



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 24th to 25th February 2024 at Chikkamagaluru, Karnataka. 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 : 24th to 25th February 2024

Venue : Chikkamagaluru, Karnataka.

Total Participants : 20





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AGENDA

DAY 1 - 24th 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. Harsha B S	02:15 p.m. to 03:00 p.m.
Role of ARN + Diuretics across CV Continuum	Dr. Ramesh D	03:00 p.m. to 03:45 p.m.
Polypharmacy For Lipid Management	Dr. Subramanyam Tr	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. Babu Sunil Kiran	06:00 p.m. to 06:45 p.m.
Polypharmacy for HF Management	Dr. Prabhakar V	06:45 p.m. to 07:30 p.m.
Newer Non Coronary intervention	Dr. Avinash B L	07:30 p.m. to 08:15 p.m.
Q & A Session		08:15 p.m. to 09:00 p.m.

DAY 2 - 25th February, 2024

Time: 8:30 a.m. to 01:00 p.m.

Topics	Speaker	Timings
ECG in ICU	Dr. Suresh Krishna M	08:30 a.m. to 09:15 a.m.
Hydrochlorothiazide: Reassurance from newer evidences	Dr. Vidya Sagar	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. Anil Kumar H	11:00 a.m. to 11:45 a.m.
Congestion in Heart Failure: A Contemporary look at Management of Heart Failure	Dr. Vinayaka	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 Chikkamagaluru, Karnataka. 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. Harsha B S**
Dr. Harsha B S elucidates the pivotal role of cardioselective beta blockers, honing in on the significance of S-Metoprolol. She articulates how S-Metoprolol exerts its therapeutic effects by selectively antagonizing beta-1 adrenergic receptors primarily situated in the myocardium. Through this mechanism, Dr. Harsha highlights, S-Metoprolol orchestrates a reduction in heart rate and myocardial contractility, consequently mitigating the cardiac workload. In his comprehensive analysis, Dr. Harsha underscores the multifaceted benefits of S-Metoprolol across various cardiovascular conditions, encompassing hypertension, angina, and heart failure. She emphasizes its efficacy in not only alleviating symptoms but also in improving the overall prognosis of patients afflicted with these ailments.

Furthermore, Dr. Harsha draws attention to the favorable side effect profile of S-Metoprolol, particularly in contrast to non-selective beta blockers, especially in individuals managing respiratory conditions such as asthma or COPD. She stresses the importance of tailoring dosages meticulously and implementing rigorous monitoring protocols, especially in patients with comorbidities or concurrent medication regimens.

- **Role of ARN + Diuretics across CV Continuum - Dr. Ramesh D**
Dr. Ramesh D provides a thorough explanation of the role of angiotensin receptor neprilysin inhibitors (ARNIs) in conjunction with diuretics throughout the cardiovascular continuum. He highlights the synergistic effects of combining ARNIs with diuretics in managing various stages of cardiovascular disease. Dr. Ramesh elucidates how ARNIs, by inhibiting both the angiotensin II receptor and neprilysin, effectively modulate the renin-angiotensin-aldosterone system (RAAS) and enhance natriuretic peptide activity. This dual mechanism, he emphasizes, leads to vasodilation, sodium excretion, and reduction in cardiac workload, thereby exerting beneficial effects across a spectrum of cardiovascular conditions.

Furthermore, Dr. Ramesh emphasizes the importance of individualized treatment approaches and vigilant monitoring to optimize therapy and minimize adverse effects,





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particularly electrolyte disturbances and renal impairment. He underscores the significance of a comprehensive management strategy that integrates ARNIs and diuretics as cornerstone components in the management of cardiovascular disease across its continuum.

- **Polypharmacy for Lipid Management - Dr. Subramanyam Tr**

Dr. Subramanyam Tr elaborates on the concept of polypharmacy for lipid management, emphasizing its significance in achieving optimal lipid control and reducing cardiovascular risk. He discusses how a combination of lipid-lowering medications, including statins, ezetimibe, and PCSK9 inhibitors, can effectively target different pathways involved in lipid metabolism. Dr. Subramanyam Tr highlights the rationale behind polypharmacy, citing evidence that suggests additive or synergistic effects when multiple agents are used concurrently. He underscores the importance of individualized treatment approaches based on patients' lipid profiles, comorbidities, and risk factors.

Additionally, Dr. Subramanyam Tr addresses the need for regular monitoring to assess treatment efficacy and tolerability, ensuring that lipid management strategies are tailored to each patient's specific needs and goals.

- **DAPT & DPI - Dr. Sunil Kiran**

Dr. Babu Sunil Kiran provides a comprehensive explanation of dual antiplatelet therapy (DAPT) and drug-eluting stents (DES) in the context of cardiovascular intervention. He elucidates how DAPT, typically consisting of aspirin and a P2Y12 inhibitor such as clopidogrel, prasugrel, or ticagrelor, plays a crucial role in preventing stent thrombosis following percutaneous coronary intervention (PCI) with DES. Dr. Kiran underscores the importance of adherence to DAPT guidelines, balancing the risks of thrombosis and bleeding based on individual patient characteristics and procedural factors.

Moreover, he discusses the evolving landscape of DAPT duration, considering factors such as stent type, ischemic and bleeding risk, and patient preferences. Additionally, Dr. Kiran highlights the significance of patient education regarding the rationale, duration, and potential side effects of DAPT to optimize treatment outcomes and ensure patient compliance.

- **Polypharmacy for HF Management - Dr. Prabhakar V**

Dr. Prabhakar V delves into the intricacies of polypharmacy for heart failure (HF) management, elucidating its multifaceted role in optimizing patient outcomes. He highlights the rationale behind combining multiple medications, including ACE inhibitors, beta-blockers, diuretics, aldosterone antagonists, and angiotensin receptor blockers, to target various pathophysiological mechanisms underlying HF. Dr. Prabhakar emphasizes the importance of tailoring medication regimens to individual patients based on their clinical presentation, comorbidities, and tolerability.



Additionally, he discusses the evolving landscape of HF pharmacotherapy, incorporating novel agents such as ARNIs and SGLT2 inhibitors, and the evidence supporting their use in improving morbidity and mortality. Furthermore, Dr. Prabhakar underscores the necessity of close monitoring and regular medication adjustments to optimize therapy, minimize adverse effects, and enhance overall quality of life for HF patients.

- **Newer Non Coronary intervention - Dr. Avinash B L**

Dr. Avinash B L provides a comprehensive overview of newer non-coronary interventions, shedding light on emerging techniques and advancements in the field. He discusses innovative procedures such as transcatheter aortic valve replacement (TAVR), transcatheter mitral valve repair (TMVR), and left atrial appendage closure (LAAC), which offer minimally invasive alternatives to traditional surgical interventions for valvular and structural heart disease. Dr. Avinash elaborates on the patient selection criteria, procedural techniques, and clinical outcomes associated with these novel interventions, emphasizing their role in improving patient care and expanding treatment options.

Additionally, he highlights ongoing research efforts and future directions in non-coronary interventions, aiming to further refine techniques and enhance patient outcomes in the ever-evolving landscape of cardiovascular medicine.

DAY – 2

- **ECG in ICU - Dr. Suresh Krishna M**

Dr. Suresh Krishna M elaborates on the significance of utilizing electrocardiography (ECG) in the intensive care unit (ICU) setting, highlighting its crucial role in monitoring cardiac activity and identifying potential abnormalities in critically ill patients. He emphasizes the importance of continuous ECG monitoring in detecting arrhythmias, myocardial ischemia, conduction abnormalities, and other cardiac complications that may arise in ICU patients. Dr. Suresh discusses the various types of ECG monitoring modalities available in the ICU, including standard 12-lead ECG, telemetry, and bedside monitoring systems, and their respective advantages and limitations.

Furthermore, he underscores the need for prompt interpretation of ECG findings by trained healthcare professionals to guide timely interventions and optimize patient outcomes in the ICU setting.

- **Hydrochlorothiazide: Reassurance from newer evidences - Dr. Vidya Sagar**

Dr. Vidya Sagar provides reassurance regarding the use of hydrochlorothiazide (HCTZ) based on newer evidence, elucidating its safety and efficacy in various clinical contexts. He discusses recent studies that have reaffirmed the role of HCTZ as a cornerstone



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medication for the management of hypertension and edema. Dr. Sagar highlights the favorable risk-benefit profile of HCTZ, particularly in terms of its effectiveness in lowering blood pressure and reducing cardiovascular events, while acknowledging potential side effects such as electrolyte imbalances and metabolic disturbances.

Moreover, he emphasizes the importance of individualized therapy and regular monitoring to mitigate risks associated with HCTZ use and optimize patient outcomes. Through his detailed explanation, Dr. Sagar instills confidence in the continued utility of HCTZ in contemporary clinical practice.

- **Prevention and Management of Heart Disease - Dr. Anil Kumar H**

Dr. Anil Kumar H 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. Anil 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. Anil 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.

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

Dr. Vinayaka 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. Vinayaka has highlighted the significance of understanding and effectively addressing congestion to improve outcomes for heart failure patients.

Through his comprehensive analysis, Dr. Vinayaka 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.





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- 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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REGISTRATION COUNTER

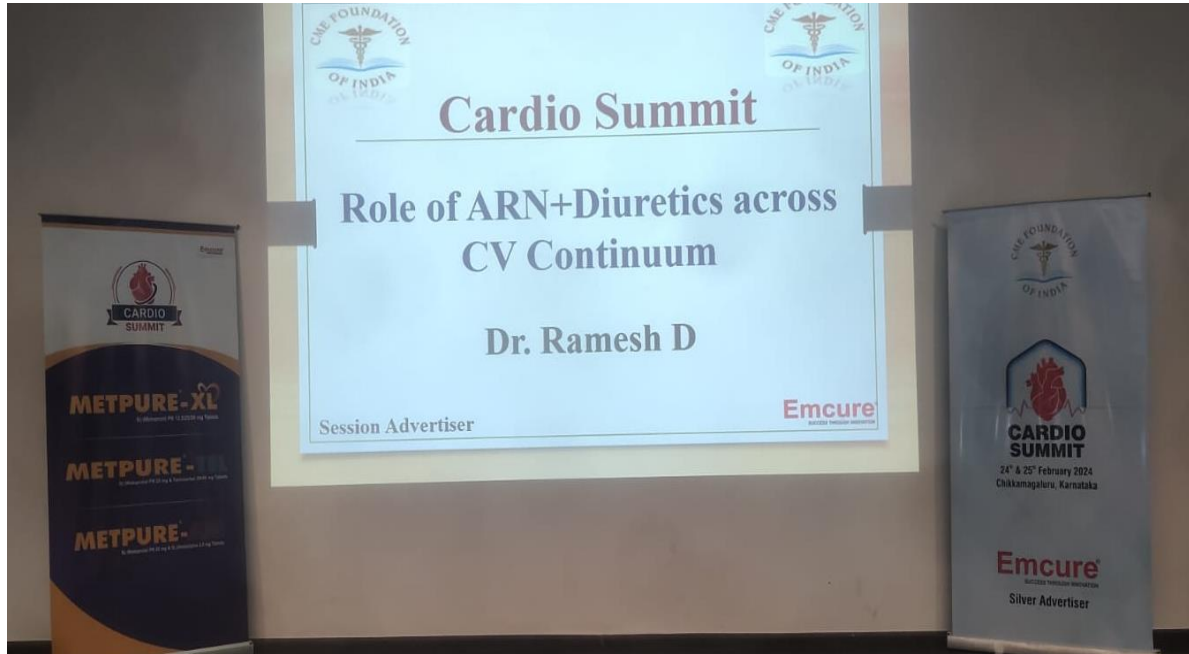




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Lecture on Role of Cardio ARN+Diuretics across CV Continuum



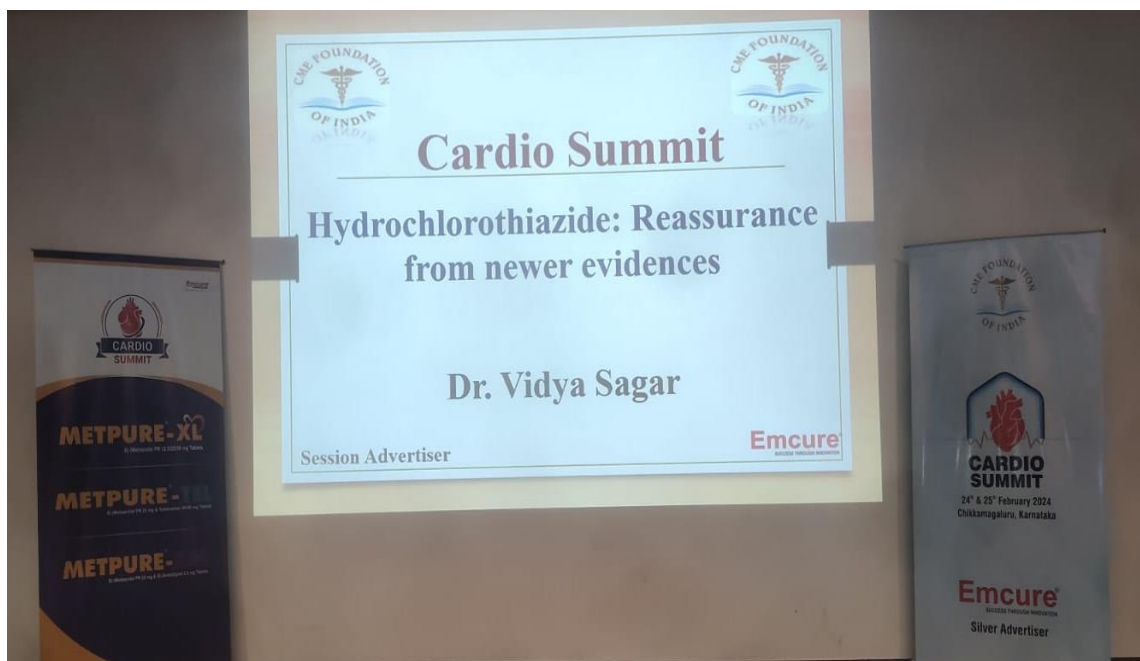


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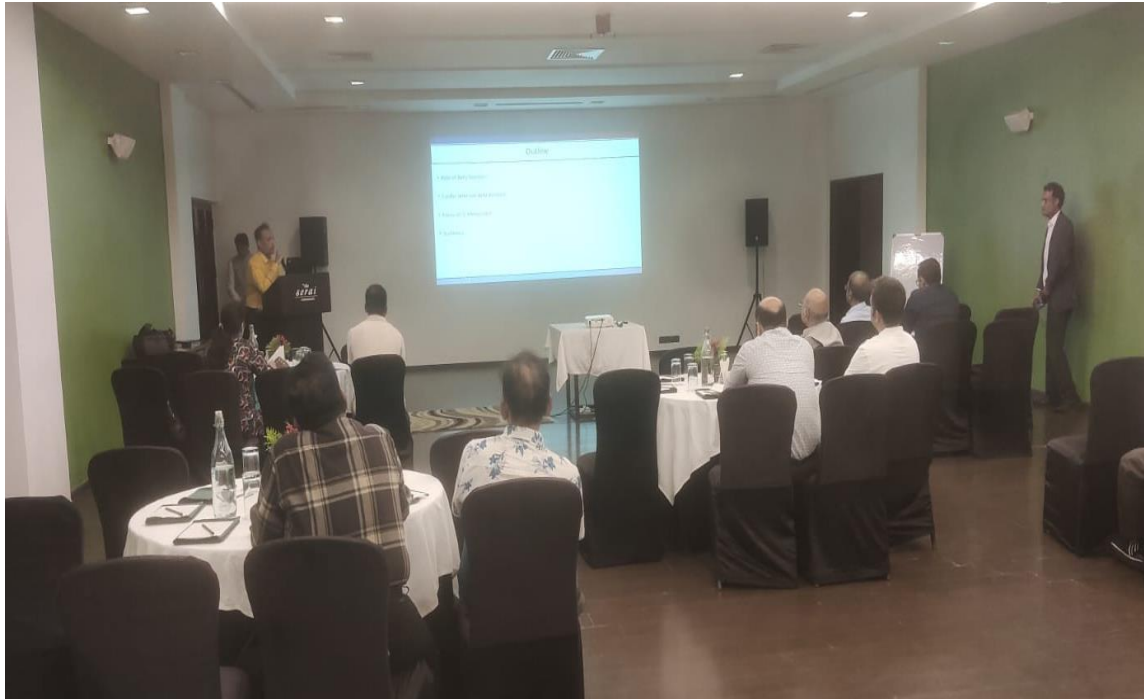
Lecture on Hydrochlorothiazide: Reassurance From newer evidences





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