

Please Join Us on April 6 & 7, 2019!



## 3rd Annual CareMore Cardiovascular Symposium 2019:

### Delivering Evidence-Based Care in Real World Practice

You are invited to a unique educational experience that blends academic cardiovascular medicine with real world practice. Presenters will include nationally and internationally known experts who will share their perspective on delivering high-quality evidence-based practice in the most resource responsible ways. This Symposium is an opportunity for physicians and healthcare providers to enjoy a state-of-the-art educational update on cardiovascular disease, tailored to Cardiologists, Primary Care Physicians, Residents, and Medical Students.

#### Objectives

- Incorporate current therapies for chronic and acute coronary artery disease
- Diagnose and manage acute decompensated heart failure, chronic heart failure and advanced heart failure
- Utilize principles of palliative care in the management of heart diseases
- Utilize appropriate cardiac rhythm devices for arrhythmia management
- Incorporate current guidelines on cholesterol and blood pressure management

#### Presented in Coordination with CareMore Health

This program is endorsed by the **Arizona and California chapters of the American College of Cardiology.**



California  
CHAPTER



Arizona  
CHAPTER



American Heart Association.  
Heart and Stroke Ball™  
Tucson

Dr. Reza Movahed and Dr. Nooshin Hashemzadeh are proud to serve as the 2020 Tucson Heart & Stroke Ball Chairs. All proceeds from the symposium will be donated to support this event. Thank you for joining us today.

Hope to see you at the Tucson Heart & Stroke Ball in February 2020!



[www.caremore.com](http://www.caremore.com)

# Symposium Overview

## Saturday April 6 Sessions

CAD (stable, ACS, guideline therapy, MI definition)  
Arrhythmias (a-fib, syncope, lifest, etc)  
CHF (Acute, Chronic, Advanced, Diastolic CHF)  
Preventive cardiology (lipids, HTN, DM, etc)  
Optional Additional CME Dinner

## Sunday April 7 Sessions

Valvular/Structural heart disease  
(Mitral disease, Aortic valve disease)  
Miscellaneous (Preop evaluation, sleep apnea, Pulmonary hypertension, non-invasive testing, etc)  
Peripheral /Cerebral vascular  
(Claudication, carotid disease, Stroke, etc)  
Award Ceremony

---

## **CME Accreditation and Credit Designation Statements**

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education through the joint providership of The University of Arizona College of Medicine - Tucson and Cardio Care, LLC. The University of Arizona College of Medicine - Tucson is accredited by the ACCME to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson designates this live activity for a maximum of 21 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## **Organizing and CME Committee:**

Organizing Committee: Dr. Movahed, Nooshin Hashemzadeh, Dr. Motallebi, Dr. Gadhe, Dr. Amin, Melissa Dodge, Dr. Shah, Dr. Gupta

## **Location**

JW Marriott Starr Pass Resort & Spa  
3800 W. Starr Pass Blvd., Tucson, AZ 85745  
(520) 792-3500

## **Registration**

Physicians: \$200 before March 15, 2019;  
\$300 after March 15

Nurses: \$150 before March 15, 2019;  
\$200 after March 15

Medical/Nursing Students, Residents and Fellows: \$25  
before March 15, 2019; \$50 after March 15

(Prospective attendees can be admitted to the symposium free of charge if presenting abstracts. Abstracts are due by March 20th to [rmova@aol.com](mailto:rmova@aol.com). Abstract may be published in the online supplement of the American Journal of Medicine or online at the CareMore Daily Pulse CME. A total of 21 CME credits will be offered)

CareMore Employees: No charge  
Proceeds will be donated to the Southern Arizona American Heart Association

Register Here: "<https://www.eventbrite.com/e/caremore-healths-third-annual-cardiovascular-symposium-tickets-55261300036>

For any questions please contact  
[mhashemz1@yahoo.com](mailto:mhashemz1@yahoo.com) ♦ Tel: 949 374 1501

## **Abstract/Posters**

The symposium will also accept abstract submissions that will be presented as a poster during breaks with a \$500 award to be given to the first place winner.

Abstract should be sent by March 20th to [rmova@aol.com](mailto:rmova@aol.com). Abstract may be published in online supplement of American Journal of Medicine or online CareMore Daily Pulse

## **Additional CME**

A Saturday night dinner with 2 additional CME's is available. Add \$50 to registration fee.

# EVENT SCHEDULE

## Saturday – April 6

7:00 am – 7:50 am	Registration/Breakfast
7:50 am – 8:00 am	<b>Opening Remarks</b> Dr. Movahed, Regional Cardiology Director – CareMore Keynote Speakers:
8:00 am – 8:30 am	Jonathan Rothschild, Tucson Mayor: Welcome to Tucson
8:10 am – 8:20 am	Dr. Jain, President and CEO – CareMore/ Dr. Gupta RMO Arizona Topic: Why CareMore
8:20 am – 8:30 am	University President – Importance of Educational Symposiums in Tucson

### **CAD Lectures**

8:30 am – 8:50 am	Stable Coronary Disease – Dr. Movahed
8:50 am – 9:10 am	Acute Coronary Syndrome – Dr. Movahed
9:10 am – 9:30 am	Definition of MI – Dr. Alpert
9:30 am – 9:50 am	Approach to Chest Pain – Dr. Amin
9:50 am – 10:00 am	Questions and answer
10:00 am- 10:10 am	<b>Break</b>

### **Arrhythmias lectures**

10:10 am – 10:30 am	Update on Atrial fibrillation and watchman device, Dr. Motallebi
10:30 am – 10:50 am	Overviews of other Arrhythmias, Dr. Motallebi
10:50 am – 11:10 am	Syncope in the Elderly – Dr. Alpert
11:10 am – 11:30 am	Update on Cardio-Cerebral Resuscitation – Dr. Ewy
11:30 am – 11:50 am	ICD and life west indications – Dr. Motallebi
11:50 am – 12:10 pm	Questions and Answer
12:10 pm – 12:20 pm	<b>Lunch</b>
12:20 pm – 13:20 pm	Posters Exhibition

### **Heart Failure lectures**

1:20 pm – 14:0 pm	Acute Decompensated Heart Failure – Dr. Ulkayam
140 pm – 2:00 pm	Diagnosis and Management of Chronic Systolic CHF – Dr. Movahed

2:00 pm – 2:20 pm	Heart failure with Preserved Ejection Fraction – Dr. Ulkayam
2:20 pm – 2:40 pm	Update on Pregnancy and Heart Failure – Dr. Ulkayam
2:40 pm – 3:00 pm	How to prevent Heart Failure Readmission – Dr. Sheth
3:00 pm – 3:20 pm	Pacing and BIVI pacing indications – Dr. Motallebi
3:20 pm – 3:50 pm	Questions and answer
3:50 pm – 4:00 pm	<b>Break</b>

### **Preventive Cardiology**

4:00 pm – 4:20 pm	Lipid Guidelines Update – Dr. Wong
4:20 pm – 4:40 pm	Hypertension Guidelines – Dr. Wong
4:40 pm – 5:00 pm	Antiplatelet Therapy Guidelines – Dr. Ebrahimi
5:00 pm – 5:20 pm	Diabetes Guidelines – Dr. Wong
5:20 pm – 5:40 pm	Venous Thromboembolism Clinical Practice Guidelines – Dr. Shah
5:40 pm – 6:00 pm	Cardiac Rehabilitation Lifestyle Management to Reduce Cardiovascular Risk – Dr. Alpert
6:00 pm – 6:30 pm	Questions and answer

### **Optional CME Dinner Saturday night (7:00 pm – 9:00 pm)**

7:00 pm – 8:00 pm	Case Presentations CHF Movahed: Panel Discussion: Amin, Gupta, Motallebi, Alpert, Shah
8:00 pm – 9:00 pm	Case Presentations CAD Movahed: Panel Discussion: Alpert, Motallebi, Amin, Alpert, Ebrahimi, Gupta, Shah

---

## Sunday – April 7

7:30 am – 8:00 am	Registration/Breakfast
8:00 am – 8:20 am	CareMore Approach to Cardiovascular Care – Dr. Gupta

### **Valve and coronary Interventions**

8:20 am – 8:40 am	Aortic Stenosis. When to intervene? How to follow? – Dr. Amin
-------------------	---

8:40 am – 9:00 am	Surgical vs Percutaneous treatment of aortic stenosis – Dr. Burstein	1:40 pm – 2:00 pm	Pre-op evaluation for Non-Cardiac Surgery – Dr. Movahed
9:00 am – 9:20 am	Surgical vs Percutaneous treatment of mitral regurgitation – Dr. Burstein	2:00 pm – 2:20 pm	Antiarrhythmic drugs – Dr. Motallebi
9:20 am – 9:40 am	When to use assist device during percutaneous coronary interventions Dr. Habibzadeh	2:20 pm – 2:40 pm	Approach to Pulmonary hypertension – Dr. Oropez
9:40 am – 10:00 am	Future Devices and Other Treatments for Adult Structural Heart Disease – Dr. Burstein	2:40 pm – 3:00 pm	Non-invasive testing selection – Dr. Movahed
10:00 am – 10:30 am	Question and Answer	3:00 pm – 3:20 pm	Questions and Answer
10:30 am – 10:40 am	<b>Break</b>	3:20 pm – 3:40 pm	<b>Break</b>
	<b>Peripheral/Cerebral vascular disease</b>	3:40 pm – 4:00 pm	Sleep apnea and cardiac implication – Dr. Oropez
10:40 am – 11:00 am	Clinical approach to Stroke – Dr. Teeple	4:00 pm – 4:20 pm	Geriatric Cardiology – Dr. Khoubyari
11:00 am – 11:20 am	Carotid disease. When to intervene? – Dr. Teeple	4:20 pm – 4:40 pm	Work up for Causes of Dilated Cardiomyopathy – Dr. Habibzadeh
11:20 am – 11:40 am	When to close or not to close PFO? – Dr. Burstein	4:40 pm – 5:00 pm	How to Improve Medical Compliant – Nicole Wegrzyn, PharmD
11:40 am – 12:00 pm	Approach to Peripheral Vascular Disease, Claudication – Dr. Ebrahimi	5:00 pm – 5:20 pm	Brocken Heart Syndrome (Takotsubo Cadiomyopathy) – Dr. Movahed
12:00 pm – 12:10 pm	Questions and answer	5:20 pm – 5:40 pm	What I have learned from more than 40 years of clinical medicine – Dr. Alpert
12:10 pm – 12:20 pm	<b>Lunch break</b>	5:40 pm – 6:00 pm	Balancing life, work, and the pursuit of happiness – Dr. Alpert
12:20 pm – 1:20 pm	Poster Exhibition	6:00 pm – 6:10 pm	Questions and Answer
	<b>Afternoon Sessions</b>	6:10 pm – 6:15 pm	Best Poster Award Ceremony – Dr. Movahed
1:20 pm – 1:40 pm	Is Digoxin Therapy Obsolete? – Dr. Alpert	6:15 pm – 6:30 pm	Closing Remark – Dr. Amin

# SPEAKERS/PRESENTERS

## SCIENTIFIC CHAIR



**M. Reza Movahed, MD, PhD, FACC, FSCAI, FACP, FCCP**  
Regional CareMore Cardiology Director Clinical Professor of Medicine - University of Arizona, Tucson  
Clinical Professor of Medicine - University of Arizona, Phoenix  
American Heart Association President Elect of Arizona Southern Affiliate

## SCIENTIFIC CO-CHAIRS

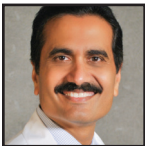


**Mazda Motallebi, MD, FACC, FHRS, CCDS**  
Director of Cardiac Electrophysiology and Cardiac  
Device Services at CareMore Health  
Assistant Director of Cardiology  
Southern California Region,  
CareMore Health



**Sameer Amin, MD**  
CareMore Health Regional Chief Medical Officer LA/OC  
National Director of Cardiology

## ORGANIZING COMMITTEE



**Balu Gadhe, MD, FACP**  
Chief of Clinical Services  
CareMore Health



**Piyush Gupta, MD**  
Regional Medical Officer of Arizona  
CareMore Health – Arizona



**Dr. Shah**

**M. Reza Movahed, MD, PhD, FACC, FSCAI, FACP, FCCP**  
**Mazda Motallebi, MD, FACC, FHRS, CCDS**  
**Sameer Amin, MD**  
**Dr. Hashemzadeh**

## CAREMORE HEALTH PRESENTERS



**Sachin H. Jain, MD, MBA, FACP**  
President & CEO CareMore Health



**Rostam Khoubyari, MD**  
Geriatric Cardiologist  
CareMore Health – Arizona



**Cristine Oropez**



**Nicole Wegrzyn**

**M. Reza Movahed, MD, PhD, FACC, FSCAI, FACP, FCCP**  
**Sameer Amin, MD**  
**Mazda Motallebi, MD, FACC, FHRS, CCDS**  
**Dr. Shah**  
**Piyush Gupta, MD**  
**Dr. Sheth**

## Other Presenters

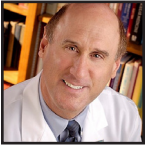
---



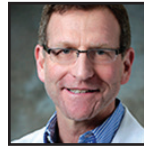
**Ramin Ebrahimi, MD**  
Director of Cath Lab  
Professor of Medicine, UCLA



**Nathan Wong, PhD**  
Professor and Director  
Heart Disease Prevention Program  
Division of Cardiology, UC Irvine



**Joseph Alpert, MD, FACC**  
Professor of Medicine  
Editor in Chief, American Journal of Medicine  
University of Arizona



**Steven Burstein, MD, FACC**  
Director of Cardiac Cath Lab and Interventional  
Cardiology  
Good Samaritan Hospital, L.A.



**Gordon Ewy, MD, FACC**  
Professor of Medicine Emeritus,  
Former Chief of Cardiology  
University of Arizona



**David Teeple, MD**  
Director of Stroke, Tucson Medical Center  
Assistant Clinical Professor, Department of Neurology  
University of Arizona  
Neurologist, Center for Neurosciences



**Dr. Habibzadeh**

**Dr. Ulkayam**