



3rd ANNUAL Montefiore Einstein Preventive Cardiology Conference

Saturday, November 2, 2019

Montefiore Medical Center
Tishman Learning Center
111 East 210th Street, Bronx, New York 10467

Provided by
Albert Einstein College of Medicine
and Montefiore

ONLINE REGISTRATION
www.eeds.com/live/764902

#MEPCC19

DIRECTOR
Robert J. Ostfeld, MD, MSc
Albert Einstein College of Medicine and
Montefiore

KEYNOTE SPEAKER
Walter C. Willett, MD, Dr. P.H.
Harvard T.H. Chan School of Public Health

**DANIEL AND MICHAEL OSTFELD
MEMORIAL LECTURE**
Michelle McMacken, MD
New York University

GENERAL INFORMATION

Conference Location and Dates

Montefiore Medical Center

Tishman Learning Center

111 East 210th Street (Gun Hill Road Entrance), Bronx, NY 10467

Directions: www.montefiore.org/locations-directions-parking

November 2, 2019

Statement of Need

Cardiovascular disease is the leading cause of death for adult men and women in the United States. Hence, the prevention of Cardiovascular Disease is of critical national importance. Proven preventive measures could be both better known and better applied. This conference will aim to fill these educational and application gaps.

Activity Goals

The goals of this activity are to educate providers and attendees regarding evidence-based preventive measures and how to achieve their practical application.

Learning Objectives

- Define optimal preventive strategies
- Describe the role of nutrition in Cardiovascular Disease
- Explain optimal lifestyle approaches for Cardiovascular Disease
- Describe how to apply preventive measures in your practice and/or daily life
- Discuss optimal lifestyle approaches for Adult Onset Diabetes

Intended Audience

This activity is intended for cardiologists, internists, lifestyle medicine physicians, primary care physicians, RDs, RNs, NPs, PAs and others interested in the prevention of cardiovascular disease.

Accreditation

Albert Einstein College of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Credit Designation

Albert Einstein College of Medicine designates this live activity for a maximum of 7.75 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

This activity has been submitted to Montefiore Medical Center/Montefiore Learning Network for approval to award nursing contact hours. The Montefiore Learning Network is an approved provider of continuing nursing education by the American Nurses Credentialing Center.

This activity has been prior approved by the CDR for 7.5 CEUs.

**Commission
on Dietetic
Registration**

the credentialing agency for the
**Academy of Nutrition
and Dietetics**

Special Needs (ADA)

Albert Einstein College of Medicine Montefiore Medical Center fully complies with the legal requirements of the Americans with Disabilities Act. If any participant is in need of special accommodations, please submit a written request at least two weeks prior to the activity to statkins@montefiore.org.

Conflict of Interest

The "Conflict of Interest Disclosure Policy" of the Albert Einstein College of Medicine requires that faculty participating in any CME activity disclose to the audience any relationship(s) with a commercial interest*. Any presenter whose disclosed relationships prove to create a conflict of interest, with regard to their contribution to the activity, will not be permitted to present. Albert Einstein College of Medicine also requires that faculty participating in any CME activity disclose to the audience when discussing any unlabeled or investigational use of any commercial product or device, not yet approved in the United States.

** The ACCME defines a commercial interest as "any entity producing, marketing, re-selling, or distributing health care goods or services consumed by, or used on, patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests."*

AGENDA

#MEPCC19

7:00 – 8:05am	Registration and Breakfast
8:05 – 8:15	Opening Remarks Robert J. Ostfeld, MD, MSc, FACC
8:15 – 8:55	Vanquishing Heart Disease Caldwell B. Esselstyn, Jr., MD, FACS, FACC, FALM
8:55 – 9:00	Q&A
9:00 – 9:40	Red Meat Glycan Neu5Gc: A Xeno-Antigen Driving Cardiovascular Risk Philip Gordts, PhD
9:40 – 9:45	Q&A
9:45 – 10:35	Optimizing Diet for Prevention and Treatment Walter C. Willett, MD, Dr. P.H.
10:35 – 10:45	Q&A
10:45 – 11:00	Coffee Break
11:00 – 11:40	Diet, Intestinal Microbiota, and Cardio-Renal Disease Risk W. H. Wilson Tang, MD, FACC, FAHA, FHFSA
11:40 – 11:45	Q&A
11:45 – 12:25pm	2019: The Year in Plant-Based Diets Andrew M. Freeman, MD, FACC, FACP
12:25 – 12:30	Q&A
12:30 – 1:30	Lunch
1:30 – 2:20	DANIEL AND MICHAEL OSTFELD MEMORIAL LECTURE Beyond Carb Counting: Why Plant-Based Nutrition is Sweet Medicine for Insulin Resistance Michelle McMacken, MD
2:20 – 2:30	Q&A
2:30 – 2:40	Brooklyn Borough President, Eric Adams
2:40 – 3:10	A Plant-Based Diet in Practice Robert J. Ostfeld, MD, MSc, FACC
3:10 – 3:15	Q&A
3:15 – 3:30	Break
3:30 – 4:15	Plant-Based Diets and Cardiovascular Disease Case Report Contest: Three cases Presenters TBD
4:15 – 5:15	Panel Discussion With special guests, Michelle McMacken, MD; Joel Kahn, MD, FACC; Lauren Graf, MS, RD, CDE; Kathleen Allen, MS, RD
5:15 – 5:20	Adjourn Robert J. Ostfeld, MD, MSc, FACC

Director



Robert J. Ostfeld, MD, MSc, FACC

Associate Professor of Medicine
Albert Einstein College of Medicine
Director, Preventive Cardiology
Montefiore Medical Center
Bronx, NY

Guest Faculty

Kathleen Allen, MS, RD

Medical Student
Geisel School of Medicine at Dartmouth
Hanover, NH

Caldwell B. Esselstyn, Jr., MD, FACS, FACC, FALM

Director Cardiovascular Disease Prevention and Reversal Program
Cleveland Clinic Wellness Institute
Cleveland, OH

Andrew M. Freeman, MD, FACC, FACP

Associate Professor
Director of Cardiovascular Prevention and Wellness
Director, Clinical Cardiology & Operations
National Jewish Health
Denver, CO

Philip Gordts, PhD

Assistant Professor, School of Pharmacy and Pharmaceutical Science
UC San Diego
La Jolla, CA

Lauren Graf, MS, RD, CDE

Clinical Dietitian
Cardiac Wellness Program Montefiore
Montefiore Medical Center
Bronx, NY

Joel Kahn, MD, FACC

Clinical Professor of Medicine
Wayne State University School of Medicine
Bloomfield, MI

Michelle McMacken, MD

Assistant Professor of Medicine
NYU School of Medicine
Director, Bellevue Hospital
Weight Management Program
Internal Medicine, Plant-Based Nutrition, and Lifestyle Medicine
New York, NY

Walter C. Willett, MD, Dr. P.H.

Professor of Epidemiology and Nutrition
Harvard T.H. Chan School of Public Health
Boston, MA

W. H. Wilson Tang, MD, FACC, FAHA, FHFSa

Professor in Medicine
Cleveland Clinic Lerner College of Medicine at CWRU
Director, Center for Clinical Genomics
Director, Clinical Research Unit Services
Cleveland Clinic
Cleveland, OH



FOR FURTHER INFORMATION CONTACT

Center for Continuing Medical Education

Phone: 718-920-6674

E-mail: statkins@montefiore.org

3rd ANNUAL
**Montefiore Einstein
Preventive Cardiology
Conference**



Saturday | November 2, 2019

Name _____
First M.I. Last Degree

Mailing Address _____

City _____ State _____ Zip _____

Daytime Telephone _____

Email _____

Plant-based options for breakfast, breaks and luncheon will be provided.

REGISTRATION FEE

	<i>Before June 30th</i>	<i>After June 30th</i>
Physicians	\$325.00	\$375.00
NPs, RDs, RNs, PAs	\$275.00	\$300.00
Fellows, Residents in Training	\$100.00	\$150.00
General Public	\$250.00	\$275.00
Montefiore/Einstein	\$75.00	\$100.00

REGISTRATION

Online www.eeds.com/live/764902

Mail Complete registration form with your payment to:
Center for Continuing Medical Education, 3301 Bainbridge Avenue, Bronx, NY 10467

Fax 718-798-2336

PAYMENT METHOD

☐ Check payable to Montefiore Medical Center

☐ Visa ☐ MasterCard

☐ American Express

Card # _____ Exp. Date _____

Signature _____

Name of the Card Holder _____

CANCELLATION POLICY

Request for refunds MUST be received in writing by **October 11, 2019** and will be subject to an administration fee of \$50.00. **NO REFUNDS WILL BE PROCESSED AFTER THIS DATE.**



The Cardiac Wellness Program at Montefiore has the goal of Preventing and Reversing Disease with a whole food plant-based diet. Much of the program is supported by philanthropy.

For more information visit
www.montefiore.org/cardiacwellnessprogram

REGISTER FOR THE CONFERENCE TODAY
ONLINE: www.eeds.com/live/764902