

# Preventive Cardiology

**DAY 1**  **7<sup>th</sup> October**

**Session-1 | Addressing primary prevention and CV risk factors- per latest guidelines - ( HALL-3 )**

 **16:30 - 18:00**

**CHAIRMAN: Rasha Albawardy | Mohamed Arafah | Mostafa Alshamiri**

Time	Topic	Speaker
16:30-16:45	Synopsis of primary prevention ACC/AHA 2019 and ESC 2016 guidelines	Reem Hasan
16:45-17:00	Role of aspirin in primary prevention, are we still over-prescribing it?	Gamal Hussein
17:00-17:15	Hypertension management and latest recommendation	Azra mahmud
17:15-17:30	Hypertension in women across the lifespan	Martha Gulati
17:30-17:45	What diabetes medications should every cardiologist prescribe?	Sara Khansa
<b>17:45-18:00</b>	<b>Discussion &amp; Questions</b>	

**Session-2 | Lipids, obesity and Genetics - ( HALL-3 )**

 **18:15 - 19:45**

**CHAIRMAN: Fahad Alnouri | Abdulla Shehab | Dirk Blom**

Time	Topic	Speaker
18:15-18:30	Gulf Familial Hyperlipidemia Registry: Clinical Results	Khalid Alhabib
18:30-18:45	What do we know about Lp(a)?	Samia Mora (IAS)
18:45-19:00	Triglyceride rich lipoproteins and CVD	Peter Libby (IAS)
19:00-19:15	Novel therapies for dyslipidemia	Raul Santos (IAS)
19:15-19:30	Latest Obesity management and their cardiovascular effects	Talal Alghamdi
<b>19:30-19:45</b>	<b>Discussion &amp; Questions</b>	



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## Session-3 | Cardiac Rehabilitation and exercise in the era of Advanced Technology - ( HALL-3 )

 19:45 - 21:15

**CHAIRMAN: Najeeb Jaha | Mansour Alnozha | Amin Zagzoog**

Time	Topic	Speaker
19:45-20:05	Role of cardiac rehab and where are we in Saudi? How the pandemic affected it and any role of telemedicine	Mohammed Takroni
20:05-20:25	Exercise recommendations in patients with cardiovascular diseases	Raghdah Aljehani
20:25-20:45	How to use digital technology to encourage and monitor exercise? Any data on apple watch, available apps	Akram Neyaz
20:45-21:05	DNA not destiny: interplay of genetics and lifestyle in cardiovascular disease	Akl Fahed
<b>21:05-21:15</b>	<b>Discussion &amp; Questions</b>	

## Session-4 | Lifestyle (diet, smoking and walking) - ( HALL-3 )

 21:15 - 22:45

**CHAIRMAN: Abdulhalim Kinsara | Mohamed Arafah | Abdulrahim Zakaria**

Time	Topic	Speaker
21:15-21:35	which diet is heart-friendly? any cardiovascular effect data on keto-diet	Khalid Madani
21:35-21:55	Fasting and intermittent fasting	Hassan Chamsi Pasha
21:55-22:15	Smoking cessation programs, e-cigarettes and water pipe (hookah) and AHA statement	Anwar Jelani
22:15-22:35	How to promote healthy lifestyle: starting with walking	Salih Alansari
<b>22:35-22:45</b>	<b>Discussion &amp; Questions</b>	