**16th Annual Orange County Symposium for Cardiovascular Disease Prevention: Strategies for Success**

November 2, 2024



**Purpose**

The Orange County Symposium for Cardiovascular Disease Prevention is designed to fill knowledge gaps in the fast-evolving field of preventive cardiology. Primary care providers, cardiologists, endocrinologists, lifestyle interventionists, and other specialists will be updated this year on: 1) How practices from hunter gatherer populations inform us about preventing heart disease 2) Role of the mammogram and breast arterial calcification in informing women of their cardiovascular risk 3) Importance of inflammation as a major cause of cardiovascular disease 4) Role of epigenetics in cardiovascular disease prevention 5) How polygenic risk scoring can inform precision cardiovascular care 6) Importance of social determinants of health in preventive cardiology 7) Nutraceuticals in cardiovascular disease prevention 8) Non-Alcoholic Fatty Liver Disease and CVD – What’s the Connection? 9) The new Cardio-Kidney-Metabolic Syndrome and its importance in cardiovascular disease 10) Lipoprotein(a) as the new frontier in cardiovascular prevention 11) GLP1-RA therapy in obesity management and the prevention of cardiovascular disease 12) Triglyceride Rich Lipoproteins and Why They are Important

**In-person:** Sue Gross Auditorium - 856 Health Sciences Rd., Irvine, CA



**Target Audience**

Specialties – Medicine, Cardiology, Endocrinology, General Internal Medicine & Primary Care, Nephrology, Hypertension & Kidney Transplantation

Professions – Physician, Non-Physician, Allied Health Professional, Medical Assistant, Medical Student, Nurse, Nurse Practitioner, Pharmacist, Physician Assistant, Registered Dietitian, Resident Physician

**Activity Objectives**

1 Discuss how practices from hunter gatherer populations inform us about atherosclerosis

1 Discuss the role of the mammogram and breast arterial calcification in informing women of their cardiovascular risk

2 Discussion evaluation of the vulnerable plaque and patient and implications for cardiovascular disease prevention

3 Discuss the importance of inflammation as a major cause of cardiovascular disease

4 Discuss the emerging epidemic of atrial fibrillation and strategies for its prevention and management

5 Discuss the role of epigenetics in cardiovascular disease prevention

6 Discuss how polygenic risk scoring can inform precision cardiovascular care

7 Discuss the role of maternal nutrition in cardiovascular disease prevention

8 Discuss the role of non-Alcoholic Fatty Liver Disease and CVD

9 Discuss the new Cardio-Kidney-Metabolic Syndrome and its importance in cardiovascular disease

10 Discuss the role of lipoprotein(a) in cardiovascular prevention

11 Discuss the role of GLP1-RA therapy in obesity management and the prevention of cardiovascular disease

13 Discuss the role of triglyceride rich lipoproteins and why they are important

14 Discuss the role of stress and how to manage it for the prevention of cardiovascular disease

**Accreditation Statement**

The University of California, Irvine School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

**Designation Statement**

The University of California, Irvine School of Medicine designates this Live Activity for a maximum of 6.00 *AMA PRA Category 1 Credit(s)*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**California Assembly Bill 1195 and 241**

This activity is in compliance with California Assembly Bill 1195 and 241, which require CME activities with patient care components to include curriculum in the subjects of cultural and linguistic competency & implicit bias. It is the intent of AB 1195 and AB 241 to encourage physicians and surgeons, CME providers in the State of California, and the Accreditation Council for Continuing Medical Education to meet the cultural and linguistic concerns of a diverse patient population and reduce health disparities through appropriate professional development. Please see the CME website, <https://www.meded.uci.edu/CME/> for AB 1195 and AB 241 resources.



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**Faculty & Planner Disclosures**

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| **Name of individual** | **Individual's role in activity** | **Nature of Relationship(s) / Name of Ineligible Company(s)** |
| Nathan D. Wong, PhD, MPH | Course Director, Faculty | Grant or research support-Novartis Corporation Pharmaceuticals|Consulting Fee-Novartis Corporation Pharmaceuticals|Consulting Fee-Amgen, Inc.|Consulting Fee-Ionis Pharmaceuticals|Grant or research support-Novo Nordisk (Any division) - 10/23/2024 |
| David M. Donaldson, MD | Faculty | Consulting Fee-Edwards Lifesciences Corporation - 08/27/2024 |
| Shaista Malik, MD, PhD | Co-Director, Faculty | Ownership-FluxWear - 06/11/2024 |
| Robert Greenfield, MD, PhD | Co-Director, Faculty | Nothing to disclose - 10/29/2024 |
| Paul Rosenblit, MD, PhD | Co-Director, Faculty | Independent Contractor (included contracted research)-Esperian|Honoraria-Esperian|Speakers Bureau-Esperian|Grant or research support-Novartis Corporation Pharmaceuticals|Grant or research support-Novo Nordisk (Any division)|Grant or research support-Ionis Pharmaceuticals - 06/12/2024 |
| Jagat Narula, MD, PhD, MACC | Faculty | Nothing to disclose - 08/23/2024 |
| Gregory Thomas, MD, MPH | Faculty | Nothing to disclose - 09/10/2024 |
| Karen Lindsay, PhD, RDN | Faculty | Nothing to disclose - 08/26/2024 |
| Yehuda Handelsman, MD | Faculty | Grant or research support-Applied Therapeutic (Relationship has ended)|Grant or research support-Corcept|Grant or research support-Ionis|Grant or research support-Lilly (Any division) (Relationship has ended)|Grant or research support-Merck (Any division)|Grant or research support-Regeneron Pharmaceuticals, Inc.|Consulting Fee-89Bio (Relationship has ended)|Consulting Fee-, Applied Therapeutic (Relationship has ended)|Consulting Fee-Amgen, Inc. (Relationship has ended)|Advisor-AstraZeneca (Any division) (Relationship has ended)|Advisor-Bayer (Any division) (Relationship has ended)|Advisor-Boehringer Ingelheim Pharmaceuticals, Inc. (Relationship has ended)|Advisor-Corcept|Advisor-Regeneron Pharmaceuticals, Inc.|Advisor-Endogenex (Relationship has ended)|Honoraria-Novo Nordisk (Any division) - 09/07/2024 |
| Lori B. Daniels, MD, MAS; FACC, FAHA | Faculty | Consulting Fee-Roche (Any division)|Honoraria-Abbott (Any division) (Relationship has ended)|Consulting Fee-Quidel Ortho|Stocks or stock options, excluding diversified mutual funds-Vektor Medical|Grant or research support-Roche (Any division) - 09/09/2024 |
| Richard J Glassock, MD | Faculty | Consulting Fee-Travere|Consulting Fee-BioCryst|Advisor-Novartis|Advisor-Otsuka|Consulting Fee-Alexion|Advisor-Vera|Consulting Fee-Kezar|Advisor-Genentech (Any division) - 09/15/2024 |
| Jamal S. Rana, MD, PhD | Faculty | Nothing to disclose - 09/18/2024 |
| P. Barton Duell, MD, FAHA, MNLA | Faculty | Advisor-Esperion|Consulting Fee-Ionis Pharmaceuticals|Consulting Fee-Novo Nordisk (Any division) (Relationship has ended)|Consulting Fee-Regeneron Pharmaceuticals, Inc.|Consulting Fee-Kaneka (Relationship has ended)|Advisor-Mirum -Travere - Retrophin|Consulting Fee-New Amsterdam - 09/19/2024 |
| John W. Zamarra, MD | Faculty | Nothing to disclose - 09/24/2024 |

**Agenda**

**[INSERT AGENDA HERE MANUALLY]**

**Acknowledgement of Commercial Support**

No commercial support has been received for this activity.