

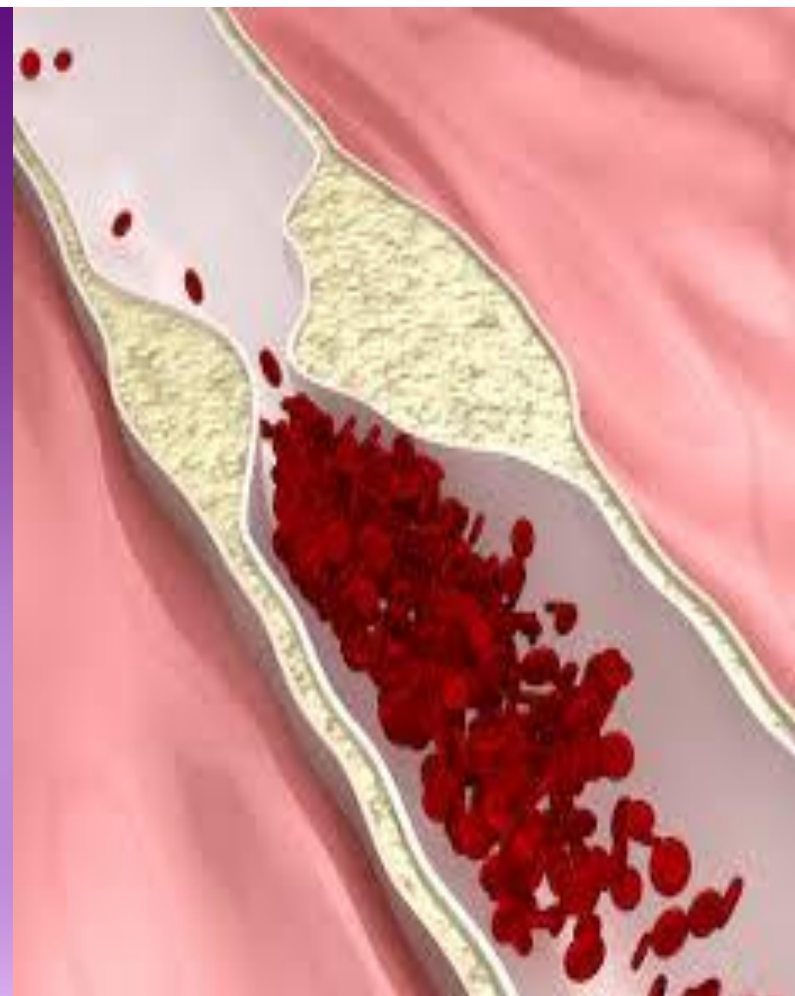


# “4<sup>th</sup> India Risk Factor Symposium”

Under the Auspices of



European Society of Hypertension



**October 22<sup>nd</sup>, 2016,  
Mumbai, Maharashtra, India**



# “4<sup>th</sup> India Risk Factor Symposium”

## “4<sup>th</sup> India Risk Factor Symposium”

**Date:** October 22<sup>nd</sup>, 2016

**Venue:** The Lalit, Mumbai, India

**Total No. Of Delegates:** 260

“4<sup>th</sup> India Risk Factor Symposium” was conducted by CME Foundation of India in collaboration with American Society of Hypertension and European Society of Hypertension.

The sole objective of the CME was to update the Cardiologists, endocrinologists, internists and family physicians about new techniques and guidelines in management of the following aspects of hypertension, dyslipidemias and diabetes under the auspices of the American Society of Hypertension and European Society of Hypertension.

### Faculties:

- 1. Dr. David Newby, MD, PhD.**  
University of Edinburgh, UK.
- 2. Dr. Alan Gradman, MD.**  
Temple University School of Medicine,  
Pittsburgh, PA, USA.
- 3. Dr. Sanjay Rajagopalan, M.B.B.S, FACC, FAHA**  
Case Western Reserve School of Medicine, Cleveland, OH
- 4. Dr. Kausik Ray, MBChB, MD, Mphil,**  
Imperial College, London.



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**5. Dr. Michael J. Bloch, MD**

University of Nevada School of Medicine, U.S.A

**6. Dr. C. K. Pande, M.D., DM (Card)**

P D Hinduja Hospital & Medical Research Centre, Mumbai

**7. Dr. Surendra Sharma, M.D, D.M (Endo)**

Galaxy Speciality Centre, Jaipur, India

Topics:

- Case 1 - Recent Concepts in Atherosclerosis Risk Assessment and Perspectives for the Future.
- Case 2 - Approach to Evaluation and management of Severe Elevations in LDL Cholesterol.
- Case - 3 Implications of Recent Clinical Trials In Hyperlipidemia: Should <50 mg/dl of LDL-C be Routine.
- Management of Atherogenic Dyslipidemia Evolving Approaches.
- Discussion in Hyperlipidemia.
- Sprint to the Finish: The last of the Great Debate in Hypertension or is there more?
- Combination therapy in Hypertension: The Why, How, What and which Treatment?
- The Great RAS Debate: Are there Differences between ARBs In hypertension?
- Challenging Cases and Problems in Hypertension: Moderated Case discussion?
- Optimization Glycemic Control and Cardiovascular Risk in Type 2 Diabetes.
- SGLT2-inhibitors or GLP-1 Agonists in high Risk Diabetes: What do the Trials tell us?
- Personalizing Diabetes Management: How to choose Among Oral Agents.
- DPP4 Inhibitors and Cardiovascular Outcome Trials.



**Dr. Kausik Ray**  
MBChB, MD, Mphil  
Imperial College, London.

**Dr. Kausik Ray talked on topics:**

1. Approach to Evaluation and management of Severe Elevations in LDL Cholesterol.
2. Management of Atherogenic Dyslipidemia Evolving Approaches.
3. Discussion in Hyperlipidemia.
4. Optimization Glycemic Control and Cardiovascular Risk in Type 2 Diabetes.



**Dr. David Newby,**  
MD., PhD  
University of Edinburgh, UK.

**Dr. David Newby spoke on topics:**

1. Case - Recent Concepts in Atherosclerosis Risk Assessment and Perspectives for the Future.
2. Optimizing anti-platelet management in the Type II Diabetic with CAD: is Newer necessarily better?



**Dr. Allan Gradman,**  
MD, FACC, FASH  
Temple University School of  
Medicine, Pittsburgh, Pennsylvania

**Dr. Allan Gradman talked on topics:**

1. The Great RAS Debate: Are there Differences between ARBs In hypertension?
2. Sprint to the Finish: The last of the Great Debate in Hypertension or is there more?



**Dr. Sanjay Rajagopalan,**  
M.B.B.S, FACC, FAHA  
Case Western Reserve School  
Of Medicine, Cleveland, OH

**Dr. Sanjay Rajagopalan spoke on topics:**

1. Case - Implications of Recent Clinical Trials in Hyperlipidemia: Should  $<50$  mg/dl of LDL-C is Routine.
2. SGLT2-inhibitors or GLP-1 Agonists in high Risk Diabetes: What do the Trials Tell us?
3. DPP4 Inhibitors and Cardiovascular Outcome Trials.
4. Moderated Discussion on Optimizing Risk in Diabetes with known CAD.



**Dr. Michael Bloch,**  
MD.  
University of Nevada of  
Medicine, Las Vegas, USA

**Dr. Michael Bloch spoke on topics:**

1. Combination therapy in Hypertension: The Why, How, What and which Treatment.
2. Challenging Cases and Problems in Hypertension: Moderated Case discussion?





**Dr. C. K. Pande,**  
MD., DM (Cardio)  
P D Hinduja Hospital &  
Medical Research Centre.

**Dr. C. K. Pande spoke on topics:**

- Multivessel PCI versus CABG in the Type II Diabetic: In which Diabetic is what indicated?



**Dr. Surendra Sharma,**  
MD., PhD  
Galaxy Speciality Centre,  
Jaipur, India.

**Dr. Surendra Sharma spoke on topics:**

- Personalizing Diabetes Management: How to choose Among Oral Agents.



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## FEEDBACKS FROM DELEGATES:

1. Highlights genetic, congenital analysis in hypertensive among children 2 adolescences
2. Young Hypertension & Endocrine Hypertension
3. Topics on patient empowering of disease in clinics , Topics on Life style modification
4. Cardiac Rehabilitation
5. Hypertension Variability
6. Stress on Pharmacotherapy , Complication profiles & Management
7. Acute Coronary syndrome & Hear Failure
8. Management of arrhythmia
9. Adverse Cardiac events in poorly controlled Diabetes Mellitus & hence its primary prevention & management
10. Heart Failure , Arrhythmia with conduction disturbance
11. There should be more clinical discussion , Less epidemiological talks
12. Surgical intervention if any case of dilated cardiomyopathy (DCM)
13. New OHAs & CV Risk
14. Condense Course
15. ECG Interpretation, Thyroid dysfunction
16. Role of Alcohol & Tobacco in HT & DM
17. Management of CHF with Hepatorenal syndrome
- 18.Heart Failure, Arrhythmias
19. Methodology of research - How to proceed in our clinical practice - India scenario.



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## Comments/Suggestions from Delegates:

- At least 25% of time for entertainment and City visit
- Keep it Brief
- The schedule should be arranged in extended period
- More concentration on current scenario rather than too many studies
- Require more of similar programmes
- Keep it continue further
- Keep it up
- Should have been more on clinical content
- Good keep it up
- It is wonderful events and highly informative
- Over all it's a nice informative programme , Hope to see more such programme
- Good Conference
- CME should be in morning , Afternoon and Evening should be for rest & entertainment
- Keep it up
- Invite clinical cases from physicians of India ,give them to present and then discussion by International faculties
- Recent advances topic should be included



# “4<sup>th</sup> India Risk Factor Symposium”

## PHOTOGRAPHS



Registration Desk



Panel Discussion



# “4<sup>th</sup> India Risk Factor Symposium”

## Few Photographs of Faculty and Delegates Discussion and Delegates Listening the Lecture



## SNAPSHOTS





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