

Health Heart Course Agenda

Morning Session 8:30 AM - 11:30 AM

HEART DISEASE: NEW AND EVOLVING RISK FACTORS AND ADVANCES IN TREATMENT

The Metabolic Syndrome

- New and emerging strategies for reducing cardiometabolic risk factors.
 - Rimonabant: endocannabinoid inhibition for the metabolic syndrome.
- Peroxisome Proliferator-Activate Receptors (PPARs): Treating metabolic syndrome and type 2 diabetes.
- The insulin resistance syndrome: Impact on lipoprotein metabolism and atherothrombosis.

Hypertension

- New data, new guidelines, new treatments. Is there a polypill in the future? “Poly-meal”?
- Hypertension and obesity: Increased prevalence of hypertension and prehypertension in adults and children.
 - Treating hypertension in children: Weight management and pharmacological recommendations.
- Vascular inflammation and aldosterone in cardiovascular disease. Rationale for selective aldosterone blockade.

Abdominal Obesity: The Role of Visceral Adiposity in Cardiovascular Disease (CVD)

- Unraveling the metabolic puzzle of abdominal (visceral) fat. The portal theory. The ectopic fat theory.
- Understanding the role of abdominal obesity in the inflammatory process.
- Adipokines and visceral adiposity. Adiponectin and heart disease. Adipokines and Insulin Resistance.

Inflammation

- The role of inflammatory mediators in long-term cardiovascular morbidity.
 - The inflammatory factor C-reactive protein. Fibrinolytic variables: fibrinogen and plasminogen activator-1.
 - Resistin, a new adipokine. Metallothioneins and atherosclerosis.
- Modulating inflammation: A new role for statin therapy in cardiovascular disease?

Stem Cells: A New Direction in the Treatment of Heart Disease?

- Stem cell therapy for regeneration of the myocardium.

WOMEN AND HEART DISEASE

- Dyslipidemia in Women. Pharmacological therapy: New recommendations.
- Current status of hormone replacement therapy for the prevention of heart disease.
- New data from the Women’s Health Study. Aspirin and vitamin E for primary prevention of heart disease.

Afternoon Session 11:45 AM - 2:45 PM

NEW TECHNOLOGIES AND SCREENING PROCEDURES AND EARLY DETECTION OF CVD

- Cardiac computed tomography (CT): Advanced imaging technology.
- Electron beam computed tomography (EBCT): Coronary calcium as a screening test for CAD.
- Clinical use of C-reactive protein for cardiovascular disease.
- Relationship between serum homocysteine and CVD: Implications for treatment and screening.
- Microalbuminuria in Type 2 diabetics: An important, overlooked cardiovascular risk factor.

CHILDHOOD OBESITY AND CARDIOVASCULAR DISEASE: THE CHALLENGE AHEAD

- Childhood obesity: A precursor of adult atherosclerosis. The role of insulin resistance.
 - Management of dyslipidemia in children with diabetes.
- Overweight, ethnicity, and the prevalence of hypertension in school-aged children.
- Pharmacological treatment of obesity in pediatric patients. What are the choices?
- Bariatric surgery for pediatric extreme obesity: now or later?

DIET, EXERCISE AND NEUTRACEUTICALS IN THE TREATMENT OF HEART DISEASE

- The new dietary guidelines: How to put them into everyday practice. What makes a “heart-healthy” diet?
- Omega-3 fatty acids: The physiological properties of the fish oils (EPA, DHA) and alpha-linolenic acid.
- Gamma linolenic acid: An antiinflammatory omega-6 fatty acid. Health benefits of essential fatty acids.
- Health benefits of nuts: potential role of antioxidants. Heart healthy monounsaturated fatty acids.
- The latest research on folic acid and its cardioprotective properties.
- Vitamin-mineral supplementation and the progression of atherosclerosis: Calcium, magnesium and selenium.
- The anti-inflammatory effect of exercise: Its role in diabetes and cardiovascular disease control.
- Importance of resistance training after a cardiac event. Exercise for the patient in cardiac rehabilitation.