



International Cardio-Metabolic Summit: ICMS

Moscow: 2019

Date: March 30 to 31st March, 2019

Venue: Russian Cardiology Research Institute

"Focus on Current Investigations, management and Preventive Strategies for Cardiometabolic syndrome".

Course Directors:

Dr. S. Abbas Raza

President: South Asian Federation of Endocrine Societies - SAFES – 2017

ISE Executive Committee members: International Society of Endocrinology (2018 – 2020)

Founder and Past President: American Association for Clinical Endocrinologist (AACE) Pakistan Chapter- Feb 2015

Past President: Pakistan Endocrine Society – PES - 2010 -2012

Past Member Board of Directors: American Association of Clinical Endocrinologist (A.A.C.E) – 2003 – 2004

Founding member and Board of Directors: "Friends of Mayo"

Dr. Peter J . Lansberg MD PhD

Department of Pediatrics, Section Molecular Genetics

University Medical Center Groningen

Overview:

Diabetes is a prime risk factor for cardiovascular disease (CVD). Vascular disorders include retinopathy, nephropathy, peripheral vascular disease (PVD), stroke, and coronary artery disease (CAD). Cardiovascular disease and diabetes have emerged as major public health problems, both as distinct clinical entities and as comorbid conditions.

Venue: Russian National Medical Research center for Cardiology

This event is being organized at Russian Cardiology Research Institute with intention to provide workshops on different topics related to Cardiometabolic diseases.

Program Outline:

Grant: Program is organized by unrestrictive grant from GETZ Pharma

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International Cardio-Metabolic Summit

ICMS - Moscow, Russia

Day 1 : 30th March 2019

Saturday, Russian Cardiology Institute

Times	Topic	Learning Objective	Speakers
9:00 – 9:30	Welcome address and Aspiration from Course Directors		Course Directors Dr. Abbas Raza and Dr. Peter Lansberg
9:30 – 9:45	Welcome Address from Russian Cardiology Centre		Director and Former Director of Russian Cardiology Centre
9:45 – 10:15	Session I: Pitfalls in the diagnosis of diabetes, General management of Diabetes in outpatient setting When & How to Diagnose and treat Diabetes	At the end of the session the learners will be able to: <ul style="list-style-type: none"> Identify diagnostic criteria and its challenges. Fasting vs. Post Prandial vs. Oral Glucose Tolerance. Can we Use A1c in rural setting for diagnostic purposes? Discuss Pitfalls in diagnosing Type 1 vs. Type 2 Select the right screening tool for LADA / MODY Utility of Glycated albumin, Fructosamine and 1,5-anhydroglucitol (1,5-AG). Select right tools to monitor glucose control/ Patches / CGM / Sensors / 7 point BG monitoring General Management of Diabetes in an outpatient setting 	Dr. Michal Vrabalik
10:15 -10:20	Question – Answer		

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10:20- 10:50	Session II: Need For Speed: The need for speedy Diabetes risk assessment	<p>At the end of the session the learners will be able to:</p> <ul style="list-style-type: none"> • Identify diagnostic techniques in establishing CAD in timely manner • Discuss Pros and Cons of Stress Test, MUGA scans v angiography v CT v MR • Screening in General as well as high risk category such as Diabetes • Screening for Microvascular Complication • Screening for Autonomic Complication and their mortality 	Dr. Sobia Sabir
10:50- 10:55	Question – Answer		
10:55 – 11:05	TEA BREAK		
11:05 – 11:35	Session III: Updates on Diabetes 2019	<p>At the end of the session the learners will be able to:</p> <ul style="list-style-type: none"> • New and Upcoming Topics on Cardiometabolic Disorders • Discuss emerging controversies • New Trends and Directions. 	Dr. S. Abbas Raza Consultant Endocrinologist Shaukat Khanum Cancer Hospital and Research Center
11:35 – 11:40	Question – Answer		
11:40 – 12:10	Session IV: High's and Low's: Deciding Intensity based Statin Use:	<p>At the end of the session the learners will be able to:</p> <ul style="list-style-type: none"> • ATP4 Guidelines change the treatment paradigm? • Role of High Intensity statins in Primary prevention. • Role of High Intensity in Secondary Prevention • Dose Higher dosage means higher side effects as well? 	Dr. Peter J Lansberg

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12:10 – 12:15	Question – Answer		
12:20 – 12:50	Session V: Setting the Targets for Cardio-metabolic Disorders: Guidelines Based the treatment Targets:	<p>At the end of the session the learners will be able to:</p> <ul style="list-style-type: none"> • Identify Targets for Lipid Control • Identify Targets for Blood Pressure Control • Identify Preferred medication for Hypertension in Diabetes • Identify need for Aspirin for Primary prevention of CAD in Diabetes 	Dr. Igor
12:50- 12:55	Question – Answer		
	Session III : Recognizing the Metabolic Disorders of Insulin resistance and Metabesity	<p>At the end of the session the learners will be able to:</p> <ul style="list-style-type: none"> • Prevalence of Metabesity and basic understanding • Diagnosis and Complication of Fatty Liver disease • Demonstrate Obesity and emerging role in Cancer 	Dr. Asma Ahmed AKUH
12:55 – 1:25			
1:25 – 1:30	Question – Answer		
1:30 – 2:30	LUNCH BREAK		
2:30 – 3:30	PATIENT CASE STUDY 1 : Metformin Intolerance and What’s After Metformin	<p>At the end of the Interactive session the learners will be able to:</p> <ul style="list-style-type: none"> • Identify Options in case of Metformin Contraindication • Identify Options in case of Metformin Intolerance 	Dr. Zahid Miyan BIDE



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		<ul style="list-style-type: none"> Can we consider any other medication other than Metformin as first line based on medical evidence? 	
3:30 -4:30	PATIENT CASE STUDY 2	MANAGING – CMS	Dr. Igor
	Question – Answer		
	Day End Summary and Introduction of Day 2 Agenda		

International Cardio-Metabolic Summit ICMS – Moscow, Russia Day 2 : 31th March 2019 Hotel			
9:30 – 10:00	Welcome and Summary of Day 1		Course Directors Dr. Abbas Raza and Dr. Peter Lansberg
10:00 – 11:00	Patient Case Study 3	Managing Complicated Patients with High Intensity Statins	Dr. Peter J Lansberg
11:00 – 11:30	Debate: Emerging therapies	<p>At the end of the session the learners will be able to:</p> <p>Understand the proper use of SGLT2 inhibitors and GLP-1 analogs in Diabetes management</p> <p>Speaker 1: SGLT2i – 15 min</p> <ul style="list-style-type: none"> Speaker one: 	Dr. Abbas Raza Dr. Sobia Sabir

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		<p>Explain the normal and altered renal glucose excretion in diabetes Mechanism of action of the SGLT2 inhibitors Patient selection Precautions and side effects including DKA Cardiovascular outcome trials</p> <p>Speaker 2: GLP-1 15 min</p> <ul style="list-style-type: none"> • Speaker Two: Physiologic actions of GLP 1 Different types of GLP1 analogs available and their use Recent data on beyond glycemic benefits of GLP 1 Convenience vs. Side effects profile Evidence for or Against Pancreatitis / Pancreatic Cancer?? 	Dr. Asma Ahmed
11:30 -12:00	International Atherosclerosis Society –	Global foot prints, Objectives and possibilities of Collaboration with Pakistan	Dr. Raul Santos
12:00 – 12:30	Way Forward		Course Directors Dr. Abbas Raza and Dr. Peter Lansberg
12:30 – 12:40	Vote of Thanks Getz Pharma		Dr. Jahanzeb Kamal Director Medical Affairs