi, MD
Emory University
School of Medicine

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

Neil B. Ruderman, MD
Boston Medical Center

Stephen D. Wiviott, MD
Brigham and Women's Hospital

Frank M. Sacks, MD
Brigham and Women's Hospital

Richard Sadowsky, MD
SUNY-Downstate Medical Center
Day One – Thursday, October 19, 2006

6:45am - 8:00am  **BREAKFAST SYMPOSIUM**  
**Diagnosis and Management of Erectile Dysfunction in Patients with Increased Cardiometabolic Risk**  
The Link Between Erectile Dysfunction and Cardiovascular Disease  
*Richard Sadovsky, MD*  
Diagnosis and Management of Erectile Dysfunction  
*Andrew McCullough, MD*  
Panel Discussion  
*Moderator: Peter Ganz, MD*  
*Panelists: Andrew McCullough, MD; Richard Sadovsky, MD*

8:00am - 8:15am  **OPENING REMARKS**  
*Jay Skyler, MD*

8:15am - 9:00am  **KEYNOTE PRESENTATION**  
Assessing Global CVD and Type 2 Diabetes Risk: From Metabolic Syndrome to Cardiometabolic Risk  
*Jean-Pierre Després, PhD*  
- Clear the confusion between the conceptual definition of the metabolic syndrome vs. the clinical criteria to identify individuals with the metabolic syndrome  
- Review evidence that visceral obesity is, in clinical practice, the most prevalent form of insulin resistant state  
- Discuss the need to incorporate metabolic syndrome in global cardiovascular disease risk assessment  
- Introduce "hypertriglyceridemic waist" as a useful and simple phenotype defining a subgroup of obese patients with the features of the metabolic syndrome increasing the risk of type 2 diabetes and cardiovascular diseases, such global risk being defined as cardiometabolic risk

9:00am - 9:30am  **Biomarkers for Cardiometabolic Risk Assessment in Clinical Practice**  
*Robert Eckel, MD*  
- What biomarkers belong to “The Cheap and Easy”?  
- The “Expanding Horizon” of biomarkers: What is reasonable and at least somewhat informative?  
- What are the biomarkers of increasing interest, but not ready for prime time?

9:30am - 10:00am  **Inflammation: Etiology and Biomarkers**  
*Christie Ballantyne, MD*
DAY 1, continued

• Review the evidence that inflammation occurs in adipose tissue with obesity
• Appreciate the mechanism by which inflammation in adipose tissue may lead to insulin resistance
• Discuss how inflammation in adipose tissue can accelerate atherosclerotic vascular disease
• Understand that inflammation is a critical link for cardiometabolic risk

10:00am - 10:30am Exhibit Hall/Morning Break

CLINICAL TRIALS UPDATE
Assessing the Evidence and Effectiveness of Current and Emerging Therapies in Clinical Practice
Moderator: Christie Ballantyne, MD

10:30am - 11:00am Current and Emerging Therapies for Dyslipidemia
Christopher Cannon, MD
• Become familiar with new data on intensive statin therapy
• Understand current data on the mechanism of action of statin therapy
• Learn of new non-statin therapies, including fibrates and ezetimibe

11:00am - 11:30am Current and Emerging Therapies for Hypertension
Matthew Weir, MD
• Understand the rationale behind lower blood pressure goals and reduced risk for cardiovascular events
• Understand the results of clinical trials such as HOPE and ALLHAT and how they influence guidelines and decision making in hypertension therapeutics
• Appreciate the need for individualizing blood pressure goals, understanding cardiovascular comorbidity, and the requirement for multiple antihypertensive medications for achievement of blood pressure goals
• Understand the need for lower blood pressure goals in patients with cardiovascular or renal disease, or diabetes mellitus
• Appreciate the need for performing new clinical trials to evaluate optimal combinations of medications to facilitate lower blood pressure goals and reduce cardiovascular events

11:30am - 12:00pm Current and Emerging Therapies for Obesity
Louis Aronne, MD
• Understand the current research in obesity and how it will impact the future of obesity treatment
CLINICAL TRIALS UPDATE CONTINUED

- Understand the neuroendocrine aspects of obesity and how this contributes to the difficulty obese patients experience losing and maintaining weight
- Understand the mechanism of action and clinical aspects of pharmacologic agents in development to treat obesity

12:00pm - 12:30pm

**Current and Emerging Therapies for Type 2 Diabetes**

*David Nathan, MD*

- Understand the magnitude and causes of the type 2 diabetes epidemic
- Recognize the demonstrated benefits of intensive management of glycemia, demonstrated in clinical trials, as it relates to long-term complications
- Understand the relative advantages and disadvantages of the currently available diabetes interventions
- Learn the recently recommended algorithm for the metabolic management of type 2 diabetes

12:30pm - 1:45pm

**LUNCH SYMPOSIUM**

Cardiometabolic Risk Reduction: Targeting Abdominal Adiposity and the Endocannabinoid System

Case Study Presentation

*Louis Aronne, MD*

Physiological Mechanisms of Adiposity

*Robert H. Eckel, MD*

The Influence of Cytokines and Adipokines on Cardiovascular Disease

*Richard Nesto, MD*

Pharmacotherapy for the Treatment of Adiposity

*Louis Aronne, MD*

Panel Discussion

*Moderator: Louis Aronne, MD*

*Panelists: Richard Nesto, MD; Robert Eckel, MD*

1:45pm - 2:15pm

**Glitazones: What Is Their Role in Cardiometabolic Risk Management?**

*Jorge Plutzky, MD*

- Understand PPARs and their mechanism of action and use as a drug target
DAY 1, continued

- Review the existing basic science and clinical data that provide a rationale for considering PPAR-gamma activation by thiazolidinediones as a treatment for cardiometabolic risk
- Consider the limitations in thiazolidinediones as a treatment for metabolic syndrome
- Discuss future options in PPAR targeting for the treatment of cardiometabolic risk

2:15pm - 3:15pm

**DISCUSSION & DEBATE**

**LDL, Triglycerides, and HDL: Which Risk Factors Are Most Important?**

*Moderator: Christie Ballantyne, MD*

*Panelists: Stephen Wiviott, MD; Frank Sacks, MD; Christopher Cannon, MD*

3:15pm - 3:45pm

**Afternoon Break/Exhibit Hall**

3:45pm - 4:15pm

**Prevention, Treatment, and Control of Type 2 Diabetes**

*Vivian Fonseca, MD*

- Understand the impact of insulin resistance on the development and progression of type 2 diabetes and cardiovascular disease
- Evaluate clinical trial data to suggest that it is possible to prevent diabetes in patients with the metabolic syndrome using a variety of medications in addition to lifestyle change
- Examine the impact of insulin sensitizer therapy on the risk of cardiovascular disease in patients with pre-diabetes and the metabolic syndrome

4:15pm - 4:45pm

**The Patient with Diabetes and Heart Disease: Strategies to Prevent a Second Coronary Event**

*Richard Nesto, MD*

- Identification of cardiometabolic risk factors responsible for coronary events in the patients considered to be "adequately" managed according to current guidelines
- Overweight and obesity as a target "organ" for modification beyond traditional risk factors for cardiovascular risk

4:45pm

**CLOSING REMARKS**

*Jay Skyler, MD*

5:00pm - 6:30pm

**Welcome Reception in Exhibit Hall**

sponsored by sanofi aventis
## PROGRAM SCHEDULE

### Day Two – Friday, October 20, 2006

<table>
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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>6:45am - 8:00am</td>
<td><strong>BREAKFAST SYMPOSIUM</strong>&lt;br&gt;<strong>Inhibiting RAAS at the Point of Activation:</strong> A Novel Antihypertensive Therapeutic Option&lt;br&gt;RAAS: Regulation, Mechanisms, and Role in Cardiovascular and Renal Pathology&lt;br&gt;<em>Howard Weintraub, MD</em>&lt;br&gt;RAAS Blockade: Limitations of Current Approaches and Potential Role of Direct Renin Inhibition&lt;br&gt;<em>Steven A. Atlas, MD</em>&lt;br&gt;Panel Discussion&lt;br&gt;<em>Moderator: Scott David Solomon, MD</em>&lt;br&gt;<em>Panelist: Steven A. Atlas, MD; Howard Weintraub, MD</em></td>
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<tr>
<td>8:00am - 8:15am</td>
<td><strong>OPENING REMARKS</strong>&lt;br&gt;<em>Christie Ballantyne, MD</em></td>
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<tr>
<td>8:30am - 9:15am</td>
<td><strong>KEYNOTE PRESENTATION</strong>&lt;br&gt;Insulin Resistance, Obesity, and Type 2 Diabetes&lt;br&gt;<em>C. Ronald Kahn, MD</em>&lt;br&gt;• Review how insulin works and how insulin resistance occurs&lt;br&gt;• Understand how insulin resistance in different tissues can contribute to different parts of the metabolic syndrome of diabetes&lt;br&gt;• Describe the unique role of insulin resistance in fat</td>
</tr>
<tr>
<td>9:15am - 9:45am</td>
<td><strong>How to Assess Quality in Clinical Practice</strong>&lt;br&gt;<em>Thomas Lee, MD</em>&lt;br&gt;• Describe market forces that are promoting the use and public reporting of measures of quality for cardiovascular care&lt;br&gt;• Describe the major quality measures for physician care of patients at increased cardiometabolic risk&lt;br&gt;• Describe the most important tools and systems that can be used to capture data and improve quality of care for patients at increased cardiometabolic risk</td>
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<tr>
<td>9:45am - 10:15am</td>
<td><strong>Morning Break/Exhibit Hall</strong></td>
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<tr>
<td>10:15am - 11:15am</td>
<td><strong>DISCUSSION &amp; DEBATE</strong>&lt;br&gt;<strong>Do Current Guidelines Accurately Identify Cardiometabolic Risk?</strong>&lt;br&gt;<em>Moderator: Richard Nesto, MD</em>&lt;br&gt;<em>Panelists: Robert Eckel, MD; Richard Kahn, PhD; F. Xavier Pi-Sunyer, MD</em></td>
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DAY 2, continued
11:15am - 12:30am
DISCUSSION & DEBATE
Visceral Fat vs. Liver Fat vs. Muscle Fat: Where Does the Problem Arise?
Moderator: Jay Skyler, MD
Panelists: Jean-Pierre Després, PhD; Gerald Shulman, MD; David Kelley, MD

12:30pm - 1:45pm
LUNCH SYMPOSIUM
The Role of DPP-IV Inhibition in Achieving Glycemic Control
Effects of DPP-IV Inhibition on Islet Dysfunction in Patients with Type 2 Diabetes
David Kelly, MD
DPP-IV Inhibitors: Latest Clinical Trial Data and Implications
Vivian Fonseca, MD
Panel Discussion
Moderator: Richard Pratley, MD
Panelists: Vivian Fonseca, MD; David Kelley, MD

1:45pm - 2:15pm
CONCURRENT SESSIONS
Cardiometabolic Risk in Children: How Should It Be Defined, Who Does It Affect, and What Should We Do?
Francine Kaufman, MD
• Understand how cardiometabolic risk is defined in children
• Be familiar with cardiometabolic risk factors in children
• Understand treatment/intervention strategies

1:45pm - 2:15pm
Cardiometabolic Risk in High-Risk Populations
John Foreyt, PhD
• Define the components of cardiometabolic risk in high-risk populations
• Evaluate current therapies for the management of cardiometabolic risk in high-risk populations
• Discuss successful lifestyle modification programs for high-risk patients

2:15pm - 3:15pm
Emerging Technologies: Assessment of Screening Tools and Their Role in Clinical Practice
Moderator: Christie Ballantyne, MD
Presenters: Richard Nesto, MD; Paolo Raggi, MD
• Assess current modalities to screen for subclinical CAD in diabetic patients
• Identify appropriate patients for screening and risk quantification for CHD
• Understand the utility of modern imaging technologies to better define risk in the metabolic syndrome
• Appreciate the appropriate indications for imaging as a tool to assess cardiovascular risk

2:15pm - 2:45pm

**Exercise, AMPK, and the Treatment and Prevention of the Metabolic Syndrome**

*Neil Ruderman, MD*

• Understand the biochemistry of AMP-activated protein kinase
• Become aware of the relationship between physical activity and the prevalence of type 2 diabetes, premature cardiovascular disease, and other disorders associated with the metabolic syndrome
• Become familiar with the AMPK/malonyl CoA fuel sensing and signaling mechanism and how it is affected by exercise
• Review the evidence that dysregulation of AMPK/malonyl CoA underlies a wide variety of disorders associated with insulin resistance and altered lipid metabolism in rodents
• Review the evidence that AMPK and malonyl CoA are targets for treating the metabolic syndrome

2:45pm - 3:15pm

**Fat vs. Carbohydrates vs. Protein: What Type of Diet Should You Recommend to Your Patients?**

*Frank Sacks, MD*

• Learn how dietary fats, carbohydrates, and protein affect differently LDL cholesterol, the primary lipid target
• Learn how dietary fats, carbohydrates, and protein affect triglycerides and HDL cholesterol, the independent lipid risk factors of the metabolic syndrome
• Learn what diet types are most effective for weight loss
• Combine objectives 1–3 to formulate the most effective dietary approaches to reduce cardiovascular risk

3:15pm - 3:45pm

**Afternoon Break/Exhibit Hall**

3:45pm - 4:45pm

**Strategies for Improving Patient Compliance to Diet, Lifestyle, and Medical Therapies**

*Moderator: F. Xavier Pi-Sunyer, MD*

*Presenters: William Kraus, MD; Nancy Miller, RN BSN*

• Understand the importance of using a cognitive model in the clinic setting to underlie counseling about lifestyle interventions
• Understand how a clinic environment supporting lifestyle change can be incorporated into a clinic model
• Understand the importance of encouraging exercise as an effective therapy for cardiometabolic risk
• Identify strategies to attain dietary change and physical activity compliance

3:45pm - 4:45pm  
**Bariatric Surgery: Patient Selection, Procedure Options, and Long-Term Outcomes**
*Moderator: Christie Ballantyne, MD*
*Presenters: Kenneth MacDonald, MD; Matthew Hutter, MD*
• Understand which patients might benefit from weight-loss surgery
• Review the criteria and the processes involved in patient selection
• Understand the options available for weight-loss surgery, including the anatomy and physiology, and procedure-related specifics
• Evaluate the short- and long-term outcomes for the different weight-loss procedures, including complications and mortality, weight-loss over time, and reduction in weight-related comorbid illnesses

4:45pm - 5:30pm  
**CLOSING SESSION**
Strategies for the Prevention of Heart Disease in Patients with Type 2 Diabetes
*Jay Skyler, MD*
• Summarize the various ways in which cardiovascular disease evolves in patients with type 2 diabetes
• Develop intervention strategies to reduce cardiovascular disease risk in patients with type 2 diabetes

5:15pm  
**CLOSING REMARKS**
*Richard Nesto, MD*
**Day Three – Saturday, October 21, 2006**

7:00am - 8:30am  
Continental Breakfast

8:30am - 9:30am  
**CONCURRENT SESSIONS**

**MEET-THE-EXPERT SESSION**

**Disease Prevention: Establishing and Integrating Necessary Lifestyle Changes**  
*Scott Urquhart, PA-C; William Kraus, MD*

- Know the risk factors and counterproductive lifestyles leading to obesity and the subsequent medical conditions associated with it
- Gain insight into the physical and emotional difficulties that obese patients face on a daily basis in order to enhance your therapeutic approach
- Create inquisitive interviewing skills, treatment options, and follow-up plans
- Implement positive lifestyle changes, articulate relapse prevention, and set obtainable goals to promote successful weight loss and maintenance

8:30am - 9:30am  
**MEET-THE-EXPERT SESSION**

**Metabolic Syndrome as a Predictor of Type 2 Diabetes**  
*Steven Haffner, MD*

- Learn about definitions of the metabolic syndrome
- Explore the controversies about the metabolic syndrome deriving from the ADA position statement in 2005
- Learn about the risk of the metabolic syndrome for patients with cardiovascular disease and type 2 diabetes

9:30am - 10:00am  
Exhibit Hall/Morning Break

10:00am - 11:00am  
**MEET-THE-EXPERT SESSION**

**Optimizing the Care of the Cardiometabolic Patient in the Hospital and Post-Hospitalization Setting**  
*Richard Nesto, MD*

- Evaluate the role of hyperglycemia in hospitalized patients as a factor responsible for morbidity and mortality
- Learn about the importance of insulin as an agent to minimize hyperglycemia in this setting
• Critically review the data related to GIK and other regimens to treat metabolic risk in hospitalized patients

10:00am - 11:00am  CHALLENGING CASE STUDIES SESSION
Challenging Case Studies in Metabolic Syndrome
F. Xavier Pi-Sunyer, MD

11:00am - 12:00pm  CHALLENGING CASE STUDIES SESSION
Challenging Case Studies in Bariatric Surgery
Patient Selection
Matthew Hutter, MD

11:00am - 12:00pm  CHALLENGING CASE STUDIES SESSION
Cardiometabolic Risk Management in High-Risk Populations
John Foreyt, PhD
The 2006 Cardiometabolic Health Congress gratefully acknowledges the support provided by the following associations and publications.

**Association Supporters**

- American Diabetes Association
- American Heart Association
  Councils on Clinical Cardiology
  Epidemiology and Prevention, and
  Nutrition, Physical Activity and Metabolism
- Partnership for Prevention
  Shaping Policies & Improving Health
- Preventive Cardiac Nurses Association
- American College of Preventive Medicine
- Association of Black Cardiologists, Inc.
- American Diabetes Association
- Epidemiology and Prevention, and
  Nutrition, Physical Activity and Metabolism
- American Diabetes Association
- American College of Preventive Medicine
- American College of Preventive Medicine
- American Academy of Nurse Practitioners
- Preventive Cardiac Nurses Association
- American College of Preventive Medicine

**Publication Supporters**

- Metabolic Syndrome and Related Disorders
- Journal of the Cardiometabolic Syndrome
- Journal of Clinical Hypertension
- Preventive Cardiology
- Cardiovascular Drug Reviews
- Clinical Endocrinology
- Diabetes, Obesity, and Metabolism
- Journal of Internal Medicine
- Journal of the American Academy of Nurse Practitioners
- Clinical Cardiology
- Lippincott Williams & Wilkins
- Nature Publishing

October 19 – 21, 2006 • Marriott Copley Place • Boston, MA
EXHIBITORS GUIDE

2006 CARDIOMETABOLIC HEALTH CONGRESS EXHIBIT HALL
October 19 – 21, 2006
Marriott Copley Place • Boston, MA

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American Diabetes Association (ADA) ..........................209
1701 North Beauregard Street
Alexandria, VA 22311
Tel: 800.676.4065
www.diabetes.org
The American Diabetes Association is the nation’s leading voluntary health organization
supporting diabetes research, information, and advocacy. The Association's new
cardiometabolic risk initiative, Check Up America, encourages a broader approach to
personal health management that will help stem the tide of diabetes and cardiovascular
disease.

American Society of Endocrine Physician Assistants (ASEPA) .407
8116 Lee Jackson Circle
Spotsylvania, VA 22553
Tel: 540.273.8472 Fax: 540.891.8662
www.endocrine-pa.com
An official constituent organization of the American Academy of Physician Assistants
(AAPA) represents physician assistants in the specialty of endocrinology. ASEPA is
dedicated to the advancement and education of PAs in the field of endocrinology to
further provide improved access to quality patient care. Our organization continues to
form collaborative relationships with endocrine-related organizations in order to confront
projected shortages of endocrinologists in the future.

Association of Black Cardiologists (ABC) ..........................303
5355 Hunter Road
Atlanta, GA 30349
Tel: 800.753.9222 Fax: 404.201.6601
www.abcardio.org
The ABC is a non-profit organization of healthcare professionals and community health
advocates. Membership is open to those sharing an interest in the reduction of heart
disease, stroke, diabetes, and related diseases. We are firm in our resolve to make
exemplary healthcare accessible and affordable to all in need, dedicated to lowering the
high rate of cardiovascular diseases in minority populations, and committed to advocacy
and diversity.
**AstraZeneca** .................................................................301
1800 Concord Pike
Wilmington, DE 19850
Tel: 302.886.8730 Fax: 302.886.2972
www.astrazenca-us.com
AstraZeneca is a major international healthcare business engaged in the research, development, manufacture, and marketing of prescription pharmaceuticals and the supply of healthcare services. It is one of the world's leading pharmaceutical companies with leading positions in sales of gastrointestinal, cardiovascular, respiratory, oncology, and neuroscience products.

**BD** .................................................................115
1 Becton Drive
Franklin Lakes, NJ 07417
Tel: 201.847.6800 Fax: 201.847.4845
www.bd.com
For more than 80 years, BD has been the world leader in the manufacture of insulin injection systems, which include a wide range of disposable insulin syringes and insulin pen needles. The production of its first reusable glass insulin syringe in 1924 marked the beginning of BD's history of innovation in diabetes care products. Since then BD has been committed to providing a broad range of products for diabetes drug delivery along with award-winning educational materials and programs for the diabetes community. Visit our website: www.BDDiabetes.com.

**Berkeley HeartLab, Inc.** .................................................................305
839 Mitten Road
Burlingame, CA 94010
Tel: 800.432.7889 Fax: 650.697.4501
www.bhlinc.com
Berkeley HeartLab 4myheart Centers offer testing, tools, and programs providing physicians personalized patient treatment to reduce cardiovascular disease. The multi-disciplinary approach integrates nutrition, exercise, medication compliance, and stress reduction. BHL's patented SGGE, the gold standard in lipid subclasses, along with other risk biomarkers, monitors a patient's progress toward risk reduction.
The Endocrine Society
8401 Connecticut Avenue, Suite 900
Chevy Chase, MD 20815
Tel: 301.940.0200
www.endo-society.org
The Endocrine Society delivers an unparalleled forum for cross-discipline collaboration with more than 13,000 members in over 90 countries. The Society hosts two annual meetings, ENDOTM and the Clinical Endocrinology Update, and offers ACCME and AMA-compliant CME opportunities. We publish four prestigious, peer-reviewed journals, as well as Endocrine News, the monthly endocrine magazine that delivers the latest clinical trends and research updates. Our Clinical Practice Guidelines on endocrine disorders are vetted through a rigorous multi-step review process and promote the standards of excellence embraced by the Society. Our public education affiliate, The Hormone Foundation (www.hormone.org), provides patient materials on a variety of endocrine disorders. To learn more, visit www.endo-society.org.

Ethicon Endo-Surgery, Inc
4545 Creek Road
Cincinnati, OH 45242
513.786.7000
www.ethiconendo.com

Forbes MediTech
200-750 West Pender Street
Vancouver, BC/Canada V6C 2T8
Tel: 604.689.5899
www.forbesmedi.com
Forbes Medi-Tech, Inc., is a life sciences company dedicated to the research, development, and commercialization of innovative products for the prevention and treatment of cardiovascular disease (CVD). Our vision is to develop and market products along a treatment continuum that CVD savvy consumers, healthcare professionals, and specialized CVD research and healthcare institutions will identify, recommend, and seek.

Forbes' scientific platform for both the ingredient business and pharmaceutical research program is based on core sterol technology beginning with extraction of plant sterols from wood pulping by-products and ending with synthesis of novel sterol analogues. Plant sterols, also known as phytostersols, are lipid-like compounds found in the cells and membranes of oil-producing plants, grains, and trees. Based on this technology, Forbes has developed cholesterol-lowering agents for use in pharmaceutical compounds, functional foods, and dietary supplements.
Genfit Corporation .................................................................413
245 First Street
Suite 1806, 18th Floor
Cambridge, MA 02142
Tel: 617.444.8416 Fax: 617.444.8405
www.genfit.com
Genfit is an innovative biopharmaceutical company, enabling and developing "first" or "best" to market medicines for the prevention and treatment of cardiometabolic disease. Based in Lille (France) and Cambridge (MA, USA), Genfit is today a renowned European biotech leader, focused on finding novel treatments for major cardiovascular, metabolic, and inflammatory diseases, as well as age-linked neurodegenerative disorders. The value of the company's drug discovery engine has been validated by pharmaceutical leaders who have entrusted us with a number of innovative research and drug development alliance programs, producing a strong project portfolio of first-in-class drug candidates.

Kos Pharmaceuticals ............................................................405
1 Cedar Brook Drive
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www.kospharm.com
Kos Pharmaceuticals, Inc., is a fully integrated specialty pharmaceutical company. Kos currently markets NIASPAN® (niacin extended-release tablets), ADVICOR® (niacin extended-release/lovastatin tablets), AZMACORT® (triamcinolone acetonide), CARDIZEM LA® (diltiazem HCl tablets), TEVETEN® (eprosartan mesylate), and TEVETEN® (eprosartan mesylate/hydrochlorothiazide).

Le Jacq Communications, Inc. .................................................213
3 Parklands Drive
Darien, CT 06820
Tel: 203.656.1711 Fax: 203.656.1717
www.lejacq.com
Le Jacq is a medical publisher specializing in the dissemination of scientific information through our portfolio of medical journals, journal supplements, and continuing education programs for physicians as well as patient education materials. Visit our website at www.lejacq.com.

Merck Human Health .............................................................315
351 North Summneytown Pike
UG3A-21
North Wales, PA 19454
Tel: 267.305.5000
www.merck.com
Merck/Schering Plough .......................... 113
One Tower Center Blvd., 15th Floor
East Brunswick, NJ 08816
Tel: 866.637.2501
www.merck.com
We invite you to visit our exhibit featuring VYTORIN® (ezetimibe/simvastatin) tablets and ZETIA® (ezetimibe) tablets. Inquiries about our professional, informational, and educational services are welcomed.

Nature Publishing Group ............................ 311
The Macmillan Building
4 Crinan Street
London, UK N1 9XW
Tel: +44 20 7843 4993 Fax: +44 20 7843 4832
www.nature.com/clinicalpractice
Nature Clinical Practice Cardiovascular Medicine is a monthly journal from Nature Publishing Group that delivers authoritative and timely interpretations of key developments in the field of cardiovascular medicine, translating the latest findings into clinical practice. It is an official publication of the World Heart Federation. For more information, visit www.nature.com/ncpcardio.

Novartis Pharmaceuticals Corporation .................. 101-107
One Health Plaza
East Hanover, NJ 07936
Tel: 888.NOW.NOVA
www.pharma.us.novartis.com
Novartis Pharmaceuticals Corporation is dedicated to discovering, developing, manufacturing, and marketing prescription drugs that help meet our customers’ medical needs and improve their quality of life. Please visit the Novartis exhibit to learn more.

Nutrition 21 / Diachrome ............................. 111
4 Manhattanville Road
Purchase, NY 10577
Tel: 914.701.4500 Fax: 914.696.0860
www.diachrome.com
Nutrition 21 is a nutritional bioscience company and the maker of chromium-based health products that are substantiated by clinical research. The company markets Diachrome®, a non-prescription, nutrient-based support for people with type 2 diabetes. Diachrome supports oral diabetes prescription medications and has a unique, dual effect: it helps maintain blood sugar control and promotes healthy cholesterol control.
**Patient Care Magazine** ........................................... 313
123 Tice Boulevard
Woodcliff, NJ 07677
Tel: 201.690.5300 Fax: 201.690.5400
www.patientcareonline.com
*Patient Care* is a unique clinical journal for primary care physicians that combines the best critical thinking of academic medical experts with the advice of prominent practicing physicians in a clear, concise format. Physicians turn to *Patient Care* for the credible, in-depth medical information they need to stay up-to-date in today's busy and demanding practice environment.

**Pfizer Incorporated** .................................................. 215
235 East 42nd Street
New York, NY 10017
Tel: 212.733.6238 Fax: 441.6516
www.pfizer.com
Pfizer, a world leader in cardiovascular research, is dedicated to helping improve the management of cardiovascular disease. Our commitment to innovative R&D has led to the development of products that have potential to dramatically improve the care of patients with cardiovascular risk factors. These products include **LIPITOR®** (atorvastatin calcium tablets), **NORVASC®** (amlodipine besylate), **CADUET®** (amlodipine besylate / atorvastatin calcium), **INSPIRA®** (eplerenone), and **REVATIO®** (sildenafil citrate). Pfizer's impressive corporate exhibit booth will be part of the 2006 Cardiometabolic Health Congress in Boston, MA. Among the many features of the exhibit, delegates can visit the interactive product zones, which include some of the latest multimedia and which provide up-to-date scientific information on the management of CV risk factors.

**Physicians Committee for Responsible Medicine** .............. 411
5100 Wisconsin Avenue NW
Suite 400
Washington, DC 20016
Tel: 415.750.4790 Fax: 415.750.4799
www.pcrm.org
PCRM: Doctors and laypersons working together for compassionate and effective medical practice, research, and health promotion. Come visit our booth for physician and patient education relating to a healthy, low-fat, vegan diet.
sanofi-aventis .................................................. 201-207
300 Somerset Corporate Center
Bridgewater, NJ 08807
Tel: 908.243.6000
www.sanofi-aventis.com
Sanofi-aventis is the world's third largest pharmaceutical company, ranking number one in Europe. Backed by a world-class R&D organization, sanofi-aventis is developing leading positions in seven major therapeutic areas: cardiovascular, thrombosis, oncology, metabolic disorders, central nervous system, internal medicine, and vaccines. Sanofi-aventis is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

The sanofi-aventis Group conducts its business in the United States through its subsidiaries Sanofi-Synthelabo, Inc., Aventis Pharmaceuticals, Inc., and Sanofi Pasteur, Inc.

Takeda Pharmaceuticals North America, Inc. ...................... 401
475 Half Day Road
Lincolnshire, IL 60069
Tel: 847.383.3000 Fax: 847.383.3051
www.tpna.com
Based in Lincolnshire, Ill., Takeda Pharmaceuticals North America, Inc., is a wholly owned subsidiary of Takeda Pharmaceutical Company Limited, the largest pharmaceutical company in Japan. In the United States, Takeda currently markets oral diabetes, insomnia, chronic constipation, and cholesterol-lowering treatments, and through the Takeda Global Research and Development Center, Inc., the company has a robust pipeline with compounds in development for diabetes, cardiovascular disease, sepsis, and other conditions. Takeda is committed to striving toward better health for individuals and progress in medicine by developing superior pharmaceutical products. To learn about the company and its products, visit www.tpna.com.

Wolters Kluwer Health–Lippincott Williams & Wilkins ............ 309
530 Walnut Street
Philadelphia, PA 19106
Tel: 800.638.3030
www.lww.com
Wolters Kluwer Health–Lippincott Williams & Wilkins is a leading provider of information for professionals in medicine, students in medicine, nursing, allied health, pharmacy, and the pharmaceutical industry. WKH–LWW is the proud publisher of the journals of the American Heart Association, including Circulation, the most highly regarded in the field.
The 2006 Cardiometabolic Health Congress gratefully acknowledges the education grant support provided by the following organizations.

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