Final Announcement: Register by 9/26 & Save up to $200!

2013
CMHC
Cardiometabolic Health Congress
October 2 - 5, 2013 · Sheraton Hotel · Boston, MA

Translating cutting-edge science into real-world practical solutions that will undoubtedly make a significant impact on your daily practice

The 8th Annual CMHC is the Premier Multidisciplinary Medical Congress Providing the Best Cardiometabolic Science & Clinical Education

Chairpersons
George L. Bakris, MD
Christie M. Ballantyne, MD
Robert H. Eckel, MD
Jay S. Skyler, MD, MACP

Keynote Speakers
C. Ronald Kahn, MD
Peter Libby, MD
Daniel Rader, MD

Distinguished Faculty
Rajiv Agarwal, MD
Caroline Apovian, MD
Louis Aronne, MD
Harold Bays, MD
David S. H. Bell, MB
Deepak L. Bhatt, MD, MPH
Thomas Blevins, MD
Robert Brook, MD
Eliot Brinton, MD
Matthew Budoff, MD
Robert Busch, MD
John Buse, MD, PhD
Sonia Caprio, MD
Glenn Chertow, MD, MPH
Robert Chilton, DO
William Cushman, MD
Samuel Dagojo-Jack, MD
Paresh Dandona, MD
P. Barton Duell, MD
Sergio Fazio, MD, PhD
Keith C. Ferdinand, MD
Vivian Fonseca, MD
JoAnne Foody, MD
Ken Fujioka, MD
W. Timothy Garvey, MD
J. Michael Gaziano, MD, MPH
Thomas Giles, MD
Robert Harrington, MD
Irl Hirsch, MD
Terry Jacobson, MD
Peter Jones, MD
Lee M. Kaplan, MD, PhD
Samuel Klein, MD
Mikhail Kosiborod, MD
Robert Kushner, MD
I-Min Lee, MD, ScD
David Ludwig, MD, PhD
Peter McCullough, MD, MPH
Darren McGuire, MD
Luigi Meneghini, MD
Barbara Millen, DPH, RD
Patrick Moriarty, MD
David Morrow, MD, MPH
Sunder Mudaliar, MD
David Nathan, MD
E. Magnus Ohman, MD
Anne Peters, MD
Jorge Plutzky, MD
Richard Pratley, MD

Gary Puckrein, PhD
Paul Ridker, MD, MPH
Francesco Rubino, MD
Marc Sabatine, MD, MPH
Benjamin Scirica, MD
Arya Sharma, MD, PhD
Daniel Simon, MD
Steven Smith, MD
Laurence Sperling, MD
Evan Stein, MD, PhD
Jean-Claude Tardif, MD
Peter Toth, MD, PhD
Raymond Townsend, MD
Sotirios Tsiflikas, MD
Tracy Wang, MD
Michael Weber, MD
William White, MD
Carol Wysham, MD
Bernard Zinman, MD

www.cardiometabolichealth.org
This activity is jointly sponsored by HealthScience Media, Inc. (HSM), and Medical Education Resources, Inc. (MER).
Dear Colleague:

It is impossible to separate cardiovascular from metabolic disease when it comes to risk assessment, prevention, and clinical intervention. No other multidisciplinary conference addresses the breadth and depth of this paradigm like the 8th Annual Cardiometabolic Health Congress (CMHC) – imparting the scientific basis and clinical tools essential to combat cardiometabolic risk.

The CMHC is an unprecedented expert forum – imparting real-world clinical strategies to optimally manage multiple cardiometabolic risk factors including obesity, type 2 diabetes, dyslipidemia, atherosclerosis, acute coronary syndrome, thrombosis, hypertension, chronic kidney disease, and related comorbidities.

By attending the CMHC, you will have the opportunity to:

- Collaborate with our expert faculty to decipher the most recent clinical data and the immediate implications for your patients and practice.
- Customize your CMHC learning experience with 22 sessions and 21+ complimentary symposia to choose from.
- Preview cutting-edge products and services featured in the CMHC exhibit hall.
- Earn 27.75 CME credits.

Please join us – along with our 74 world-renowned expert faculty, 42 prestigious medical associations, and 1500 of your colleagues – in our mission to combat the global health crisis emanating from cardiovascular and metabolic disease.

We look forward to your participation at the 2013 CMHC in Boston!

Best regards,

George L. Bakris, MD
University of Chicago
Pritzker School of Medicine

Christie M. Ballantyne, MD
Methodist DeBakey Heart Center
Baylor College of Medicine

Robert H. Eckel, MD
University of Colorado
Anschutz Medical Campus

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

“CMHC has evolved over a relatively short period to become a world-class meeting, now sufficiently established to attract the very best faculty and attendees, yet still small enough for meaningful interaction with presenters and faculty covering ‘soup to nuts’ – the spectrum of cardiometabolic issues.” – Darren McGuire, MD
Problem?...
Too busy to travel to every important domestic and international medical meeting?

The CMHC is the Solution!...
Attend and gain access to our world-renowned faculty who sift through the year’s most cutting-edge clinical data and translate it into real-world solutions that are vital to improving your patient care.

“So many of our patients have substantial cardiometabolic risk. As clinicians the CMHC is a fantastic place to learn about the unique issues facing patients with cardiovascular, diabetes and metabolic risk. It is a rare opportunity to meet and learn from experts in the field of cardiometabolic disease.”
JoAnne Foody, MD

“Increasingly clinicians recognize the preeminence of cardiometabolic risk and that we can no longer separate or silo our identification and treatment of these patients. The CMHC is the ideal place for progressive thought and education for all clinicians of various backgrounds and expertise.”
Keith C. Ferdinand, MD

Learn from the Experts Why the Cardiometabolic Health Congress is the Premier Congress Providing the Best Cardiometabolic Science & Clinical Education

“The CMHC is a unique opportunity to hear clinically relevant, practical updates on a number of vital issues for cardiovascular health and diabetes, while having the opportunity to interact with internationally recognized faculty and colleagues. This conference gets better every year.”
Luigi Meneghini, MD

“Integrated management of all aspects of cardiometabolic risk – from lifestyle modifications to supplements to prescription drugs – is the only way to approach this 21st-century epidemic. The CMHC brings it all together with experts from multiple disciplines – providing the state-of-the-art on this rapidly advancing area.”
Daniel Rader, MD

“Diabetes is a disease of pressing worldwide importance, and cardiovascular events are the leading cause of morbidity and mortality for our patients. With the breadth of information so clearly presented at the intersection of these diseases, this has become a top-notch conference.”
Allison Goldine, MD

“It’s always great to attend and speak at the CMHC. One aspect that makes it particularly enjoyable is the mix of faculty and attendees from cardiology, endocrinology, internal medicine, and other disciplines. This provides for interesting perspectives and discussions that are different than single specialty conferences.”
Stephen Wiviott, MD

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“The CMHC approach is truly exceptional as it brings together a high-quality mix of sophisticated clinical providers with cutting-edge investigators. CMHC is a meeting I look forward to each year.”
– Paul Ridker, MD
Distinguished Faculty

George L. Bakris, MD  
Professor of Medicine  
Director, ASH Comprehensive Hypertension Center  
University of Chicago Medicine  
Pritzker School of Medicine

Christie M. Ballantyne, MD  
Professor of Medicine  
Chair, Section of Cardiovascular Research  
Chief, Section of Cardiology  
Department of Medicine, Baylor College of Medicine  
Director, Center for Cardiovascular Disease Prevention  
Baylor College of Medicine and Methodist DeBakey Heart Center

C. Ronald Kahn, MD  
Mary K. Iacocca Professor  
Harvard Medical School  
Chief Academic Officer  
Joslin Diabetes Center

Peter Libby, MD  
Chief, Cardiovascular Medicine  
Brigham and Women's Hospital  
Mallinckrodt Professor of Medicine  
Harvard Medical School

Daniel Rader, MD  
Cooper-McClure Prof. of Medicine & Pharmacology  
Chief, Division of Translational Medicine & Human Genetics  
Perelman School of Medicine, Univ. of Pennsylvania  
Associate Director, Penn's Institute for Translational Medicine & Therapeutics

Rajiv Agarwal, MD  
Professor of Medicine  
Indiana University School of Medicine

Harold Bays, MD  
Medical Director/President  
Louisville Metabolic and Atherosclerosis Research Center, Inc.

David S. H. Bell, MB  
Clinical Professor of Medicine  
University of Alabama Medical School  
Director, Southside Endocrinology

Caroline Apovian, MD  
Professor of Medicine  
Boston University School of Medicine  
Director, Center for Nutrition and Weight Management  
Boston Medical Center

Louis Aronne, MD  
Dir., Comprehensive Weight Control Program  
New York-Presbyterian Hospital  
Clinical Professor of Medicine  
Weill-Cornell Medical College

Thomas Blevins, MD  
Chief of Endocrinology  
Sloan-Kettering & St. David's Medical Center  
Texas Diabetes & Endocrinology

Deepak L. Bhatt, MD, MPH  
Chief of Cardiology  
VA Boston Healthcare System  
Dir., Integrated Interventional CV Program  
Brigham and Women's Hospital  
Senior Investigator, TIMI Study Group  
Professor, Harvard Medical School

Matthew Budoff, MD  
Professor of Medicine  
David Geffen School of Medicine  
Program Director, Cardiology  
Harbor-UCLA Medical Center

Robert Brook, MD  
Associate Professor of Medicine  
Division of Cardiovascular Medicine  
University of Michigan

Eliot Brinton, MD  
Director of the Metabolism Section of Cardiovascular Genetics  
Associate Professor  
University of Utah School of Medicine

Sonia Caprio, MD  
Professor  
Yale School of Medicine  
Pediatric Endocrinologist  
Yale Medical Group

Robert Busch, MD  
Endocrinologist  
The Endocrine Group

John Buse, MD, PhD  
Verne S. Caviness Distinguished Professor  
Chief, Division of Endocrinology  
Director, Diabetes Care Center  
Executive Associate Dean, Clinical Research  
Univ. of North Carolina School of Medicine

William Cushman, MD  
Prof. of Preventive Medicine and Medicine  
University of Tennessee Health Science Ctr.  
In Memphis  
Chief, Preventive Medicine  
Veterans Affairs Medical Center in Memphis

Samuel Dagogo-Jack, MD  
Professor of Medicine  
Director, Division of Endocrinology, Diabetes & Metabolism  
A. C. Mullins Chair in Translational Research  
University of Tennessee Health Science Ctr.

Glenn Chertow, MD, MPH  
Norman S. Coplon/Satellite Healthcare Professor of Medicine  
Chief, Division of Nephrology  
Stanford University School of Medicine

Pareesh Danda, MD  
Founder, Diabetes-Endocrinology Center of WNY  
Kalenda Health  
Chief of the Division of Endocrinology and Diabetes  
Distinguished Professor of Medicine  
State University of New York at Buffalo

P. Barton Duell, MD  
Director, Lipid-Atherosclerosis Laboratory  
Director, Lipid Disorder Clinic  
Division of Endocrinology, Diabetes & Clinical Nutrition  
Oregon Health and Science University

Sergio Fazio, MD, PhD  
Cornelius Vanderbilt Professor of Medicine  
Professor of Pathology, Immunology & Microbiology  
Chief, Cardiovascular Disease Prevention  
Vanderbilt University Medical Center

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Associate Professor  
Harvard Medical School

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Chair, National Forum for Heart Disease & Stroke Prevention

Vivian Fonseca, MD  
Professor of Medicine and Pharmacology  
Tulane University Alumni Chair in Diabetes  
Chief, Section of Endocrinology  
Tulane University Health Sciences Center

Ken Fujioka, MD  
Director, Nutrition & Metabolic Research  
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A. C. Mullins Chair in Translational Research  
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Director, Division of Endocrinology,  
Professor of Medicine  
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Director, Diabetes Care Center  
Verne S. Caviness Distinguished Professor  
John Buse, MD, PhD

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Robert Brook, MD

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Associate Professor of Medicine  
Robert Busch, MD
Distinguished Faculty

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GRECC Investigator & Staff Physician
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Chair, Department of Medicine
Stanford University

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Director, Office of Health Promotion & Disease Prevention
Co-Director, Lipid & CV Risk Reduction Program
Grady Health Systems

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Division of General Internal Medicine
Northwestern University
Feinberg School of Medicine
Clinical Director, Northwestern Comprehensive Center on Obesity

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Chief, Division of Geriatrics & Nutritional Sciences
Director, Center for Human Nutrition
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Massachusetts General Hospital

I-Min Lee, MD, ScD
Prof. of Medicine, Harvard Medical School
Prof. of Epidemiology
Harvard School of Public Health
Associate Epidemiologist
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Robert Kushner, MD
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Diabetes Center and Clinical Research Center
Director

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Southwestern Medical Center
University of Texas
Professor of Medicine

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Consultant Cardiologist
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Boston Nutrition Foundation, Inc.

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W. Timothy Garvey, MD
Butterworth Professor and Chair
Department of Nutrition Sciences
University of Alabama at Birmingham
GRECC Investigator & Staff Physician
Birmingham VA Medical Center
Dir., UAB Diabetes Research & Training Center

Collaborate with our expert faculty to decipher the most recent clinical data & the immediate implications for your patients & practice.
Distinguished Faculty

Richard Pratley, MD
Dir., Florida Hospital Diabetes Institute
Sr., Scientist, Translational Research Institute for Metabolism and Diabetes
Professor, Sanford Burnham Medical Research Institute

Gary Puckrein, PhD
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Clinical Co-Chair, Alberta Health Services
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Chief of Medicine, CGH Medical Center

Raymond Townsend, MD
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Director, Hypertension Program
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Director of Vascular Medicine
Division of Cardiovascular Diseases, Department of Medicine

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Duke University

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State University of New York
Downstate College of Medicine

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Calhoun Cardiology Center
University of Connecticut Health Center

Carol Wysham, MD
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University of Washington-School of Medicine
Section Head, Rockwood Center for Diabetes and Endocrinology

Bernard Zinman, MD
Director
Leadership Sinai Center for Diabetes
Mount Sinai Hospital
Professor of Medicine
University of Toronto

Faculty Testimonials

“The CMHC delivers a trifecta of medical education: superb enthusiastic speakers, cutting-edge science, and deep clinical insight that improves patient care. This is a conference that changes how you practice medicine.”
– Peter Toth, MD

“The importance of diabetes as a risk factor for cardiovascular disease continues to grow. The CMHC nicely brings together all the different perspectives that are necessary to provide optimal care to reduce cardiovascular risk.”
– Deepak L. Bhatt, MD, MPH

“The CMHC has become the premier U.S. conference on cardiometabolic risk due to the expansive expertise of an all-star faculty of both basic and clinical researchers.”
– Irl Hirsch, MD

“One of the major strengths of this program is the faculty’s incredible breadth and depth of knowledge about cardiometabolic risk. I rarely learn so much from a conference where I am also a speaker. I may be biased, but this is a conference well worth attending.”
– Anne Peters, MD
### Wednesday, October 2, 2013

**12:00 – 1:30pm**  
**Lunch Symposium (non-CME)**  
Consider the Role of the Kidney in Type 2 Diabetes Mellitus  
David S. H. Bell, MB  
Sponsored by Janssen Pharmaceuticals, Inc.

**1:30 – 2:45pm**  
**Afternoon Symposium (non-CME)**  
A Novel Treatment Option for Chronic Weight Management  
Robert J. Chilton, DO  
Sponsored by Eisai, Inc.

**2:45 – 4:00pm**  
**Afternoon Symposium (non-CME)**  
AZOR® and TRIBENZOR®: Fixed-Dose Combination Therapy  
Robert Busch, MD  
Sponsored by Daiichi Sankyo, Inc.

**2:45 – 4:00pm**  
**Afternoon Symposium (non-CME)**  
The Role of the Kidney in T2DM Pathophysiology  
Paresh Dandona, MD  
Sponsored by Bristol-Myers Squibb and AstraZeneca LP

**4:00 – 5:15pm**  
**Afternoon Symposium**  
Cardiometabolic Risk in Racial/Ethnic Minorities: Unique Aspects and Practical Solutions  
Keith C. Ferdinand, MD; JoAnne Foody, MD; Gary Puckrein, PhD; Laurence Sperling, MD; Tracy Wang, MD  
Sponsored by the American College of Cardiology in collaboration with the National Minority Quality Forum and the Association of Black Cardiologists

**5:15 – 6:45pm**  
**Early Evening (non-CME)**  
Advancements in Cardiometabolic Risk Assessment: Expert Analysis of Recent Evidence and Outcomes  
Eliot Brinton, MD; Peter McCullough, MD; Peter Toth, MD  
Sponsored by Atherotech Diagnostics Lab

**7:00 – 8:30pm**  
**Dinner Symposium (non-CME)**  
Chronic Management of Obesity: The Role of a Unique, Once-Daily Treatment  
W. Timothy Garvey, MD  
Sponsored by VIVUS, Inc.

### Thursday, October 3, 2013

**6:15 – 7:45am**  
**Breakfast Symposium**  
State-of-the-Art Antiplatelet Therapy for Patients with ACS: Expert Analysis & Evidence-Based Guidelines for Optimizing Patient Outcomes  
Deepak L. Bhatt, MD, MPH; Robert Harrington, MD; E. Magnus Ohman, MD; Marc Sabatine, MD  
Supported by an educational grant from AstraZeneca

**6:15 – 7:45am**  
**Breakfast Symposium**  
New Strategies for Obesity Management & Cardiometabolic Risk Reduction: Expert Perspectives on Novel Therapies Targeting the CNS  
Louis Aronne, MD; Harold Bays, MD; Lee M. Kaplan, MD; Steven Smith, MD  
Supported by an educational grant from Eisai, Inc.

**8:00 – 8:10am**  
**Opening Remarks**  
Christie Ballantyne, MD

**8:10 – 8:50am**  
**Keynote Session**  
Inflammation & Cardiometabolic Risk  
Peter Libby, MD

**8:50 – 10:00am**  
**Late-Breaking Clinical Trials & FDA Update**  
Gain expert insight & perspective on how the most recent clinical trial data & FDA decisions will impact your daily practice.  
**moderator:** Christie Ballantyne, MD  
**discussants:** Deepak L. Bhatt, MD, MPH; Robert Eckel, MD; Keith C. Ferdinand, MD; Jay Skyler, MD

**10:00 – 11:00am**  
**Morning Break/Exhibit Hall**  
Sponsored by Takeda Pharmaceuticals U.S.A., Inc.

**11:00am – 12:00pm**  
**Hot Topics in ACS: Debate**  
**moderator:** Deepak L. Bhatt, MD, MPH  
**discussants:** Robert Harrington, MD; Daniel Simon, MD

**12:15 –1:45pm**  
**Lunch Symposium**  
Triglyceride & Mixed Dyslipidemia Management: Expert Analysis of Cutting-Edge Data & Evidence-Based Recommendations for Reducing Residual CV Risk  
Christie Ballantyne, MD; Harold Bays, MD; Deepak L. Bhatt, MD, MPH; Sergio Fazio, MD; Terry Jacobson, MD  
Supported by an educational grant from Amarin Pharma, Inc.

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*Agenda and faculty are subject to change.*
Thursday, October 3, 2013

12:15 – 1:45pm
**Lunch Symposium**
Alternate Pathways for the Management of Type 2 Diabetes: Expert Analysis on Targeting Dopamine & the CNS for Glycemic Control & CV Risk Reduction
David S. H. Bell, MB; Samuel Dagogo-Jack, MD; J. Michael Gaziano, MD; Jay Skyler, MD
Supported by an educational grant from Santarus, Inc.

12:15 – 1:45pm
**Lunch Symposium**
Personalized SIHD Management: Evidence-Based Decision Making for Patients at Increased Cardiometabolic Risk
JoAnne Foody, MD; Robert Harrington, MD; Mikhail Kosiborod, MD; David Morrow, MD
Supported by an independent educational grant from Gilead Sciences, Inc.

2:00 – 2:45pm
**Keynote Session**
Translating Insights from Human Genetics into Novel Therapies for Dyslipidemia
Daniel Rader, MD

2:45 – 3:30pm
Biomarkers vs. Imaging for CV Risk Assessment and Treatment: Debate
**moderator:** Christie Ballantyne, MD
**discussants:** Matthew Budoff, MD; Paul Ridker, MD

3:30 – 4:15pm
**Afternoon Break/Exhibit Hall**

Friday, October 4, 2013

6:15 – 7:45am
**Breakfast Symposium**
Next-Generation Vasodilating Beta Blockers Along the HTN Continuum of Care: Expert Recommendations for Targeting Endothelial Dysfunction, BP and Cardiometabolic Risk
George Bakris, MD; Keith C. Ferdinand, MD; Thomas Giles, MD; Michael Weber, MD
Supported by an educational grant from Forest Laboratories, Inc.

6:15 – 7:45am
**Breakfast Symposium**
State-of-the-Art Management of Severe and Familial Hypercholesterolemia: Examining the Role of Antisense Therapy in Clinical Practice
P. Barton Duell, MD; Peter Jones, MD; Patrick Moriarty, MD; Evan Stein, MD
Supported by an educational grant from Genzyme, A SANOFI COMPANY

8:00 – 8:10am
**Opening Remarks**
Jay Skyler, MD

8:10 – 8:40am
**Personalized Diabetes Management:**
Selecting the Right Therapy
John Buse, MD
Friday, October 4, 2013

12:30 – 2:00pm

Lunch Symposium
Advances in Basal Insulin Therapy: Expert Analysis of Novel Formulations, Combination Therapies & Delivery Technologies
John Buse, MD; Irl Hirsch, MD; Luigi Meneghini, MD; Bernard Zinman, MD
Supported by an educational grant from Novo Nordisk, Inc.

12:30 – 2:00pm

Lunch Symposium
Getting to the Heart of Diabetic Dyslipidemia in High-Risk Patients: Clinical Dilemmas & Novel Approaches to Cardiovascular Risk Reduction
Darren McGuire, MD; Sunder Mudaliar, MD; Jorge Plutzky, MD; Jean-Claude Tardif, MD
Supported by an educational grant from Genentech, A Member of the Roche Group

2:15 – 2:45pm

Elevated Serum Creatinine: Different Meaning in Different Settings?
George Bakris, MD

2:45 – 3:15pm

CKD Endpoints in Clinical Trials: Guidance for Clinical Practice
Glenn Chertow, MD

3:15 – 4:00pm

Afternoon Break/Exhibit Hall

Saturday, October 5, 2013

6:15 – 7:45am

Breakfast Symposium
State-of-the-Art Advances in T2DM Management: Expert Analysis of New & Emerging GLP-1 Receptor Agonists
Thomas Blevins, MD; Anne Peters, MD; Carol Wysham, MD
Supported by an educational grant from Lilly USA, LLC

8:00 – 8:10am

Opening Remarks
Robert Eckel, MD

8:10 – 9:00am

Keynote Session
Brown Fat: Is It Important to Body Weight and Metabolic Risk in Humans?
C. Ronald Kahn, MD

9:00 – 9:30am

Metabolic Surgery 2013: Patient Selection and Outcomes
Francesco Rubino, MD

9:30 – 10:00am

Look AHEAD: Interpreting the Results for Clinical Practice
David Nathan, MD

10:00 – 10:15am

Morning Break

4:00 – 4:30pm

Alternative Therapies for HTN: Examining the Evidence
Robert Brook, MD

4:30 – 5:30pm

Clinical Controversies in HTN Management:
Expert Perspectives & Discussion
moderator: George Bakris, MD
discussants: Rajiv Agarwal, MD; Raymond Townsend, MD; William White, MD

5:30pm

Closing Remarks
George Bakris, MD

6:30 – 8:30pm

Dinner Symposium
Obesity Management 2013: Expert Perspectives on the Clinical Impact of Novel & Emerging Therapies
Caroline Apovian, MD; Robert Eckel, MD; Ken Fujioka, MD; Robert Kushner, MD
Supported by an educational grant from Novo Nordisk, Inc.

6:30 – 8:30pm

Dinner Symposium
CV Outcomes for Oral & Incretin-Based Therapies: Examining Cutting-Edge Data & Clinical Implications for Patient Care
George Bakris, MD; William Cushman, MD; Vivian Fonseca, MD; William White, MD
This activity is supported by an educational grant from Takeda Pharmaceuticals International, Inc., US Region
Participant Testimonials

“This is my third time attending the Cardiometabolic Health Congress. Once again, the information given was cutting-edge, clinically relevant and readily applicable. For sure, attending the CMHC will be an annual event for my continuing medical education.”  Oscar Giron, MD (Mundelein, IL)

“This was my 6th CMHC meeting. Every year I am simply amazed at the quality of the program. This year was certainly no exception! Congratulations on a job well done. Looking forward to next year.” Michael Rothkopf, MD, FACP (Clearwater, FL)

“A++ program. Better than some ADA and AADE programs. I especially enjoy the general sessions, group presentations and discussions.” Judith Pentedemos, FNP (Ayer, MA)

“Again I’ve received a succinct retooling of my knowledge compacted in 3 days of experts relating effective bench-to-practice science...invaluable!” Ralph Duda, MD (Tulsa, OK)

“This was a fantastic conference – very high-level science translated into practical guidance that I can directly apply to patient care! Best conference I have ever been to!” Laura Waite, PharmD (Ocoee, FL)

“Excellent conference, this is my 3rd CMHC. I go back to my practice with numerous new data and pearls.” Munni Selagamsetty, MD (Colorado Springs, CO)

“Excellent lectures, outstanding speakers! Very informative, relevant topics and a lot of information I can apply to my own practice.” Ma Theresa Van den Berg, MD (Kelso, WA)

“This is a great congress and forum to make some great changes and progress in medicine and healthcare for the nation.” Samson Kpadenou, MD (Sterling Heights, MI)

“An unbelievable amount of information jam packed into 2½ days – and I still crave more. The caliber of speakers: top in the field! WOW!” Maria Kidner, DNP (Cheyenne, WY)

“This is the CME I have been looking for! Excellent combinations of basic science and clinical practice, as well as endocrinology and cardiology grouping. I truly feel educated.” Jun Liang, MD (Savage, MN)

For symposia updates and additions, please visit www.cardiometabolichealth.org/agenda.asp or connect with the CMHC:

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“There are certain evaluations and treatments that patients with cardiovascular disease and diabetes ought to receive that are less important to administer to patients without diabetes. The emphasis at the CMHC on patients with diabetes (and other metabolic conditions) is a great attribute of the conference.”  – Peter Berger, MD
The ever-increasing presence of cardiometabolic risk continues to be a major challenge for health care professionals in the United States. The prevalence of most cardiometabolic risk factors – especially hypertension, diabetes, and obesity – continues to rise. In the years ahead, American physicians should expect to treat unprecedented numbers of patients at high risk for morbidity and mortality from cardiovascular disease. In 2000, approximately 32% of U.S. adults had the metabolic syndrome, a constellation of cardiometabolic risk factors including excessive abdominal fat, insulin resistance, dyslipidemia, and hypertension. In more recent years that figure has climbed to 34%, and it may even be as high as 38%, depending on the criteria used to define the syndrome.

Cardiometabolic Risk Factors Are Undertreated and Difficult to Manage

Despite the well-documented risks of unchecked diabetes, obesity, hypertension, and dyslipidemia, these conditions are commonly undertreated. Even when treated, they remain stubbornly difficult to manage:

- Half or more of treated patients with diabetes fail to meet recommended target HbA1c goals. Analyses of data from National Health and Nutrition Examination Surveys found that only one-half to one-third of treated patients achieve the American Diabetes Association’s recommended HbA1c target of 7% or less. In addition, a report released by the American Association of Clinical Endocrinologists stated that two out of three patients with type 2 diabetes were not achieving the association’s recommended HbA1c goal of 6.5% or less.
- When it comes to first-line therapy for obesity – diet and exercise – few patients succeed. Those who do achieve significant weight loss tend to gain the weight back within a year or two. Many clinicians do not address diet and exercise for weight loss with their patients, citing a lack of belief that lifestyle changes can work, lack of understanding of how to counsel patients about lifestyle change, and inadequate amounts of time and personnel. Until recently, pharmacotherapy options for treating obesity have been limited. However, new anti-obesity drugs have recently been approved and others are in late-stage development. In order to more successfully manage obesity in the United States, clinicians will need to understand how to integrate these new strategies into an overall weight-loss program.
- Only 73% of patients with hypertension are receiving any form of treatment. Of these treated patients, only half have their blood pressure under control.
- Less than half of those who qualify for any kind of lipid-modifying treatment to reduce their risk of coronary heart disease are receiving it. In fact, less than half of even the highest-risk individuals – those with symptomatic coronary heart disease – are receiving lipid-lowering treatment. Of those being treated, only about one-third are achieving target goals.

Conclusion

Health care professionals play a major role in stemming the future burden of cardiovascular disease, diabetes, and associated comorbidities by employing aggressive strategies for the early identification and comprehensive management of patients presenting with multiple cardiometabolic risk factors. The 2013 Cardiometabolic Health Congress will translate the latest cutting-edge medical research into practical, clinical approaches for preventing, delaying, and managing cardiovascular and metabolic risk. The goal is to provide the medical community with evidence-based interventions to improve health outcomes and quality of life for the growing number of patients at increased cardiometabolic risk.

Target Audience & Learning Objectives

The CMHC is designed for advanced-level clinicians responsible for the prevention, diagnosis, and management of cardiometabolic risk.

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

1. Explain the interrelationships among the various cardiometabolic risk factors, their impact on cardiovascular health, and their common comorbidities.
2. Translate evidence-based strategies for prevention, screening, and treatment of cardiometabolic risk factors and their comorbidities to their clinical practice.
3. Identify which interventions, including lifestyle changes and various drugs in combination, are most appropriate for particular patients based on their risk profiles.
4. Determine how novel and emerging therapies can be integrated into clinical practice to reduce morbidity and mortality from cardiovascular and metabolic disease.

Purpose Statement

To improve patient outcomes through early identification and intervention strategies for patients with, or at risk of developing, diabetes and cardiovascular disease.

* To access the 2013 CMHC full statement of need and reference list, please visit www.cardiometabolichealth.org/2013/accreditation.asp
Accreditation Information
Earn 27.75 CME Credits

Physician Credit
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 Resources and HealthScience Media, Inc. Medical Education Resources is accredited by the ACCME to provide continuing medical education for physicians.

Credit Designation
Medical Education Resources designates this live activity for a maximum of 27.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

AAFP – American Academy of Family Physicians
This live activity, 2013 Cardiometabolic Health Congress, with a beginning date of October 2, 2013, has been reviewed and is acceptable for up to 27.75 Prescribed credit(s) by the American Academy of Family Physicians. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

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Medical Education Resources is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

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Medical Education Resources (Provider Number ME110) 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 27.75 continuing professional education units (CPEUs) for completion of this program/material.

Pharmacy Credit
Medical Education Resources (MER) is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. MER designates this continuing education activity for 27.75 contact hours (2.775 CEUs) of the Accreditation Council for Pharmacy Education. (Universal Program Number – 0816-0000-13-036-L01-P)

Attention Certified Diabetes Educators: The 2013 Cardiometabolic Health Congress (CMHC) is accredited by Medical Education Resources (MER). MER is accredited by the ACCME, ANCC, ACPE, and the CDR to provide continuing medical education. All of these accredited organizations are recognized by the AADE when applying for CDE renewal of certification or for initial certification.

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SUPPORTERS & SPONSORS

Why the CMHC is the Premier Sponsorship Opportunity...

• Access to high-level U.S.-based practicing clinicians – the decision makers on the front lines of patient care
  - including cardiologists, endocrinologists, primary care physicians, and other specialists involved in cardiometabolic risk management

• Be among the “who’s who” in cardiovascular and metabolic health
  - an unprecedented gathering of multidisciplinary clinical experts and highly engaged participants seeking new products and services to integrate into practice

• Unparalleled opportunities to interact with our world-renowned faculty and your key customers in a unique setting where you spend more time talking and less time walking

For information please call 877.571.4700 or email info@cardiometabolichealth.org

Participant Demographics

2012 Attendees by Specialty

- Cardiology: 33%
- Endocrinology: 32%
- Other: 3%
- Primary Care & Internal Medicine: 32%

2012 Attendees by Region

- West: 24%
- South Atlantic: 15%
- New England: 22%
- South Central: 16%
- North Central: 12%
- Mid-Atlantic: 11%
- South Atlantic: 24%
- South Central: 22%
- New England: 15%
- North Central: 12%
- Mid-Atlantic: 11%

Publication Supporters

![Publication Supporters Logos](image)

Exhibit Opportunity

The CMHC Exhibit Hall sells out every year so hurry, don’t miss the opportunity to secure your booth today!

- Unopposed Exhibit Hall Breaks with complimentary refreshments
- Welcome Cocktail Reception located in the Exhibit Hall
- Lead retrieval system available to exhibitors to track interaction with key customers
- Raffle designed to drive traffic to the Exhibit Hall

Sponsorship and exhibit opportunities are offered on a first-come, first-served basis.
Supporters & Sponsors

The 2013 CMHC gratefully acknowledges the educational support and sponsorship provided by the following organizations:

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Boston Hotel & Travel Information

Hotel Accommodations
Sheraton Boston Hotel
39 Dalton Street
Boston, MA 02199
617.236.2000

Centrally located in Boston's popular Back Bay, the Sheraton Boston Hotel is just steps from some of the city's most popular attractions and is only six miles from Boston Logan International Airport.

To book your hotel room by phone, please contact the hotel directly. Mention that you have registered to attend the 2013 Cardiometabolic Health Congress to receive our special negotiated room rate. Please note that the hotel will request your registration number, found within your registration confirmation email for the 2013 CMHC, so please have that available.

The 2013 Cardiometabolic Health Congress discounted room rate is available only until September 25, 2013, on a first-come, first-served basis. Rooms are limited and subject to availability.

To reserve your hotel accommodations online, visit www.cardiometabolichealth.org/travel.asp

Around Boston

Boston is a center for medical and scientific discoveries that offers historical ambiance, beautiful parks, and great shopping and dining. This city truly has something for everyone:

- Follow the Freedom Trail on foot to learn about the historical people and events surrounding the Revolutionary War, including Paul Revere and his famous ride to Lexington.

- Tour the city by trolley or by land and water on the famous Duck Tours.

- Spend the day strolling through Boston Common, the oldest U.S. city park, or shopping on Boston's trendy Newbury Street.

- Experience more than 70 exhibits featuring aquatic animals from around the world at the New England Aquarium.

- See the historic architecture in Faneuil Hall and grab lunch & souvenirs in Quincy Market.

- Enjoy the Italian cooking, pastries, and bustling nightlife found in Boston's North End.

**Registration Fees**

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* Must be engaged in clinical practice to receive discounted rate.  
** ID card from school, residency, or fellowship program is required for verification. No other discounts apply.

Are you a busy clinician who can't take time away from patient care to attend the entire CMHC? Contact us to discuss alternate pricing for daily passes.

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Please indicate your specialty: (check one)

- Cardiology    - Endocrinology    - Internal Medicine    - Nephrology    - Primary Care    - Industry    - Other

Which best describes your primary workplace setting? (check one)

- Office-based    - Hospital    - Academic    - Government    - Pharmacy    - Industry

Current members of our Association Supporters receive a $100 discount off the registration price. Indicate which organization you are a member of below.

- Alliance of Cardiovascular Professionals (ACVP)  
- American Academy of Pediatrics (AAP)  
- American Association of Heart Failure Nurses (AAHFN)  
- American Board of Obesity Medicine (ABOM)  
- American College of Cardiology Foundation (ACCF)  
- American College of Nutrition (ACN)  
- American College of Preventive Medicine (ACPM)  
- American Heart Association (AHA)  
- American Society of Endocrinology (ASE)  
- American Society of Hypertension (ASH)  
- American Society of Internal Medicine (ASIM)  
- Asian Pacific Society of Cardiology (APSC)  
- Association of Black Cardiologists (ABC)  
- Association of Occupational Health Professionals in Healthcare (AOHP)  
- Association of Physician Assistants in Cardiology (APAC)  
- Association of Program Directors in Endocrinology, Diabetes and Metabolism (APDEM)  
- Canadian Obesity Network (CON)  
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- National Association of Chronic Disease Directors (NACDD)  
- National Kidney Foundation (NKF)  
- New Jersey Coordinating Body of AADE (NJB)  
- Northern Indiana Association of Diabetes Educators (NIADE)  
- Obesity Action Coalition (OAC)  
- San Francisco Bay Area Association of Diabetes Educators (SFBAADE)  
- Society for Nutrition Education and Behavior (SNEB)  
- Society for the Study of Ingestive Behavior (SSIB)  
- Society of Atherosclerosis Imaging and Prevention (SAIP)  
- Society of Cardiovascular Computed Tomography (SCTCT)  
- South Carolina Osteopathic Medical Society (SCOMS)  
- STOP Obesity Alliance (STOP)  
- The Obesity Society (TOS)  
- Vascular Disease Foundation (VDF)  
- World Heart Federation (WHF)  

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<td>Cancellations must be made in writing via fax to 866.218.9168 or email to <a href="mailto:info@cardiometabolichealth.org">info@cardiometabolichealth.org</a>. Refunds, less a $100 service fee, will be given if written cancellation is received no later than August 9, 2013. No refunds will be given after August 9, 2013. To send a substitute, please call 877.571.4700 or email your request to <a href="mailto:info@cardiometabolichealth.org">info@cardiometabolichealth.org</a>.</td>
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For more information see page 14.

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