

CORPORACIÓN GRUPO CHILENO DE TRABAJO EN ATEROSCLEROSIS

5th Course “Controversies in the management of cardiovascular risk factors: from theory to clinical practice”.

September 3 and 4, 2021. ONLINE

September 3

8:30 Welcome. Dr Rodrigo Alonso. President

Module Dyslipidemia. “¿Only statins for the control and reduction of CV risk?”

Case 1: 30 years old female with an LDL-C 200 mg/dL.

- Clinical case presentation. Dr Rodrigo Alonso
- How I make the diagnosis, establish the risk and therapeutic goals? Dr. Rodrigo Alonso
- Only statins or combination with ezetimibe to start? Dr. Ada Cuevas
- If goals are not achieved with the combination, what other options we have?. Role of PCSK9i. Dr Rodrigo Alonso
- My legs hurt with the treatment, what can I do? Dra. Ada Cuevas.

Case 2: 50 years old male, BMI 30 kg/m², TC 250, HDL-C 35 and TG 450 mg/dL.

- Clinical case presentation. Dra Ada Cuevas
- Dyslipidemia explained only by BMI? Dra Ada Cueva.
- Utility of fibrates and omega-3. New drugs for hypertriglyceridemia. Dr Rodrigo Alonso

Module Hypertension. “Hypertension in clinical practice”

Case 1: 61 years old male, stage 2 hypertension and T2DM, with creatinine 1,5 mg /dL

- Clinical case presentation. Dr. Paola Varleta
- ¿What test I have to ask to optimize the study and estimate CV risk? Dra. Paola Varleta

CORPORACIÓN GRUPO CHILENO DE TRABAJO EN ATEROSCLEROSIS

- ¿What therapy do I indicate to the patient to manage his hypertension and CV risk? Dr. Mónica Acevedo

Case 2: 79 years old female, discharged from hospital after TIA, she has systolic hypertension and ortostatism.

- Clinical case presentation. Dr. Alejandro Abufhele
- ¿What are the goals in blood pressure goals in older patients? How to prevent cardiovascular and cerebrovascular risk? Dr. Alejandro Abufhele
- ¿How we manage orthostatic hypertension in this patient? Dr. Gonzalo Sanhueza

12:30-13:15. Discussion module 1 (Synchronic connection). Ada Cuevas, Rodrigo Alonso, Alberto Maiz.

13:20-14.00. Discussion module 2. (Synchronic connection). Paola Varleta, Mónica Acevedo, Alejandro Abufhele, Gonzalo Sanhueza.

Module Obesity. “Management of obesity according the phenotype”.

Case 1: 35 years old female with BMI 31 kg/m², multiples attempts to lose weight but fail.

- Clinical case presentation. Dra Verónica Alvarez
- Evaluation of risk and diagnosis of the patient living with obesity. Dra Verónica Alvarez.
- ¿What diet and physical activity program we can offer? Nut. Karin Bassifer
- Behaviour management, yes or not? Ps. Maite Lecumberri

Case 2: 45 years old male, BMI 32 Kg/m² with glucose intolerance and stage 1 hypertension.

- Clinical case presentation. Dra Verónica Alvarez
- Patient want to do keto diet. Is it possible? . Nut. Soledad Reyes

CORPORACIÓN GRUPO CHILENO DE TRABAJO EN ATEROSCLEROSIS

- When to use activating CNS drugs? Dr. Alex Valenzuela.
- When to use GLP1 agonists. Dra Verónica Alvarez.

Module Diabetes. “Optimizing the control of patients with T2 DM to reduce CV risk”

Case 1: 50 years old male, history of prediabetes, receiving treatment with metformin 1000 mg XR. BMI 33 kg/m². In recent blood test: glucose 200 mg/dL and HbA1c de 8%.

- Clinical case presentation. Dr. Verner Codoceo
- Evaluation of the patient according cardiovascular risk factors and proposed goals. Dr. Verner Codoceo
- Would you use DPP4 inhibitors? Dr. Jaime Díaz
- Would you use GLP-1 agonists? Dr. Verner Codoceo
- Would you use SGLT2 inhibitors? Dr. Jaime Díaz

Case 2: 60 years old female, T2DM and hypertension with CK disease. Receiving Metormin 850 mg, Glimpiride 4 mg and Linagliptine because her high creatinine.

- Clinical case presentation. Dr. Jaime Díaz
- Clinical evaluation and goals proposal. Dr. Jaime Díaz
- Nutritional evaluation. How should be her diet ?. Should proteins be restricted?. Dr. Verner Codoceo.
- What changes can be made to optimize Diabetes treatment?. Dr. Verner Codoceo.

18:00-18:45. Discussion module Obesity. (Synchronic connection). Verónica Alvarez, Alex Valenzuela, Soledad Reyes, Karin Bassifer.

18:50-19:30. Discussion Module Diabetes. (Synchronic connection). Jaime Díaz, Verner Codoceo,

CORPORACIÓN GRUPO CHILENO DE TRABAJO EN ATEROSCLEROSIS

September 4th.

Module Atherosclerosis. “Advances in the study of atherosclerosis”

Case 1: 48 years old male, asymptomatic, LDL 105 mg/dL, worry about his CV risk because his brother had MI at age 52.

- Clinical case presentation. Dr Mauricio Fernandez
- ¿How can I estimate the CV risk without imaging? Dr Mauricio Fernandez
- ¿When to ask and when not, a coronary calcium score (CCS) ?, What does it mean?. Dr Cristobal Ramos
- Patient has a CCS of 150. What therapy and recommendations we have to offer? Dr Alejandro Abufhele

Case 2: 60 years old female, with atypical chest pain and positive ischaemic test

- Clinical Case presentation. Dr Javier López
- What imaging test: Coronary CT-scan, MRI? Utility, efficacy, performance. Dr Javier López
- Coronary angiography: strengths of direct invasive angiography. Dr Miguel Araya.
- Patient has atherosclerosis but without obstructive lesions. What is the best treatment? Dra. Paola Varleta.
- **Medical Ethics Class. To be confirmed.**
- **Master Class 1.** Chile, country with a high CV risk. How can we reach therapeutic goals? Dr Fernando Lanás.
- **Master Class 2.** Role of nutrition and supplements in the CV risk reduction. Dr Alberto Maiz.

CORPORACIÓN GRUPO CHILENO DE TRABAJO EN ATEROSCLEROSIS

11:30-12:15: Discussion module Atherosclerosis. (Synchronic connection) A Abufhele, P Varleta, C Ramos, J Lopez, M Araya, M Fernandez

12:20-13:00: Discussion master class 1 and 2. (Synchronic connection) F Lanas, A Maiz, R Alonso

13:00: Close of the Course.

Elective exam for registered students who wants the accreditation of CONACEM