



# 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 2<sup>nd</sup> to 3<sup>rd</sup> March 2024 at Nagpur, 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** : **2<sup>nd</sup> to 3<sup>rd</sup> March 2024**  
**Venue** : **Nagpur, Maharashtra.**  
**Total Participants** : **19**





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## AGENDA

**DAY 1 – 2<sup>nd</sup> March, 2024**

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

Topics	Speaker	Timings
<b>Welcome Note</b>		02:00 p.m. to 02:15 p.m.
Role of Cardio Selective Beta Blocker with focus on S - Metoprolol	Dr. Viren Papalkar	02:15 p.m. to 03:00 p.m.
Role of ARN + Diuretics across CV Continuum	Dr. Ashish Ujwane	03:00 p.m. to 03:45 p.m.
Polypharmacy For Lipid Management	Dr. Akash Yende	03:45 p.m. to 04:30 p.m.
Q & A Session		04:30 p.m. to 05:15 p.m.
<b>Tea Break</b>		05:15 p.m. to 06:00 p.m.
DAPT & DPI	Dr. Bharat Pangole	06:00 p.m. to 06:45 p.m.
Polypharmacy for HF Management	Dr. Santosh Saoji	06:45 p.m. to 07:30 p.m.
Newer Non Coronary intervention	Dr. Priyesh Jaiswal	07:30 p.m. to 08:15 p.m.
Q & A Session		08:15 p.m. to 09:00 p.m.

**DAY 2 – 3<sup>rd</sup> March, 2024**

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

Topics	Speaker	Timings
ECG in ICU	Dr. Shrikant Bankar	08:30 a.m. to 09:15 a.m.
Hydrochlorothiazide: Reassurance from newer evidences	Dr. Rajesh Sangrame	09:15 a.m. to 10:00 a.m.
Q & A Session		10:00 a.m. to 10:30 a.m.
<b>Breakfast</b>		10:30 a.m. to 11:00 a.m.
Prevention and Management of Heart Disease	Dr. Ashish Pise	11:00 a.m. to 11:45 a.m.
Congestion in Heart Failure: A Contemporary look at Management of Heart Failure	Dr. Santosh Mulewar	11:45 a.m. to 12:30 p.m.
Q & A Session		12:30 p.m. to 1:00 p.m.
<b>Vote of Thanks</b>	<b>CMEFI</b>	





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## Summary of CME:

- The CME conducted Cardio Summit in Nagpur, 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. Viren Papalkar**

Dr. Viren Papalkar explains the crucial role of cardioselective beta blockers, focusing on the significance of S-Metoprolol. He describes how S-Metoprolol works by specifically blocking beta-1 adrenergic receptors found mainly in the heart muscle, leading to a decrease in heart rate and the force of heart contractions, thereby reducing the workload on the heart. Dr. Papalkar highlights the diverse benefits of S-Metoprolol in managing various cardiovascular conditions like hypertension, angina, and heart failure, not only relieving symptoms but also improving patient outcomes.

Moreover, Dr. Papalkar emphasizes the favorable side effect profile of S-Metoprolol compared to non-selective beta blockers, particularly in individuals with respiratory conditions like asthma or COPD. She stresses the importance of careful dosing and close monitoring, especially in patients with other health issues or taking multiple medications concurrently.

- **Role of ARN + Diuretics across CV Continuum - Dr. Ashish Ujwane**

Dr. Ashish Ujwane provides an extensive explanation of how angiotensin receptor neprilysin inhibitors (ARNIs) work alongside diuretics throughout the range of cardiovascular issues. He emphasizes the combined benefits of using ARNIs and diuretics to address various stages of heart disease. Dr. Ujwane explains how ARNIs, by targeting both the angiotensin II receptor and neprilysin, effectively regulate the renin-angiotensin-aldosterone system (RAAS) and enhance the activity of natriuretic peptides. This dual action leads to widening of blood vessels, elimination of sodium, and decreased strain on the heart, resulting in positive effects across different cardiovascular conditions.

Moreover, Dr. Ujwane stresses the need for personalized treatment plans and careful monitoring to optimize therapy and reduce risks of side effects, particularly electrolyte imbalances and kidney issues. He emphasizes the importance of a comprehensive approach that integrates ARNIs and diuretics as key elements in managing cardiovascular diseases at every stage.



- **Polypharmacy for Lipid Management - Dr. Akash Yende**

Dr. Akash Yende provides an in-depth exploration of polypharmacy in lipid management, emphasizing its crucial role in attaining optimal lipid control and mitigating cardiovascular risk. He delves into the utilization of multiple lipid-lowering medications such as statins, ezetimibe, and PCSK9 inhibitors, elucidating how these drugs target various pathways involved in lipid metabolism. Dr. Yende underscores the rationale behind polypharmacy, citing research indicating additive or synergistic effects when employing multiple agents simultaneously. He emphasizes the necessity of personalized treatment strategies, considering factors like patients' lipid profiles, existing health conditions, and cardiovascular risk factors.

Furthermore, Dr. Yende emphasizes the importance of regular monitoring to evaluate treatment effectiveness and tolerability. This approach ensures that lipid management plans are adjusted according to individual patient needs and response to treatment.

- **DAPT & DPI - Dr. Bharat Pangole**

Dr. Bharat Pangole offers a comprehensive overview of dual antiplatelet therapy (DAPT) and drug-eluting stents (DES) within the realm of cardiovascular intervention. He explains how DAPT, typically comprising aspirin and a P2Y<sub>12</sub> inhibitor like clopidogrel, prasugrel, or ticagrelor, plays a pivotal role in preventing stent thrombosis subsequent to percutaneous coronary intervention (PCI) with DES. Dr. Pangole stresses the significance of adhering to DAPT guidelines, carefully weighing the risks of thrombosis against bleeding based on individual patient characteristics and procedural factors.

Furthermore, he delves into the evolving landscape of DAPT duration, considering variables such as stent type, ischemic and bleeding risk profiles, and patient preferences. Dr. Pangole also emphasizes the importance of patient education regarding the rationale behind DAPT, its duration, and potential side effects. This education is crucial for optimizing treatment outcomes and ensuring patient compliance with the prescribed regimen.

- **Polypharmacy for HF Management - Dr. Santosh Saoji**

Dr. Santosh Saoji provides a detailed exploration of polypharmacy's role in managing heart failure (HF), highlighting its multifaceted approach to enhance patient outcomes. He underscores the rationale for combining various medications like ACE inhibitors, beta-blockers, diuretics, aldosterone antagonists, and angiotensin receptor blockers to address diverse pathophysiological aspects of HF. Dr. Saoji emphasizes the importance of tailoring medication regimens to each patient's unique clinical presentation, concurrent health conditions, and individual tolerability.

Furthermore, he examines the evolving landscape of HF pharmacotherapy, incorporating newer agents such as ARNIs and SGLT2 inhibitors, and the growing evidence supporting



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their efficacy in reducing morbidity and mortality. Dr. Saoji also stresses the significance of vigilant monitoring and timely adjustments in medication regimens to optimize treatment outcomes, minimize adverse effects, and improve the overall quality of life for patients with HF.

- **Newer Non Coronary intervention - Dr. Priyesh Jaiswal**

Dr. Priyesh Jaiswal provides a comprehensive insight into the latest advancements in non-coronary interventions, illuminating emerging techniques and innovations in the field. He explores ground-breaking procedures like transcatheter aortic valve replacement (TAVR), transcatheter mitral valve repair (TMVR), and left atrial appendage closure (LAAC), which present less invasive alternatives to traditional surgical approaches for addressing valvular and structural heart diseases. Dr. Jaiswal delves into the criteria for selecting patients, procedural methodologies, and the clinical outcomes associated with these cutting-edge interventions, underscoring their significant contribution to enhancing patient care and broadening the scope of available treatment options.

Moreover, he draws attention to ongoing research endeavors and future prospects in non-coronary interventions, with the goal of refining techniques and advancing patient outcomes within the dynamic landscape of cardiovascular medicine.

## DAY – 2

- **ECG in ICU - Dr. Shrikant Bankar**

Dr. Shrikant Bankar underscores the critical role of electrocardiography (ECG) in the intensive care unit (ICU), emphasizing its importance in monitoring cardiac function and identifying potential abnormalities in critically ill patients. He highlights the significance of continuous ECG monitoring in detecting various cardiac issues such as arrhythmias, myocardial ischemia, and conduction abnormalities that may arise in ICU patients. Dr. Bankar explores different ECG monitoring modalities available in the ICU, including standard 12-lead ECG, telemetry, and bedside monitoring systems, along with their respective advantages and limitations.

Moreover, he stresses the necessity for prompt interpretation of ECG findings by trained healthcare professionals to facilitate timely interventions and improve patient outcomes in the ICU setting.

- **Hydrochlorothiazide: Reassurance from newer evidences - Dr. Rajesh Sangrame**

Dr. Rajesh Sangrame offers reassurance regarding the utilization of hydrochlorothiazide (HCTZ) based on recent evidence, elucidating its safety and efficacy across various clinical scenarios. He discusses recent studies affirming HCTZ's pivotal role as a fundamental medication for managing hypertension and edema. Dr. Sangrame underscores





the favorable risk-benefit profile of HCTZ, particularly its effectiveness in reducing blood pressure and lowering the incidence of cardiovascular events, while acknowledging potential side effects like electrolyte imbalances and metabolic disturbances.

Furthermore, he stresses the importance of tailoring therapy to individual patient needs and conducting regular monitoring to mitigate potential risks associated with HCTZ use and enhance patient outcomes. Through his thorough explanation, Dr. Sangrame instills confidence in the continued relevance and utility of HCTZ in modern clinical practice.

- **Prevention and Management of Heart Disease - Dr. Ashish Pise**

Dr. Ashish Pise simplifies the steps to maintain heart health and manage heart disease. He emphasizes the importance of lifestyle habits like eating nutritious foods, staying physically active, and avoiding smoking to prevent heart issues. Dr. Pise also highlights the significance of monitoring factors such as high blood pressure and cholesterol levels, which can increase the risk of heart disease.

For individuals already diagnosed with heart disease, Dr. Pise discusses the use of medications such as aspirin, beta-blockers, and statins to effectively manage the condition and prevent further complications. He stresses the importance of regular medical check-ups and adhering to the doctor's recommendations to maintain heart health. Overall, Dr. Pise underscores that by making simple lifestyle changes and adhering to prescribed medications, individuals can significantly lower their risk of heart disease and lead healthier lives.

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

Dr. Santosh Mulewar offers a modern viewpoint on heart failure management, concentrating on the crucial aspect of congestion within the condition. In his thorough examination, Dr. Mulewar emphasizes the importance of recognizing and appropriately managing congestion to enhance outcomes for individuals with heart failure.

His detailed analysis provides valuable insights into contemporary heart failure management, particularly focusing on congestion. Dr. Mulewar's expertise in this area serves as a valuable resource for healthcare professionals aiming to refine their care strategies for heart failure patients, ultimately aiming to enhance 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 Prevention and Management of Heart Disease





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## BRANDING OPPORTUNITY

