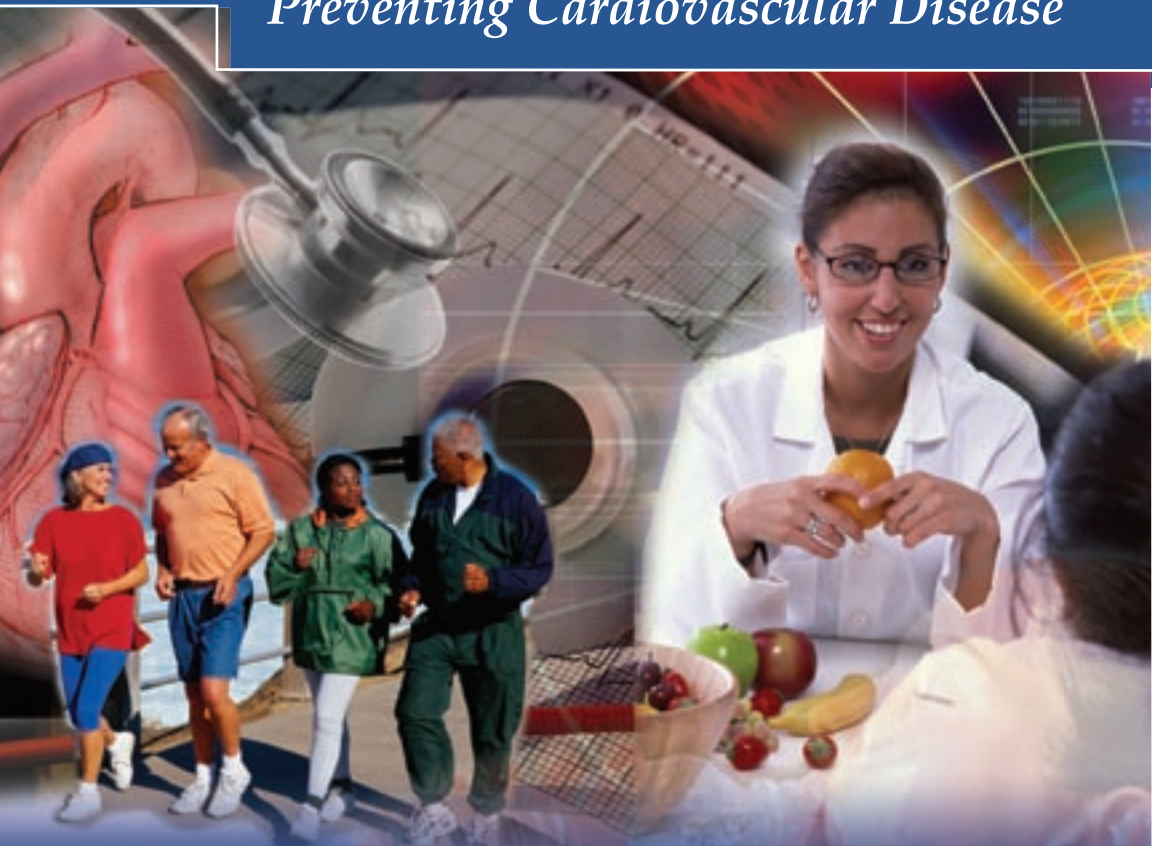


Putting Prevention into Practice

*Individualized Approach to
Preventing Cardiovascular Disease*



June 29 – July 1, 2009



The Lodge at
Torrey Pines
La Jolla, CA

Course Directors:
Thomas G. Allison, Ph.D., MPH
Stephen L. Kopecky, M.D.

New Location!

General Information

COURSE DESCRIPTION

Putting Prevention into Practice is an innovative course focusing on preventive cardiology for individual practitioners, nurse practitioners and allied health personnel involved in preventive cardiology clinics. Cardiovascular disease is the leading cause of death for both men and women in the United States. It is important to integrate the screening and treatment of risk factors for cardiovascular disease in the health care of patients.

The course will be practical in nature and teach participants how to use existing evidence-based medicine and “best practice” consensus where evidence is not yet solid. Audience participation will be encouraged in a variety of ways including electronic audience response system, case-based format, question and answer sessions, and extended moderated discussion sessions.

The course will highlight the following important topics:

- Intensive control of blood lipids;
- Optimizing treatment of other cardiovascular risk factors;
- Innovative strategies for cardiovascular disease prevention and lifestyle management;
- Use of non-invasive imaging and functional testing for risk stratification.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Treat LDL cholesterol effectively to appropriate goals for patients in primary and secondary prevention;
- Treat lipids and other risk factors effectively in patients with limited financial resources;
- Apply the most effective dietary strategies to augment drug treatment for lipid control;
- Identify and improve treatment of diabetic dyslipidemia;
- Utilize optimal strategies for treatment of blood sugar in terms of CVD prevention;
- Use optimal strategies for management of hypertension in terms of CVD prevention;
- Appropriately apply guidelines for CVD prevention for women;
- Improve smoking cessation rates, especially in patients who have resumed smoking after previously quitting, and
- Apply new research into effective strategies for the management of stable angina.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

This course is designed for cardiologists, family practitioners, internists, cardiovascular fellows, nurses, cardiac rehabilitation staff, and physician assistants with roles in the diagnosis, assessment, patient education, and management of cardiovascular disease.

CREDIT

College of Medicine, Mayo Clinic is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians. College of Medicine, Mayo Clinic designates this educational activity for a maximum of 15.5 AMA PRA Category 1 Credits™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

DATE AND LOCATION

Putting Prevention into Practice will be held **June 29 – July 1, 2009**. The program will be held at The Lodge at Torrey Pines in La Jolla, California. The meeting will be held in the Alfred Mitchell Room.

The Lodge at Torrey Pines is located in La Jolla, California overlooking the Pacific Ocean, immediately adjacent to the 18th green of the Torrey Pines Golf Course. This location provides a unique opportunity to learn about living well for your heart and enjoy the beautiful surrounds by hiking in the Torrey Pines State Reserve, playing croquet, walking the beach or enjoying the spa and junior olympic size pool after the sessions.

General Information

REGISTRATION

To register online, visit: <http://www.mayo.edu/cme/cardiology.html#2009R812> or complete the attached registration form and return by fax or mail.

The registration fee includes tuition, comprehensive course syllabus, continental breakfasts, break refreshments and lunch. Although it is not policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. An e-mail confirmation will be received upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

CANCELLATION POLICY

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by the Mayo School of CME Office before **June 1, 2009** (fax#: 507-284-0532). No refunds will be made after June 1, 2009.

Mayo School of CME reserves the right to cancel or postpone due to unforeseen circumstances. In the unlikely event Mayo School of CME must cancel or postpone this course, Mayo School of CME will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

TRAVEL

The Lodge at Torrey Pines is located 16 miles from the San Diego International Airport.

Special Car rental rates are available through Hertz Rental Care at the San Diego Airport. Daily and weekly rates include unlimited mileage. For reservations, call 800-654-2240 or 405-749-4434 or www.hertz.com and reference booking code CV# 036L0008.

Travel arrangements are the sole responsibility of the individual registrant.

LODGING ACCOMMODATIONS

The Lodge at Torrey Pines is adjacent to the Torrey Pines Golf Course and is within walking distance of the Torrey Pines State Reserve. The location offers many opportunities outside of the meeting times.

Guest rooms have been reserved for attendees and their guests with special course rates of \$275 single/double at The Lodge at Torrey Pines. In order to receive the special rate, reservations must be made before the room block is filled or **May 29, 2009, whichever comes first**. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the Putting Prevention into Practice conference when making your reservation.

The Lodge at Torrey Pines
11480 North Torrey Pines Road
La Jolla, California

Reservations:
Phone: 800-656-0087
\$275 single/double

Hotel check-in time is after 4:00 p.m. on the day of arrival and check-out time is 12:00 p.m. Room reservations include daily newspaper, admission and use of fitness center and spa facilities, high speed internet service in each guest room, bottled water in each guest room on arrival day, California select coffee and tea service in each guest room and turndown service amenity. The rates will be available 3 days following the event subject to availability.

RECREATION/ LEISURE ACTIVITIES

GOLF – Torrey Pines

Enjoy the breathtaking vistas and challenging course of Torrey Pines Golf Course. The Lodge at Torrey Pines will assist you in playing Torrey Pines as well as other top San Diego area golf courses. For further information, you may contact golf services directly at 858-777-6610. Reservations recommended prior to arrival.

General Information

SPA - Spa at Torrey Pines

The Spa at Torrey Pines features 14 treatment rooms, separate women's and men's retreats, saunas, herbal infused steam rooms, and aromatherapy inhalation rooms and aromatherapy. The spa menu features a complete line of treatments such as therapeutic, meditation and cobblestone massages, facials, body wraps, Vichy shower and hydrotherapy amongst other amenities. The spa also features state-of-the-art cardio and strength equipment in the fitness center, and group fitness activities including hiking, yoga and Pilates. Swim a few laps in the junior-Olympic, saline pool with underwater music or relax in one of the pool side cabanas.

ATTRACTIONS

San Diego is home to world-famous attractions such as SeaWorld, San Diego Zoo, Wild Animal Park, and LEGOLAND California, as well as historic cultural gems Balboa Park and Old Town.

The Official Travel Resource for San Diego: <http://www.sandiego.org/nav/Visitors>

WELCOME GATHERING

Welcome Gathering – Monday, June 29, 2009, 6:30 to 8:00 p.m.

Participants and their guest(s) are cordially invited to join the faculty for a welcome gathering. This casual gathering welcomes you to La Jolla and offers you the perfect opportunity to make connections with existing and new colleagues. *Pre-registration is requested.*

FACULTY

Course Directors

Thomas G. Allison, Ph.D., MPH

Stephen L. Kopecky, M.D.

Mayo Faculty

Gregory W. Barsness, M.D.

Thomas Behrenbeck, M.D.

Maria L. Collazo-Clavell, M.D.

Gerald T. Gau, M.D.

Eddie L. Greene, M.D.

R. Todd Hurst, M.D.

Richard D. Hurt, M.D.

Francisco Lopez-Jimenez, M.D.

Todd D. Miller, M.D.

Soon J. Park, M.D.

Gary L. Schwartz, M.D.

Win-Kuang Shen, M.D.

Ray W. Squires, Ph.D.

Carmen M. Terzic, M.D., Ph.D.

Randal J. Thomas, M.D.

Guest Faculty

C. Noel Bairey Merz, M.D.

Medical Director and Women's Guild Endowed Chair

Women's Health Program

Preventive and Rehabilitative Cardiac Center

Cedars-Sinai Medical Center

Professor of Medicine

David Geffen School of Medicine at UCLA

Los Angeles, CA

Neil J. Stone, MD

Professor, Department of Cardiology

Feinberg School of Medicine

Northwestern University

Chicago, Illinois

Eric J. Topol, M.D.

Director, Scripps Translational Science Institute;

Senior Consultant, Scripps Clinic

Chairman, Department of Cardiovascular Medicine

The Scripps Research Institute

La Jolla, CA

Tara L. Dall, M.D.

Medical Director,

Advanced Lipidology Clinic

Delafield, WI

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of CME) must insure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these relevant financial relationships will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

Course Schedule

MONDAY, JUNE 29, 2009

- 7:00 am Registration and Continental Breakfast
- 7:30 am Welcome and Introduction
Stephen L. Kopecky, M.D.
Thomas G. Allison, Ph.D., MPH
- 7:40 am **Opening Address**
What Progress Have We Made in CHD Prevention?
Neil J. Stone, M.D.

Risk Stratification

Dr. Stephen L. Kopecky, Moderator

- 8:05 am **Case Study:** Strategies for Risk Stratification
Stephen L. Kopecky, M.D.
- 8:15 am Lifetime Risk Using Framingham Methods
Randal J. Thomas, M.D.
- 8:40 am Biomarkers in Cardiovascular Disease
Thomas G. Allison, Ph.D., MPH
- 9:05 am Imaging Modalities in Detecting Cardiovascular Disease
R. Todd Hurst, M.D.
- 9:30 am Case Study Follow-Up: Strategies for Risk Stratification
Drs. Stone, Thomas, and Behrenbeck
Dr. Kopecky, Moderator
- 9:40 am Refreshment Break

Management of Traditional Risk Factors in CHD Prevention

Dr. Gerald T. Gau, Moderator

- 10:00 am **Case Study:** Management of Traditional Risk Factors in CHD Prevention
Dr. Gerald T. Gau, M.D.
- 10:10 am Management of Complex Dyslipidemia
Tara L. Dall, M.D.
- 10:35 am Blood Pressure Management: What Target, What Therapies?
Gary L. Schwartz, M.D.

- 11:00 am Diabetic Management in the Post-ACCORD Era
John M. Miles, M.D.
- 11:25 am Kidney Disease as a Cardiovascular Risk Factor
Eddie L. Greene, M.D.
- 11:50 am CHD Prevention in Women
Neil J. Stone, M.D.
- 12:15 pm Case Study Follow-up: Management of Traditional Risk Factors
Drs. Dall, Schwartz, Greene, Miles and Stone
Dr. Gau, Moderator
- 12:30 pm Lunch – Discussion with Faculty
- 1:30 pm Adjourn

TUESDAY, JUNE 30, 2009

- 6:45 am Continental Breakfast
- 7:00 am **Early Bird:** Case Studies in Hypertension Management
Gary L. Schwartz, M.D.
- Preventing Acute Events**
Dr. Thomas G. Allison, Moderator
- 7:30 am **Case Study:** Preventing Acute Events
Thomas G. Allison, Ph.D., MPH
- 7:40 am Chest Pain in Patients Without Known CAD: Cardiac Function Testing versus Imaging
Thomas Behrenbeck, M.D.
- 8:05 am Secondary (and Primary?) Prevention in Atrial Fibrillation
Win-Kuang Shen, M.D.
- 8:30 am Stress Testing Before Non-Cardiac Surgery: When and What to Order and How to Read Results
Todd D. Miller, M.D.
- 8:55 am Managing Clopidogrel and Warfarin for Medical/Dental Procedures
Win-Kuang Shen, M.D.
Stephen L. Kopecky, M.D.

Course Schedule

9:20 am Case Study Follow-up:
Preventing Acute Events
*Drs. Behrenbeck, Shen and
Kopecky*
Dr. Allison, Moderator

9:35 am Refreshment Break

Future of Preventive Cardiology
Dr. Stephen L. Kopecky, Moderator

9:55 am Future of Preventive
Cardiology
Stephen L. Kopecky, M.D.

10:00 am Secondary Prevention in
Peripheral Vascular Disease
Ray W. Squires, Ph.D.

10:25 am Future Strategies to Treat
Obesity
Maria L. Collazo-Clavell, M.D.

10:50 am Stem Cells in Cardiovascular
Medicine
Carmen M. Terzic, M.D., Ph.D.

11:15 am Future of Preventive
Cardiology: Genomics
Eric J. Topol, M.D.

11:45 am Case Study Follow-up:
Future of Preventive
Cardiology
*Drs. Squires, Collazo-Clavell,
Terzic, and Topol*
Dr. Kopecky, Moderator

12:00 pm Lunch - Mediterranean Style –
What You Need to Know?
Gerald T. Gau, M.D.

1:00 pm Adjourn

Evening Session

5:00 - Illustrative Cases: Consensus in
6:00 pm Preventive Cardiology
Stephen L. Kopecky, M.D.

WEDNESDAY, JULY 1, 2009

6:45 am Continental Breakfast

7:00 am **Early Bird:** Cases in Lipid
Management
Tara L. Dall, M.D.

Lifestyle Management
Dr. Thomas G. Allison, Moderator

7:30 am **Case Study:** Lifestyle
Management Background,
Metabolic Syndrome
Thomas G. Allison, Ph.D.

7:40 am Diagnosing Obesity and
Metabolic Syndrome: Does it
Really Matter?
Francisco Lopez-Jimenez, M.D.

8:05 am Strategies for Weight Loss
Maria L. Collazo-Clavell, M.D.

8:30 am Strategies for Increasing
Exercise and Physical Activity
Ray W. Squires, Ph.D.

8:55 am Smoking Cessation
Richard D. Hurt, M.D.

9:20 am Nutrition and Supplements:
What Works and What Doesn't
C. Noel Bairey Merz, M.D.

9:45 am Case Study Follow-Up: Lifestyle
Management
*Drs. Lopez-Jimenez, Hurt, Squires,
Bairey Merz and Collazo-Clavell*
Dr. Allison, Moderator

10:00 am Refreshment Break

Management of Stable Angina
Dr. Thomas Behrenbeck, Moderator

10:20 am **Case Study:** Management of
Stable Angina
Thomas Behrenbeck, M.D.

10:30 am Percutaneous Coronary
Intervention for Stable Angina
Gregory W. Barsness, M.D.

10:55am Coronary Bypass Surgery for
Management of Stable Angina
Soon J. Park, M.D.

11:20 am Optimal Medical Management
and COURAGE Study Results
Gerald T. Gau, M.D.

11:45 am Management of CHD in
Women – Do We Do Anything
Different?
C. Noel Bairey Merz, M.D.

12:10 pm Questions and Answers
*Drs. Barsness, Park, Bairey-Merz
and Gau*
Dr. Behrenbeck, Moderator

12:30 pm Adjourn

Registration Form

Putting Prevention into Practice

Individualized Approach to Preventing Cardiovascular Disease

June 29 – July 1, 2009

The Lodge at Torrey Pines – La Jolla, California

Mail Form and Payment to:

Mayo School of Continuing Medical Education
200 First Street SW, Plummer 2-60
Rochester, MN 55905

Telephone: 800-323-2688

507-284-2509

Fax: 507-284-0532

Website: www.mayo.edu/cme

E-mail: cme@mayo.edu

Register on-line: [http://www.mayo.edu/cme/
cardiology.html#2009R812](http://www.mayo.edu/cme/cardiology.html#2009R812)

Contact Information (Please print or type all information. You may duplicate this form for multiple registrations.)

Name of Registrant - first name, middle name or initial, and last name		Degree - select all that apply <input type="checkbox"/> MD <input type="checkbox"/> DO <input type="checkbox"/> PhD <input type="checkbox"/> PA <input type="checkbox"/> NP <input type="checkbox"/> RN <input type="checkbox"/> Other - specify	
Name of Institution		Medical Specialty	
Preferred Mailing Address - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home			
Work/Business Address - street address		Work Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
Home Address - street address		Home Phone - include all country and city/area codes as needed along with complete phone number	
City	State or Province	ZIP or Postal Code	Country
E-mail Address	FAX - include all country and city/area codes as needed along with complete phone number	FAX Location - select one <input type="checkbox"/> Work/Business <input type="checkbox"/> Home	
<div style="background-color: #0056b3; color: white; padding: 2px; display: inline-block;">SPECIAL NEEDS</div> If you have special assistance needs or dietary restrictions, describe here:			

Registration Fee

Welcome Reception, Monday June 29, 2009			
Participants and their guest(s) are cordially invited to join the faculty for the Welcome Reception and Dinner.			
[] Yes, I will attend - Complimentary			
[] Yes, I will attend with one guest. - Complimentary			
_____ # of additional tickets @ \$65 per adult			\$ _____
_____ # of additional tickets @ \$40 per child			\$ _____
[] No, I will not attend.			
Registration Fee:	Register before June 1, 2009	After June 1, 2009	
Physicians/Scientists -	\$550	\$650	\$ _____
Residents, Physician Assistants, Nurse Practitioners, and others -	\$450	\$550	\$ _____
Total Payment Enclosed:			\$ _____

Payment Information

<input type="checkbox"/> Check is enclosed in the amount shown at right - make checks payable to Mayo Foundation		
Credit Card - select one <input type="checkbox"/> Discover <input type="checkbox"/> MasterCard <input type="checkbox"/> Visa	Account Number	Exp Date - mm/yy
Name of Cardholder - as it appears on the card	Signature of Cardholder - required X	
Mayo Attendees only:		
Company #:	PAU#:	



Mayo Clinic
200 First Street SW
Rochester, Minnesota 55905

Putting Prevention into Practice

*Preventing Cardiovascular
Disease in the Clinical Setting*

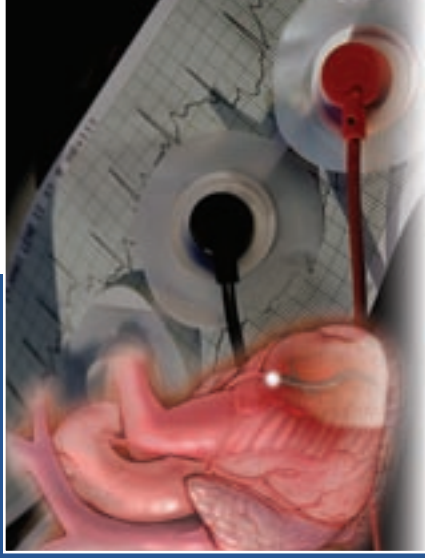
June 29 – July 1, 2009
The Lodge at Torrey Pines
La Jolla, California

NEW LOCATION!

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Register Now!



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