



Hot Topics in Preventive Cardiology and Lifestyle Medicine: *Implications for Patient Counseling and Management* AUGUST 1, 2024 | HYATT REGENCY | SALT LAKE CITY, UT

PROGRAM AGENDA

TIME	TOPIC	PRESENTER(S)
8:00 – 8:15 AM	Welcome and Opening Remarks	Barry Franklin, PhD, FASPC Heather Johnson, MD, MS, FASPC
8:15 – 8:35 AM	Extreme Exercise Regimens & High Intensity Training; A Case Study	Barry Franklin, PhD, FASPC
8:35 – 8:55 AM	Impact of Mental Health & SDOH on Lifestyle	Heather Johnson, MD, FASPC
8:55 – 9:15 AM	Cardiometabolic Impact on Intermittent Fasting & Meal Timing	Michael Wilkinson, MD, FACC, FNLA
9:15 – 9:35 AM	ABCDE's of PREVENTION	Roger Blumenthal, MD, FASPC
9:35 – 9:55 AM	Q&A	
9:55 – 10:15 AM	Break	
10:15 – 10:35 AM	Holistic Approaches to CVD Risk Reduction	Anu Lala-Trindade, MD
10:35 – 10:55 AM	Promoting Sound Sleep – The Why and The How	Virend Somers, MD, PhD
10:55 – 11:35 AM	Empowering Patients to Make Lifestyle Changes and Behavior Modifications	Beth Frates, MD
11:35 – 11:55 AM	Discussion with Martha Gulati on Best Practices with Beth Frates	Martha Gulati, MD, MS, FASPC Beth Frates, MD
11:55 AM – 12:15 PM	Q & A	
12:15 – 12:50 PM	LUNCH	
12:50 – 1:10 PM	Devices & Tracking for Comprehensive Lifestyle Modification	Seth Martin, MD, MHS
1:10 – 1:30 PM	I Have a Carrot and a Stent, You Pick!	Koushik Reddy, MD
1:30 – 1:50 PM	Impact of Stress on CVD Risk	Glenn Levine, MD
1:50 – 2:10 PM	The Truth About Weight Loss Medications (case based)	Jaime Almandoz, MD
2:10 – 2:30 PM	Q & A	
2:30 – 2:50 PM	CVD Reduction with Plant Based Diets	Danielle Belardo, MD
2:50 – 3:10 PM	Hot Topics in Exercise Prescriptions: Resistance Training, Steps & More	Charles German, MD, MS
3:10 – 3:30 PM	Women specific lifestyle talk* title TBD	Martha Gulati, MD, MS, FASPC
3:30 – 3:50 PM	Q & A	
3:50 – 4:10 PM	BREAK	
4:10 – 4:30 PM	What we've Learned from our Studies of Blue Zones Throughout the World	Alison Bailey, MD, FASPC
4:30 – 4:50 PM	The Impact of Cardiovascular Imaging on Motivation and Maintenance of Lifestyle Behaviors (draft)	Ron Blankstein, MD, FASPC
4:50 – 5:10 PM	Q & A	
5:10 – 5:20 PM	Closing Remarks	Barry Franklin, PhD, FASPC Heather Johnson, MD, MS, FASPC