2nd Severe FH Course

Recognize, Diagnose, and Treat Severe Familial Hypercholesterolemia

This activity is accredited by Oman Medical Speciality Board (OMSB)

December 2-3, 2018
The Grand Millennium Hotel
Muscat, Oman
2nd Severe FH Course

Recognize, Diagnose, and Treat
Severe Familial Hypercholesterolemia

This activity is accredited by Oman Medical Speciality Board (OMSB) for CPD 7.5 Credits Points in Category 1 (OMSB/CPD/C1/1365/2018)

For further information please contact:

Oman Society of Lipid and Atherosclerosis (OSLA)
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International Atherosclerosis Society (IAS)
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www.athero.org
OMAN & MUSCAT:
Oman, a nation on the Arabian Peninsula, has terrain encompassing desert, riverbed oases and long coastlines on the Persian (Arabian) Gulf, Arabian Sea and Gulf of Oman. Wahiba Sands is a region of dunes inhabited by Bedouins. The port capital, Muscat, Oman’s port capital, a bustling metropolis 6,000 years in the making, sits on the Gulf of Oman surrounded by mountains and desert. With history dating back to antiquity, it mixes high-rises and upscale shopping malls with clifftop landmarks such as the 16th-century Portuguese forts, Al Jalali and Mirani, looming over Muscat Harbor. Its modern, marble-clad Sultan Qaboos Grand Mosque, with 50m dome and prodigious Persian carpet, can accommodate 20,000 people. Muscat also has one of the Arabian peninsula’s oldest markets by the old waterfront Muttrah quarter, with a labyrinthine souk and busy fish market it transports people back in time.

Weather: December – Avg. Temperature 22°C - 32°C (60% - 75% Humidity) – Chances of Rain
Dialing code: +968 Currency: Omani rial Exchange Rate: 1 OMR = US$ 2.60

ATTRACTIONS NEAR BY:
• Royal Opera House Muscat
  Discover the arts from around the globe in the first Opera house in the Gulf countries.
• Sultan Qaboos Grand Mosque
  The only mosque in Oman open to non-muslims, this masterpiece of Islamic architecture is breathtaking inside and out.
• Muscat Golf and Country Club
  Designed to complement the natural hills and wadis, this 18-hole championship course is a challenge for all players.
• Nakhal Fort
  Built uniquely to fit around a rock, the Fort exhibits historic guns and hosts weekly goat auctions.
• Daymaniyat Islands Nature Reserve
  The Daymaniyat Islands is one of the most beautiful diving and snorkeling locations in the Sea of Oman. The travel to this island is by boats.

OTHER INFORMATION:
Public Transport: Public Transport is available in and around the city through the Muscat city’s MWASALAT. Taxis are available, however, not all taxis are metered, and it would be prudent to negotiate your rate before travelling.

Restaurants: There are a number of Restaurants around Muscat city. The popular cuisines of Muscat are, Arabic, South Asian, East Asian, Contemporary European and American.

YOUR CONTACTS:
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Email: hiryan.borade@mci-group.com
On behalf of the International Atherosclerosis Society (IAS), the Oman Society of Lipid and Atherosclerosis (OSLA), the Gulf Heart Association Lipid Working Group (GHALWG), we would like to welcome you to Muscat, Oman and at the 2nd FH Course: Recognize, Diagnose, and Treat Severe Familial Hypercholesterolemia held on December 2-3, 2018.

The purpose of this closed-number residential Course is to increase the knowledge and experience of practicing clinicians from the Gulf Region interested in the management of lipid disorders. In particular the Course will discuss how to recognize, diagnose, and treat severe familial hypercholesterolemia (both HeFH and HoFH) in patients in accordance with current guidelines and will consist of two days of lectures and interactive sessions.

This Course will offer a unique opportunity to learn from the prestigious international, regional, and national faculty as well as your peers. We encourage you to actively participate to gain the most from the Course and to use the time to build collegial relationships with the faculty and other participants.

The benefits to be derived from your involvement over the next 2 days will not only enhance your career and your institution but will be ultimately allow you to provide better care for your patients, thus improving the healthcare of the MENA region.

Please feel free to reach out to any of the faculty members if you have any questions.

We are all looking forward to a very productive and successful Course.

Best regards,

Raul Santos
President-Elect, IAS

Khalid Al-Rasadi
President, OSLA
The **International Atherosclerosis Society (IAS)** as a federation of 67 national and regional member organizations worldwide (representing 57 countries) is poised to face the challenges of the new century presented by the many scientific advances in the field, the ageing of the population in most countries, and the growing need for education of those in the medical and health care professions and of the lay population.

The IAS exists to coordinate the exchange of scientific information among the constituent societies, to foster research into the development of atherosclerosis, and to help translate this knowledge into improving the effectiveness of programs designed to prevent and treat this disease.

The goals of the IAS are several fold. Above all, the IAS aims to foster communication worldwide among researchers, educators, and health care professionals in the field of atherosclerosis and cardiometabolic disorders. The organization upholds high quality research and provides a forum for communication of this research among the leading investigators in many countries. Another important aim is to provide educational opportunities for younger researchers and health care professionals. The IAS is in a growth phase and now aims to expand its activities to other areas that will achieve a broader agenda, such as new approaches to guideline development and increasing the awareness and the exchange of ideas and data to improve access to care for patients with FH and severe lipoprotein disorders. Having achieved many of its goals, we have launched several initiatives to expand on those goals and to create a new environment for those in the field of prevention and treatment of atherosclerosis and cardiometabolic diseases.

The IAS is able to promote its mission and objectives from a more international perspective than other organizations due to its unique position throughout the world as a federation of many regional and national members, including new and emerging countries with substantively different cultures, environments, genetics, and diseases and is thus able to open the field to new ideas and interpretations from both developed and lesser-developed areas of the world. Concepts, medicine, and people are able to bridge in both directions, to enrich the world.
Oman Society of Lipid and Atherosclerosis (OSLA) shall advocate for quality patient concerning lipid disorders and atherosclerosis through education, research promotion, development and application of standards and guidelines to influence health care policy.

In-line with the mission statement, the OSLA’s objectives are:
Improvement as well as advancement of Patient Care-OSLA will augment medical understanding, clinical expertise, and allied occupational activities that deliver improved and effective patient outcomes. OSLA also aims to encourage patient involvement and understanding of lipid related disorders and atherosclerosis evolving to upkeep guideline based disease care and prevention. Service wellness programs with sound cardiovascular health information extend the patient-physician professional relationship.

Promotion of Multidisciplinary Translational Research (MTR)- OSLA aims to endorse translational research aims, to convert laboratory discoveries in manifold disciplines into therapeutic gains for patients. This concept débuted MTR, is a multifaceted process and is often elaborate necessitating colossal investment in time, money and expertise. OSLA aims to augment MTR by advocating for increased research resources to support translational lipid research from funding agencies such as the grant disbursement office(s) at different academic/medical institutions and Governmental grant organizations.
Gulf Heart Association Lipid Working Group (GHALWG), was established in 2017 under the umbrella of Gulf Heart Association.

Mission statement:

GHALWG shall advocate for patient quality care concerning lipid and lipoprotein disorders through education, research promotion, development of standards and guidelines to influence health care policy.

Objectives:

1. Updating physician knowledge about management of dyslipidemia in the GCC region, through developing outreach courses, workshops and programs concerning lipid disorders and atherosclerosis

2. Improving patient support, education and advancement of public awareness through promoting awareness programs and media involvement in the form of the public events directed towards reducing the death rate of coronary artery disease, stroke, decreasing the prevalence of diabetes, obesity, dyslipidemia, hypertension and smoking.

3. Promoting multidisciplinary translational research through increased research resources to support translational lipid research from funding agencies.

4. Promoting specialized knowledge through organizing research conferences, technical and clinical workshops and exhibitions, where the program will definitively feature lectures delivered by protuberant international speakers alongside a range of high caliber local presenters.

5. Developing surveys to better quantify the prevalence of dyslipidemia and familial hypercholesterolemia registry in the region that will help in understanding the most common patterns of dyslipidemia in the region. This may help optimizing the international guidelines concerning dyslipidemia management to better suite the GCC populations.

6. Supporting the need for the development of lipid clinic network in the region. This will help in better patient referral and management in terms of complex lipid cases. This can be achieved by developing specialized certified lipid courses and programs for clinicians interested in managing patients with lipid disorders.
2nd Severe FH Course
Recognize, Diagnose, and Treat Severe Familial Hypercholesterolemia

SCIENTIFIC AGENDA
## DAY 1 - December 2, 2018
### Defining, identifying and managing severe familial hypercholesterolemia

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<td>Welcome</td>
<td>Dr. Khalid Al-Rasadi (Oman) Dr. Raul Santos (Brazil)</td>
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<tr>
<td>09.10 - 09.35</td>
<td>Lipid metabolism in FH</td>
<td>Dr. Khalid Al-Rasadi (Oman)</td>
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<td>09.35 - 09.45</td>
<td><strong>Discussion</strong></td>
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<td>09.45 - 10.10</td>
<td>The genetics of FH and cascade screening</td>
<td>Dr. Faisal Al-Allaf (KSA)</td>
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<td>10.10 - 10.20</td>
<td><strong>Discussion</strong></td>
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<td>10.20 - 10.45</td>
<td>Diagnosis and natural history of homozygous FH</td>
<td>Dr. Marcello Arca (Italy)</td>
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<td>10.45 - 10.55</td>
<td><strong>Discussion</strong></td>
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<td>10.55 - 11.15</td>
<td><strong>COFFEE BREAK</strong></td>
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<td>11.15 - 11.40</td>
<td>Diagnosis and management of pediatric FH</td>
<td>Dr. Khalid Al-Rasadi (Oman)</td>
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<td>11.40 - 11.50</td>
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<td>11.50 - 12.20</td>
<td>Defining the severe FH phenotype: Consensus from the International Atherosclerosis Society (IAS)</td>
<td>Dr. Raul Santos (Brazil)</td>
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<td>12.20 - 12.30</td>
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<td><strong>LUNCH</strong></td>
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<td>14.00 - 14.25</td>
<td>Treatment of severe FH: The role of statins and ezetimibe</td>
<td>Dr. Hani M. Sabbour (UAE)</td>
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<td><em>Discussion</em></td>
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<td>14.35 - 15.00</td>
<td>Treatment of severe FH forms 2: PCSK9 inhibitors</td>
<td>Dr. Khalid Al-Waili (Oman)</td>
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<td>15.00 - 15.10</td>
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<td>15.10 - 15.50</td>
<td>Treatment of severe FH: Lomitapide</td>
<td>Dr. Marcello Arca (Italy)</td>
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<td>15.50 - 16.00</td>
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<td><em>COFFEE BREAK</em></td>
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<tr>
<td>16.20 - 16.45</td>
<td>Treatment of severe FH: LDL apheresis</td>
<td>Dr. Wolfgang Ramlow (Germany)</td>
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<td>16.45 - 16.55</td>
<td><em>Discussion</em></td>
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<td>16.55 - 17.15</td>
<td>Novel therapies and future developments to treat severe FH</td>
<td>Dr. Raul Santos (Brazil)</td>
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<td>17.15 - 17.25</td>
<td><em>Discussion</em></td>
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<td>17.25 - 17.50</td>
<td>Management algorithm for severe FH: Different guidelines implications?</td>
<td>Dr. Hani M. Sabbour (UAE)</td>
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<td>17.50 - 18.00</td>
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# DAY 2 - December 3, 2018

## Severe Familial Hypercholesterolemia Case Discussions

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<td>Day 2 Objectives</td>
<td>Dr. Khalid Al-Waili (Oman)</td>
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<td>09.05 - 10.25</td>
<td>Case 1: Pediatric pharmacological treatment of severe FH</td>
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<td>Case 2: Pediatric LDL apheresis treatment of severe FH</td>
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<td>10.25 - 10.40</td>
<td><strong>COFFEE BREAK</strong></td>
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<tr>
<td>10.40 - 12.00</td>
<td>Cases 3: Adult pharmacological treatment of severe FH</td>
<td>All faculty</td>
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<td>Case 4: Pharmacological + LDL apheresis?</td>
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<tr>
<td>12.00 - 12.30</td>
<td><strong>DISCUSSION AND WRAP UP LUNCH</strong></td>
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FACULTY
(by presentation order)
Dr. Khalid Al Rasadi was born in Oman where he studied medicine and obtained his Medical Degree in 1998. Dr. Al Rasadi got his postgraduate training in Medical Biochemistry at McGill University in Canada during the period of 2002-2006. He spent another two years in Canada, working as scientist at the Royal Victoria Hospital, McGill University, under the direct supervision of Prof. Jacques Genest. There he was able to perform a number of studies on the molecular genetics of familial hypercholesterolemia and hypoalphalipoproteinemia. In that period Dr. Al Rasadi also received strong training at the lipid clinic of the Royal Victoria Hospital, McGill University. He was also awarded a certificate in Clinical Lipidology by the National Lipid Association in the United State in 2008.

Dr. Al Rasadi is the Head of Department of Biochemistry at the Sultan Qaboos University Hospital in Oman. Dr. Al Rasadi is one of the founder members of the Oman Society of Lipid & Atherosclerosis (OSLA), and since then he contributed significantly in the recognition of OSLA as an active society nationally and internationally as key player in promoting scientific education and general awareness relating to lipid disorders and atherosclerosis through organizing conferences delivered by veritable experts in the field of lipid research, as well as public outreach activities.

Dr. Al Rasadi is a member of national and international medical associations and a member of Oman Medical Journal and BBA-Clinical journal editorial board. He has 32 publications and 1 chapter book (total Citations 156, H-Index: 8).
Raul D. Santos, MD, MSC, PhD, is Director of the Lipid Clinic of the Heart Institute (InCor) of the University of Sao Paulo, Brazil. He is associate professor of the Cardiopulmonary Disease Department at the University of Sao Paulo medical school and one of the coordinators of the “Hipercol Brasil” Familial Hypercholesterolemia Genetic Cascade Screening Program. He is also Scientific Advisor of the Preventive Medicine Centre and Cardiology Program of the Hospital Israelita Albert Einstein in Sao Paulo. After completing his training in cardiology Dr. Santos obtained master and PHD degrees in food science at the University of Sao Paulo. His research interests include lipid metabolism, severe forms of genetic dyslipidemias, especially familial hypercholesterolemia and HDL deficiency, non-alcoholic fatty liver disease and imaging in atherosclerosis especially detection of vascular calcification. He has published more than 200 papers in peer-review journals like the Lancet, The New England Journal of Medicine, Atherosclerosis, ATVB, Circulation, The European Heart Journal, JACC, Journal of Lipid Research, Lancet Diabetes & Endocrinology and Current Opinion of Lipidology among others. Dr. Santos has coordinated and participated in many Brazilian and International guidelines on dyslipidemia, familial hypercholesterolemia, atherosclerosis prevention, metabolic syndrome, obesity, diabetes and coronary heart disease. He is the current scientific director (2016-2017) of the Brazilian Society of Cardiology (SBC), president elect (2019-2021) of the International Atherosclerosis Society (IAS), a member of the Consensus Panel on Dyslipidemias of the European Atherosclerosis Society (EAS) and is the vice president of the Iberoamerican Familial Hypercholesterolemia network (IBAFHN). In addition, he is one of the associate editors of Atherosclerosis, the Journal of Clinical Lipidology and the European Journal of Preventive Cardiology.
Professor Faisal A. Al-Allaf was born in Saudi Arabia and obtained his B.Sc. in Medical Sciences from Umm Al-Qura University, Makkah, Saudi Arabia in 1992. He obtained his M.Sc. in Biochemistry from King Saud University, Riyadh, Saudi Arabia in 1997, M.Sc. in Human Molecular Genetics from Imperial College Faculty of Medicine, University of London, London, UK in 1998 and Ph.D. in Genetics from Imperial College Faculty of Medicine, University of London, London, UK in 2004.

Professor Al-Allaf is a member of Faculty of Medicine, Umm Al-Qura University King Abdullah Medical City, Makkah and specialize in Gene and Stem Cell Therapy and Molecular Diagnostics.

Professor Al-Allaf is a member of the steering committee for the Gulf Familial Hypercholesterolemia Study and he is responsible for the genetic diagnosis of this study.

Professor Al-Allaf has many publications in high impact International Journals with total Citations 1284 and H-Index: 13.
Prof. Marcello Arca completed his graduation in Medicine and Surgery in 1989 and received post-graduation in Liver and Metabolic Diseases at the University of Rome Sapienza. He has held a research posts at the National Research Council in Rome in 1990 and completed his research training as postdoctoral fellow at the Center for Human Nutrition and then at the Department of Molecular Genetics, both at the UT Southwestern Medical Center in Dallas, Texas (USA). In 1995 he was awarded with the Young Investigator Award Scientific Conference on Hormonal, Metabolic and Cellular Influences on Cardiovascular Disease in Women (San Diego, CA, USA) and in 2000 received the International Atherosclerosis Society Visiting Fellowship Award. At present he is associate professor of Internal Medicine at the Department of Internal Medicine of University of Rome Sapienza, Italy; he is heading the Lipid and Atherosclerosis Unit as well as the Unit of Rare Disorders of Lipid Metabolism at the University Hospital Policlinico Umberto I in Rome, Italy.

The research interests of Prof. Arca are related to genetic disorders of lipid metabolism, to genetics of atherosclerosis and to treatment of cardiovascular risk. He is co-authors of 250 papers in peer reviewed journal and 10 chapters of books. He is member of the Editorial Board of Nutritional Metabolism and Cardiovascular Disease (NMCD) and he is serving as reviewer for several scientific journals in the area of metabolism, cardiovascular disease, genetics and internal medicine. He is serving as Secretary the Italian Society of Atherosclerosis (SISA).
Hani M. Sabbour is currently Consultant Cardiologist and Electrophysiologist at Cleveland Clinic Abu Dhabi and also former Internal Medicine Residency Program Director at Al Ain Hospital, Al Ain, United Arab Emirates. He served as Director of Cardiac Arrhythmia and Electrophysiology at Landmark Medical Center in Rhode Island USA from 2003 until 2012. Since January 2013, he has held an academic appointment as Clinical Assistant Professor Cardiovascular Disease at Warren Alpert School of Medicine, Brown University. He established a comprehensive Pulmonary Hypertension Center and PH registry at SKMC as well as leading the SEHA PH guideline writing team to complete the SEHA clinical practice guidelines in PAH.

Dr. Sabbour received his medical training at the Faculty of Medicine, Kuwait University, culminating in a medical doctorate in 1994 and awarded His Highness The Emir’s Gold Medal with First Class Honors. He completed residencies at Kuwait Institute for Medical Specializations and SUNY Stony Brook – East Meadow Campus in 1995 and 1998, respectively. He was also Clinical and Research Fellow in clinical cardiac electrophysiology at Massachusetts General Hospital – Harvard Medical School, where he received ABIM Clinical Cardiac Electrophysiology Certification in 2003. He is ABIM certified in Internal medicine, Cardiovascular Disease, Cardiac Electrophysiology, Advanced Heart Failure and Cardiac Transplant, ECHO and Nuclear Cardiology. Dr. Sabbour has been involved in multiple clinical trials; his extensive research on cardiovascular diseases has been published in a number of multi center clinical trials and publications. His clinical interests include integrated device therapy and CHF, correlative cardiac imaging, nuclear cardiology, arrhythmia management particularly atrial fibrillation, management of valvular heart disease, drug monitoring and management program and particularly Pulmonary Hypertension. Dr. Sabbour is currently a Fellow of the American College of Cardiology, Heart Rhythm Society and the American College of Physicians, and Egyptian American Medical Association.
Dr. Khalid Al Waili was born in Oman. He studied medicine in Oman and obtained his Medical Degree in 2001. Dr. Al Waili got his training in Medical Biochemistry at McGill University in Canada 2009. Then he spent two years in Canada, working as a fellow and Scientist in clinical Lipidology at the Royal Victoria Hospital, University of Canada, under the direct supervision of Prof. Jacques Genest, MD. There he was able to perform a number of studies on the molecular genetics of familial hypercholesterolemia and hypoalphalipoproteinemia. In that period Dr. Al Waili also received strong training in the Lipid Clinic of the Royal Victoria Hospital University of McGill, under the direct supervision of Prof. Jacques Genest, MD from 2009-2010. The National Lipid Association in the United States also awarded him a certificate in Clinical Lipidology in 2010. Dr. Al Waili is a Senior Consultant at the Sultan Qaboos University Hospital (SQUH) and he is the Deputy Head of Department of Biochemistry at the Sultan Qaboos University Hospital (SQUH) in Oman. Moreover, he is a member of the Unit of Lipid and LDL-Apheresis at SQUH. Dr. Al Waili is a founder of Lipid & Atherosclerosis (OSLA) in 2012. In addition, he was trying to improve the recognition of OSLA as an active society nationally and internationally as a key player in promoting scientific education and general awareness relating to lipid disorders and atherosclerosis through mini-conferences, organization of plenary lectures delivered by veritable experts in the field of Lipid research, as well as public outreach activities.

Dr. Al Waili is a member of national and international medical associations. He has several publication and one chapter book in the field of lipid and atherosclerosis.
Dr. Wolfgang Ramlow is a senior clinical nephrologist with more than 30 yrs of experience in dialysis and apheresis. He graduated and specialized in internal medicine/nephrology at the university of Rostock, Germany (Teacher: Horst Klinkmann). Since 1994 he has been the medical director of the Apheresis Center Rostock (ACR). His major fields of expertise are the preclinical evaluation and clinical application of different apheresis technologies for various diseases.

Dr. Ramlow was a founding member of the International Society for Apheresis (ISFA) in 1996. From 2009-11 he served as the President of ISFA. Together with other apheresis experts from Europe he initiated an independent European Apheresis Group closely linked to ISFA activities. During the last two decades Dr. Ramlow has co-organized many international scientific conferences on apheresis.

Among other European centers the ACR has a special experience in performing lipoprotein apheresis in patients with premature and progressive atherosclerotic cardiovascular disease linked to dyslipidemia. ACR is a member of a regional network of interdisciplinary group practices, community hospitals and medical service companies. As part of this network structure screening programs and algorithms have been developed and implemented with the aim to improve detection and medical care for patients with extreme cardiometabolic risk.
This activity has been made possible thanks to the support of Amryt and Kaneka