



CME FOUNDATION OF INDIA

Building "A", Sahney Business Centre, 27 Kiroli Road, Vidyavihar (West),
Mumbai - 400086 T: +91-22-62869292

Cardio Summit

"**Cardio Summit**" was held in 17th to 18th February 2024 at Lonavala, Maharashtra. It was organized by the CME Foundation of India (CMEFI).

The sole objective of the was to bring leading KOLs amongst Cardiologist and General Physicians on one platform and discuss their clinical experiences and expertise in the screening, treatment of cardiological conditions.

The Introductory speech was given by CMEFI.

CMEFI emphasized the main role played by the CME Foundation of India and we all know how important it is to spread the knowledge known only to a select few to the practising doctors at large.

Date : **17th to 18th February 2024**

Venue : **Lonavala, Maharashtra.**

Total Participants : **13**





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AGENDA

DAY 1 - 17th February, 2024

Time: 2:00 p.m. to 9:00 p.m.

Topics	Speaker	Timings
Welcome Note		02:00 p.m. to 02:15 p.m.
Role of Cardio Selective Beta Blocker with focus on S - Metoprolol	Dr. Rajiv Kumar	02:15 p.m. to 03:00 p.m.
Role of ARN + Diuretics across CV Continuum	Dr. Rajiv Kumar	03:00 p.m. to 03:45 p.m.
Polypharmacy For Lipid Management	Dr. Mohan Palliwal	03:45 p.m. to 04:30 p.m.
Q & A Session		04:30 p.m. to 05:15 p.m.
Tea Break		05:15 p.m. to 06:00 p.m.
DAPT & DPI	Dr. Samkit Mutha	06:00 p.m. to 06:45 p.m.
Polypharmacy for HF Management	Dr. Shrikant Patil	06:45 p.m. to 07:30 p.m.
Newer Non Coronary intervention	Dr. Jyoti Patil	07:30 p.m. to 08:15 p.m.
Q & A Session		08:15 p.m. to 09:00 p.m.

DAY 2 - 18th February, 2024

Time: 8:30 a.m. to 09:00 p.m.

Topics	Speaker	Timings
ECG in ICU	Dr. Yogesh Kharche	08:30 a.m. to 09:15 a.m.
Hydrochlorothiazide: Reassurance from newer evidences	Dr. Kumaraparth	09:15 a.m. to 10:00 a.m.
Q & A Session		10:00 a.m. to 10:30 a.m.
Breakfast		10:30 a.m. to 11:00 a.m.
Prevention and Management of Heart Disease	Dr. Ajit Shah	11:00 a.m. to 11:45 a.m.
Congestion in Heart Failure: A Contemporary look at Management of Heart Failure	Dr. Rajeev Chaudhari	11:45 a.m. to 12:30 p.m.
Q & A Session		12:30 p.m. to 1:00 p.m.
Vote of Thanks	CMEFI	





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Summary of CME:

- The CME conducted Cardio Summit in Lonavala, Maharashtra. It was aimed to bring together well-known Cardiologist and General Physicians on one platform and discuss their clinical experiences and expertise in the screening and treatment of cardiological conditions.
- **CMEFI** welcomed the forum and shared a few thoughts on the topics that were on the agenda.
- **Role of Cardio Selective Beta Blocker with focus on S - Metoprolol - Dr. Rajiv Kumar**
Dr. Rajiv Kumar elaborated on the importance of cardioselective beta blockers, specifically focusing on S-Metoprolol. He clarified how S-Metoprolol functions by selectively blocking beta-1 adrenergic receptors, primarily found in the heart, which leads to a decrease in heart rate and myocardial contractility, thereby reducing the workload on the heart. Dr. Kumar emphasized the therapeutic benefits of S-Metoprolol in various cardiovascular conditions like hypertension, angina, and heart failure, highlighting its effectiveness in improving symptoms and prognosis.
He also pointed out its favourable side effect profile compared to non-selective beta blockers, especially in patients with respiratory conditions such as asthma or COPD. Dr. Kumar stressed the importance of individualized dosing and careful monitoring, particularly in patients with other medical conditions or taking other medications.
- **Role of ARN + Diuretics across CV Continuum - Dr. Rajiv Kumar**
Dr. Rajiv Kumar shared overview on role of combining ARN (Angiotensin Receptor Neprilysin Inhibitor) with diuretics across the cardiovascular continuum. He has elucidated how ARN inhibitors, by blocking angiotensin II receptors and inhibiting neprilysin, facilitate vasodilation and natriuresis, effectively reducing blood pressure and mitigating fluid overload. Dr. Kumar has underscored the complementary nature of diuretics, which work synergistically with ARN inhibitors to manage fluid retention, particularly evident in conditions such as heart failure.

Furthermore, he has provided insight into how diuretics promote diuresis, alleviating symptoms of congestion and augmenting the vasodilatory and natriuretic effects of ARN inhibitors. Dr. Kumar emphasizes the significance of this combined therapy in optimizing outcomes across a spectrum of cardiovascular disorders, ranging from hypertension to advanced heart failure. Additionally, he stresses the importance of tailoring treatment approaches to individual patient needs and maintaining close monitoring to achieve optimal therapeutic efficacy while minimizing adverse effects. In summary, Dr. Kumar's comprehensive explanation highlights the synergistic benefits of ARN inhibitors and



diuretics in managing cardiovascular conditions, emphasizing their complementary mechanisms and clinical significance in improving patient outcomes.

- **Polypharmacy For Lipid Management - Dr. Mohan Palliwal**

Dr. Mohan Palliwal has provided detailed insights into the use of polypharmacy for lipid management, elucidating its multifaceted approach to achieving optimal outcomes. He has underscored the importance of combining multiple lipid-lowering agents, such as statins, ezetimibe, and metabolism. Dr. Palliwal has emphasized the rationale behind polypharmacy, explaining how it allows for synergistic effects and enhanced efficacy in lowering cholesterol levels, particularly in patients with high cardiovascular risk or those who are statin intolerant.

Additionally, he has highlighted the significance of personalized treatment strategies, tailoring medication regimens based on individual patient characteristics and lipid profiles. Dr. Palliwal has also addressed the importance of ongoing monitoring and adjustment of therapy to maintain lipid targets and minimize potential adverse effects. Overall, his comprehensive discussion underscores the role of polypharmacy as a valuable approach in lipid management, offering a nuanced understanding of its rationale, benefits, and considerations in clinical practice, and PCSK9 inhibitors, to effectively target different pathways involved in lipid.

- **DAPT & DPI - Dr. Samkit Mutha**

Dr. Samkit Mutha has provided a comprehensive overview of DAPT (Dual Antiplatelet Therapy) and DPI (Digital Public Infrastructure). He elaborated on the intricacies of both subjects, shedding light on their significance in contemporary healthcare and digital governance, respectively. In his exposition, Dr. Mutha elucidated the rationale behind DAPT, emphasizing its role in preventing thrombotic events post-coronary interventions. Furthermore, he delved into the nuances of DPI, elucidating its pivotal role in establishing robust digital frameworks for efficient service delivery and governance.

Through his comprehensive elucidation, Dr. Mutha has underscored the importance of both DAPT and DPI in advancing healthcare and digital governance paradigms. His insights serve as a valuable resource for clinicians, policymakers, and researchers alike, navigating the complexities of these critical domains.

- **Polypharmacy for HF Management - Dr. Shrikant Patil**

Dr. Shrikant Patil has provided an insightful exploration into the utilization of polypharmacy for heart failure (HF) management. In his comprehensive discussion, Dr. Patil elucidated the rationale behind employing multiple medications in HF treatment regimens, highlighting their synergistic effects in addressing the multifaceted nature of the condition. Dr. Patil meticulously dissected the pharmacological mechanisms underlying each medication used in polypharmacy for HF management, emphasizing their distinct



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roles in alleviating symptoms, improving cardiac function, and reducing mortality rates. Furthermore, he elucidated the importance of tailoring medication regimens to individual patient profiles, considering factors such as comorbidities, disease severity, and medication tolerability.

Through his detailed analysis, Dr. Patil underscored the significance of a multidisciplinary approach in optimizing polypharmacy for HF management, involving collaboration between cardiologists, primary care physicians, pharmacists, and other healthcare professionals. His insights serve as a valuable resource for healthcare practitioners navigating the complexities of HF treatment strategies, aiming to enhance patient outcomes and quality of life.

- **Newer Non Coronary intervention - Dr. Jyoti Patil**

Dr. Jyoti Patil has provided an extensive examination of newer non-coronary interventions, offering profound insights into cutting-edge approaches beyond traditional coronary procedures. In her detailed elucidation, Dr. Patil expounded upon emerging techniques and technologies aimed at addressing a diverse array of cardiovascular conditions beyond coronary artery disease. Dr. Patil meticulously dissected the mechanisms and clinical applications of these novel interventions, emphasizing their potential to revolutionize the management of conditions such as valvular heart disease, structural heart abnormalities, and peripheral vascular disorders.

Furthermore, she elucidated the importance of multidisciplinary collaboration and advanced imaging modalities in optimizing patient outcomes with these innovative therapies. Through her comprehensive analysis, Dr. Patil underscored the transformative impact of newer non-coronary interventions on the field of interventional cardiology, paving the way for more tailored and effective treatment strategies. Her insights serve as a beacon for healthcare professionals seeking to stay abreast of the latest advancements in cardiovascular care, ultimately benefiting patients through enhanced treatment options and improved clinical outcomes.

DAY – 2

- **ECG in ICU - Dr. Yogesh Kharche**

Dr. Yogesh Kharche has elaborated extensively on the application of electrocardiography (ECG) within the intensive care unit (ICU), providing detailed insights into its crucial role in critical care scenarios. Dr. Kharche has meticulously explained how continuous ECG monitoring serves as an essential tool for promptly identifying cardiac arrhythmias, ischemic events, and other potentially life-threatening conditions among critically ill





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patients. Dr. Kharche has emphasized the integration of advanced ECG techniques like continuous telemetry and bedside monitoring systems. These technologies enable real-time monitoring and facilitate immediate intervention when abnormal ECG patterns emerge. Additionally, Dr. Kharche stressed the importance of skilled interpretation of ECG results by clinicians to swiftly detect subtle changes indicative of critical illness.

Dr. Kharche's comprehensive analysis underscores the invaluable role of ECG in guiding clinical decisions and optimizing patient care within the ICU. His insights are invaluable for healthcare professionals, enhancing their ability to maintain heightened vigilance and effectively manage cardiac complications in critically ill individuals.

- **Hydrochlorothiazide: Reassurance from newer evidences - Dr. Kumaraparth**

Dr. Kumaraparth has provided an in-depth analysis of hydrochlorothiazide (HCTZ), offering reassurance based on newer evidence regarding its efficacy and safety profile. In his detailed explanation, Dr. Kumaraparth has meticulously examined recent research findings that shed light on the benefits and potential risks associated with HCTZ therapy. Dr. Kumaraparth has highlighted the latest evidence supporting the use of HCTZ in managing hypertension and various other medical conditions. He has emphasized the importance of considering individual patient factors, such as comorbidities and medication interactions, in determining the appropriateness of HCTZ therapy.

Furthermore, Dr. Kumaraparth has addressed concerns regarding potential adverse effects associated with HCTZ, providing context from recent studies to alleviate apprehensions and reinforce confidence in its clinical use. Through his thorough analysis, Dr. Kumaraparth has underscored the importance of evidence-based medicine and ongoing research in guiding clinical decisions related to HCTZ therapy.

- **Prevention and Management of Heart Disease - Dr. Ajit Shah**

Dr. Ajit Shah has explained how we can keep our hearts healthy and manage heart disease in simple terms. He talked about things like eating healthy foods, staying active, and not smoking to prevent heart problems. He also mentioned how important it is to keep an eye on things like high blood pressure and high cholesterol, as they can increase the risk of heart disease. For people who already have heart disease,

Dr. Shah discussed the use of medications like aspirin, beta-blockers, and statins to help manage the condition and prevent further complications. He also talked about the importance of regular check-ups and following the doctor's advice to stay healthy. Overall, Dr. Shah emphasized that by making small changes in our lifestyle and taking medications as prescribed, we can lower the risk of heart disease and live healthier lives.





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- **Congestion in Heart Failure: A Contemporary look at Management of Heart Failure - Dr. Rajeev Chaudhari**

Dr. Rajeev Chaudhari has provided a contemporary perspective on managing heart failure by focusing on the issue of congestion, a critical aspect of the condition. In his detailed discussion, Dr. Chaudhari has highlighted the significance of understanding and effectively addressing congestion to improve outcomes for heart failure patients.

Through his comprehensive analysis, Dr. Chaudhari has provided valuable insights into the contemporary management of heart failure, with a specific focus on congestion. His expertise in the field serves as a guide for healthcare providers seeking to enhance their approach to caring for heart failure patients, ultimately improving their quality of life and prognosis.

- Different cases were explained to the audience, and the entire case discussion focused on the complications and management of cardiological conditions. The audience actively participated, engaging in a dynamic and interactive session. The delegates thoroughly enjoyed the opportunity to contribute to the discussion and share their insights on various aspects of cardiological complications and their management.
- Participants were keen to share their experience and knowledge and they also provided their critiques and recommendations on the event.
- **In the end of this CME, the CME Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged the academic industry partners for their valuable support and contribution to the success of this event.**

1. **Emcure Pharmaceuticals Ltd.**
2. **Kothari Medical**





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PHOTOS

WELCOME TO THE CARDIO SUMMIT





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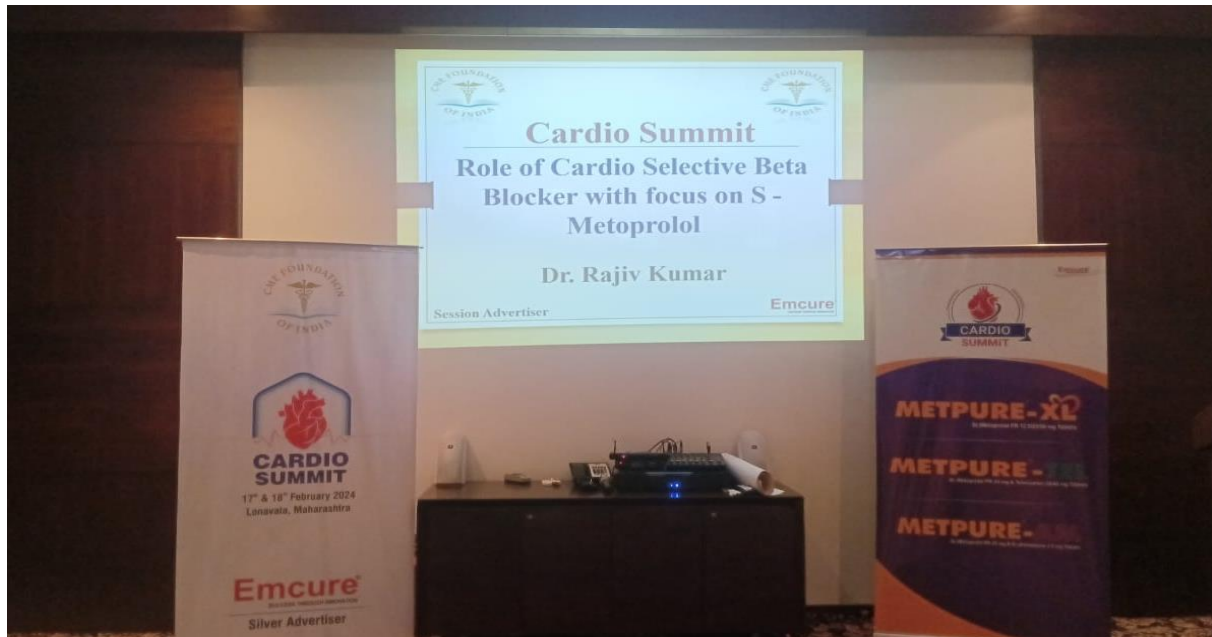
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Lecture on Role of Cardio Selective Beta Blocker with focus on S - Metoprolol





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Lecture on Polypharmacy For Lipid Management



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