



# 3rd India Risk Factor Symposium

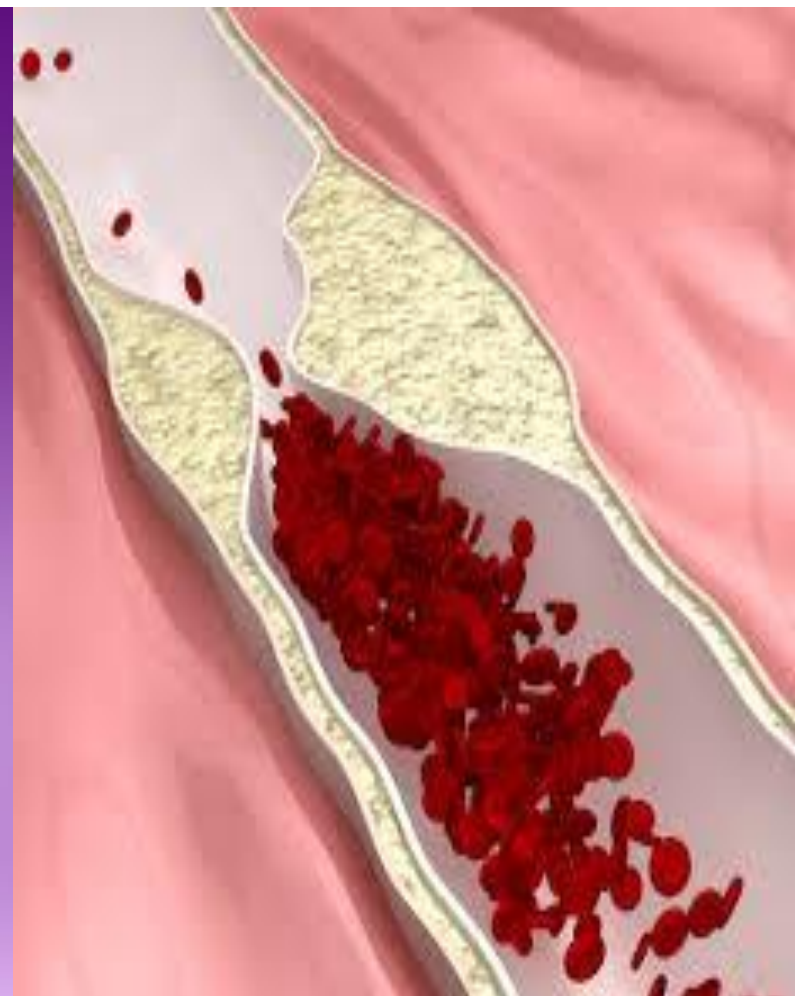
Under the Auspices of



European Society of Hypertension



Asian  
Society Of  
Continuing  
Medical  
Education



**October 03<sup>rd</sup> – 04<sup>th</sup>, 2015,  
Grand Hyatt, Goa, India**



# 3rd India Risk Factor Symposium

## **“3rd India Risk Factor Symposium”**

**Date:** October 03<sup>rd</sup> – 04<sup>th</sup>, 2015

**Venue:** Grand Hyatt, Goa, India

**Total No. Of Delegates:** 352

**“3rd India Risk Factor Symposium”** was conducted by Asian Society of Continuing Medical Education 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.

The CME was of two days -

### **Day 1 -**

#### **Cutting Edge: Approach to the High Risk Patient Evidence from Recent Large Scale Trials**

Moderator: Dr. Sanjay Rajagopalan, Dr. Shashank Joshi

#### **Current Controversies in Type 2 Diabetes**

Moderator: Professor Vivian Fonseca, Dr. Rajeeve Rajput



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## Day 2 –

### Targeting the High Risk Type 2 Diabetic: Recent Insights

Moderator: Professor Giuseppe Mancina and Dr. Shireesh Sathe

### Minisymposium on Practical Issues Facing the Practitioner In The Diabetic Hypertensive

Moderator: Professor Giuseppe Mancina and Rajeeve Rajput

### Minisymposium on Hypertension

Moderators: Professor Michael Bloch and Rajeeve Rajput

### Faculties: (Both Day 1 and Day 2)

1. **Dr. Eric Peterson, MD, M.P.H**  
Duke University, Durham, NC
2. **Dr. Giuseppe Mancina, MD.**  
University of Milano-Bicocca, Italy
3. **Dr. Sanjay Rajagopalan, M.B.B.S, FACC, FAHA**  
University of Maryland, Baltimore
4. **Dr. Shashank R Joshi, MD, DM, FICP, FACP(USA),  
FACE (USA), FRCP(Glsg & Edin)**  
Joshi Clinic, Lilavati & Bhatia Hospital, Mumbai
5. **Dr. Vivian A. Fonseca, MD, FRCP**  
Tulane University School of Medicine, U.S.A



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6. **Dr. Shireesh Sathe M.D, D.M**  
D M Hospital and Research Centre, Pune
7. **Dr. Michael Blaha, M.D., M.P.H.**  
Johns Hopkins University, U.S.A
8. **Dr. Rajeeve Rajput, M.D, D.M**  
Apollo Hospital New Delhi, India
9. **Dr. Michael J. Bloch, MD**  
University of Nevada School of Medicine, U.S.A

## LECTURES: (Both Day 1 and Day 2)

- Recommendations for treating hypertension: what are the right goals and purposes?
- Clinical Guidelines and Clinical Reasoning-Limitations of Evidence Based Evidence
- A Perspective in 2013 US Guidelines from a European Perspective
- Coffee Break
- 2013 ACC/AHA Cholesterol Treatment Guidelines
- Current Guidelines for Treatment of Type II Diabetes: Are We Pushing the Limits of the Evidence Base?
- How Does the Clinician Integrate Guidelines into Practice: A Case Based Approach in Hypertension, Lipids Type II Diabetes
- Epidemiology of Hypertension in India: Insights from PURE
- My patient presents with "uncontrolled hypertension": how to rule out pseudo-resistant hypertension causes. A (Case Based Discussion)
- Approach to the True Resistant Hypertensive and Treatment Approaches
- Renal Denervation Trials: Should we be "Sympathetic" to SYMPLICITY 3 and Looking
- Coffee Break
- Community Based Intervention for Blood Pressure: What Works and what does not?



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- Assessing Total CV Risk in the Complicated Hypertensive
- Discussion and Question and Answers
- What should be our target for LDL lowering therapy and why?
- Newer Treatment Strategies: Mipomersen, Lomitapide and PCSK9
- Break
- Approach and Management of Triglyceride Based Disorders
- Discussion and Question and Answers



## **Dr. Eric Peterson**

MD, M.P.H

Duke University, Durham, NC

### **Dr. Eric Peterson talked on topics:**

- TECOS, EXAMINE AND SAVOR: An - depth Perspective
- Round Table Discussion: Incretin Based Therapy vs. SGLT-2, Inhibitors Should They Be Reccomended Earlier in Gudielines



## **Dr. Michael Bloch**

M.D.

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

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

- What does IMPROVE –IT mean for the LDL hypothesis and Managing Risk in India
- Contemporary Approach to Obesity Management in Metabolic Syndrome
- Managing the Diabetic with Coronary Artery Disease and Stroke: What We Need to Know
- Contemporary Approach to Evaluation of Secondary Cause In Resistant and Primary Hypertension



**Dr. Vivian A. Fonseca,**

MD, FRCP

Tulane University School of Medicine

Professor of Medicine and Pharmacology

**Dr. Vivian A. Fonseca talked on topics:**

- Treating Diabetic Dyslipidemia: Aligning Practice with Evidence?
- What next after Metformin In therapy of Indian type 2 diabetes? Is an Incretin Agent the Best Choice?
- Glycemia Lowering Trials and CVD: What Have We Learned in 2015 From a Risk Mitigation Perspective



**Dr. Sanjay Rajagopalan,**

M.B.B.S, FACC, FAHA

University of Maryland, Baltimore

**Dr. Sanjay Rajagopalan delivered a lectured on**

- Management of the Hypertensive, Diabetic with Heart Failure: What the Guidelines do not Tell us
- Illustrative Cases and Discussion
- Round Table Discussion: Incretin Based Therapy vs. SGLT-2 Inhibitors Should They Be Reccomended Earlier in Guidelines.





**Professor Giuseppe Mancia,**

MD, PhD

University of Milan-Bicocca (Milan, Italy) and  
S Gerardo Hospital (Monza, Italy)

**Professor Giuseppe Mancia talked on topics:**

- New threshold and target blood pressures in the Diabetic: Recent Evidence?
- Managing Hypertension in the Uncomplicated Diabetic: What Do I do?
- Home Blood Pressure Monitoring



**Dr. Michael Joseph Blaha,**

MD, M.P.H.

Johns Hopkins University, U.S.A

**Dr. Michael Joseph Blaha gave lecture on topics:**

- Understanding the Metabolic Syndrome Epidemic in India and a Practical Guidance for Management





**Dr. Shashank R Joshi,**

MD, DM, FICP, FACP (USA), FACE (USA),  
FRCP (Glasg & Edin)  
Joshi Clinic, Lilavati & Bhatia Hospital,  
Mumbai

**Dr. Shashank R Joshi** delivered a lecture on –

- Glycemic and Non Glycemic Targets in Indian Diabetics



**Dr. Sathe Shireesh,**

MD, DM (Card) Vellore,  
D M Hospital and Research Centre, Pune

**Dr. Sathe Shireesh** gave a lecture on –

- Resistant Hypertension: Pitfalls in Diagnosis and Therapy
- Illustrative Cases and Discussion
- Round Table Discussion: Incretin Based Therapy vs. SGLT-2 Inhibitors  
Should They Be Recommended Earlier in Guidelines



**Dr. Rajeeve Rajput,**  
M.D, D.M  
Apollo Hospital, New Delhi

## 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. Management of various types of arrhythmias
6. PIH & Hypertension management in young
7. Rheumatic Heart Disease & Cardiomyopathies
8. Management of DM should be added
9. Rheumatic valvular Disease , Polypill concept
10. Heart Failure , Atrial Fibrillation , Current aspect & relevance to India
11. Hypertension Variability
12. Stress on Pharmacotherapy , Complication profiles & Management



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13. Acute Coronary syndrome & Heart Failure
14. Management of arrhythmia
15. Adverse Cardiac events in poorly controlled Diabetes Mellitus & hence its primary prevention & management
16. Heart Failure , Arrhythmia with conduction disturbance
17. Absorbable stents and their future usage in interventional cardiology
18. Arrhythmias and their effective management
19. 2D Echo & Recent advances in Echocardiography to rule out cardiac disease at earliest
20. More Clinical Topics
21. Slides of Dr. Peterson were entertaining & impressive
22. Role of primary PCI - DM type 2
23. There should be more clinical discussion , Less epidemiological talks
24. Surgical intervention if any case of dilated cardiomyopathy (DCM)
25. New OHAs & CV Risk
26. Condense Course
27. Compensated Hypertension by some patient without symptoms
28. Endothelial dysfunction in post-myocardial infarction tissue
29. ECG Interpretation, Thyroid dysfunction
30. Role of Alcohol & Tobacco in HT & DM
31. Rheumatic Heart Disease
32. Relationship of arrhythmia with hypertension and management
33. Hyponatremia with heart, CAD, Cirrhosis of liver with Hepatorenal syndrome , CAD,SVT with COPD & CLD
34. Management of CHF with Hepatorenal syndrome



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35. Heart Failure, Arrhythmias

36. Methodology of research - How to proceed in our clinical practice - India scenario

## 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
- The duration on day 1 was too much, The sequence was not coherent , The session could have been interactive after each session or theme ,e.g. Disease based, Association based , End organ based & Need to follow Adult learning principles
- 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



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- 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
- General education on how to read a paper, understand the numbers and evaluate the evidence by myself instead of relying in Expert explaining
- Good one ,Excellent
- Not so many lectures - So tightly packed
- Very useful and concepts are clearly discussed
- CME/Annual Membership
- Question & answer session with buzzer and bell
- Continue with full passion
- Too Lengthy
- This type of CME at least twice yearly , would be more beneficial for me
- We need regular update program time to time
- Thanks m Very good education
- Session could be more interactive, Practical aspects need more emphasis
- Tea should be provided continuously as after travelling in night, post lunch session, most of audience were sleeping, answers to case studies by audience



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## PHOTOGRAPHS



Registration Desk



Panel Discussion





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## Few Photographs of Faculty and Delegates Discussion







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## Delegates Listening to the Faculty







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## FELICITATION OF FACULTIES







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Delegates