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.

Dr. Reza Mashhadi and Dr. Nooshin Rohanimohamadi 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
## Symposium Overview

### Saturday April 6 Sessions
- CAD (Stable, ACS, Guideline Therapy, MI Definition)
- Arrhythmias (A-Fib, Syncope, LifeVest, etc)
- CHF (Acute, Chronic, Advanced, Diastolic CHF)
- Preventive Cardiology (Lipids, HTN, DM, etc)
- Optional 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 22 AMA PRA Category 1 Credit(s)™; This includes a 1 hour breakfast and 2 hour Saturday night dinner. Additional registration and applicable fees may apply. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

### 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

Registration fees include food and beverage.

CareMore Employees: No charge

Proceeds will be donated to the Southern Arizona American Heart Association.

### Register Here

For any questions please contact mhashemz1@yahoo.com  Tel: 949 374 1501

### Accommodations
Limited group rate discount available. Reference below link for reservations.
https://book.passkey.com/go/CareMoreCardiovascular

### Abstract/Posters
The symposium will also accept abstract submissions that will be presented as a poster with a $500 award to be given to the first place winner.

Abstract should be sent by March 25th to rmova@aol.com. Abstract may be published in online supplement of American Journal of Medicine, or on CareMore Daily Pulse.
# EVENT SCHEDULE

**Saturday – April 6**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 am – 7:50 am</td>
<td>Registration/Breakfast</td>
</tr>
<tr>
<td>7:50 am – 8:00 am</td>
<td><strong>Opening Remarks</strong> Dr. Movahed, CareMore Regional Cardiology Director</td>
</tr>
<tr>
<td>8:00 am – 8:10 am</td>
<td>Keynote Speakers: Jonathan Rothschild, Mayor of Tucson: Welcome to Tucson</td>
</tr>
<tr>
<td>8:10 am – 8:20 am</td>
<td>Keynote Speakers: Dr. Jain, CareMore President and CEO / Dr. Gupta, CareMore Regional Medical Officer: Why CareMore</td>
</tr>
<tr>
<td>8:20 am – 8:30 am</td>
<td>Dr. Robbins, University of Arizona President: Importance of Educational Symposia in Tucson</td>
</tr>
<tr>
<td>8:30 am – 8:50 am</td>
<td><strong>CAD Lectures</strong> Stable Coronary Disease – Dr. Movahed</td>
</tr>
<tr>
<td>8:50 am – 9:10 am</td>
<td>Acute Coronary Syndrome – Dr. Movahed</td>
</tr>
<tr>
<td>9:10 am – 9:30 am</td>
<td>Definition of MI – Dr. Alpert</td>
</tr>
<tr>
<td>9:30 am – 9:50 am</td>
<td>Approach to Chest Pain – Dr. Amin</td>
</tr>
<tr>
<td>9:50 am – 10:00 am</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>10:00 am – 10:10 am</td>
<td>Break</td>
</tr>
<tr>
<td>10:10 am – 10:30 am</td>
<td><strong>Arrhythmias Lectures</strong> Update on Atrial fibrillation and Watchman Device - Dr. Motallebi</td>
</tr>
<tr>
<td>10:30 am – 10:50 am</td>
<td>Overviews of other Arrhythmias - Dr. Motallebi</td>
</tr>
<tr>
<td>10:50 am – 11:10 am</td>
<td>Syncope in the Elderly - Dr. Alpert</td>
</tr>
<tr>
<td>11:10 am – 11:30 am</td>
<td>Update on Cardio-Cerebral Resuscitation - Dr. Ewy</td>
</tr>
<tr>
<td>11:30 am – 11:50 am</td>
<td>ICD and LifeVest Indications - Dr. Motallebi</td>
</tr>
<tr>
<td>11:50 am – 12:10 pm</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>12:10 pm – 12:20 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:20 pm – 1:20 pm</td>
<td>Posters Exhibition</td>
</tr>
</tbody>
</table>

**Heart Failure Lectures**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1:20 pm – 1:40 pm</td>
<td>Acute Decompensated Heart Failure - Dr. Ulkayam</td>
</tr>
<tr>
<td>1:40 pm – 2:00 pm</td>
<td>Diagnosis and Management of Chronic Systolic CHF - Dr. Movahed</td>
</tr>
<tr>
<td>2:00 pm – 2:20 pm</td>
<td>Heart failure with Preserved Ejection Fraction - Dr. Ulkayam</td>
</tr>
<tr>
<td>2:20 pm – 2:40 pm</td>
<td>Update on Pregnancy and Heart Failure - Dr. Ulkayam</td>
</tr>
<tr>
<td>2:40 pm – 3:00 pm</td>
<td>How to Prevent Heart Failure Readmission - Dr. Sheth</td>
</tr>
<tr>
<td>3:00 pm – 3:20 pm</td>
<td>Pacing and BIVI Pacing Indications - Dr. Motallebi</td>
</tr>
<tr>
<td>3:20 pm – 3:50 pm</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>3:50 pm – 4:00 pm</td>
<td>Break</td>
</tr>
</tbody>
</table>

**Preventive Cardiology**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>4:00 pm – 4:20 pm</td>
<td>Lipid Guidelines Update - Dr. Wong</td>
</tr>
<tr>
<td>4:20 pm – 4:40 pm</td>
<td>Hypertension Guidelines - Dr. Wong</td>
</tr>
<tr>
<td>4:40 pm – 5:00 pm</td>
<td>Antiplatelet Therapy Guidelines - Dr. Ebrahimi</td>
</tr>
<tr>
<td>5:00 pm – 5:20 pm</td>
<td>Diabetes Guidelines - Dr. Wong</td>
</tr>
<tr>
<td>5:20 pm – 5:40 pm</td>
<td>Venous Thromboembolism Clinical Practice Guidelines - Dr. Shah</td>
</tr>
<tr>
<td>5:40 pm – 6:00 pm</td>
<td>Cardiac Rehabilitation Lifestyle Management to Reduce Cardiovascular Risk - Dr. Alpert</td>
</tr>
<tr>
<td>6:00 pm – 6:30 pm</td>
<td>Q &amp; A Session</td>
</tr>
</tbody>
</table>

**Optional CME Dinner Saturday Night (7-9PM)**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00 pm – 8:00 pm</td>
<td>Case Presentations CHF – Dr. Movahed and Panel Discussion: Dr. Amin, Dr. Gupta, Dr. Motallebi, Dr. Alpert, Dr. Shah</td>
</tr>
<tr>
<td>Time</td>
<td>Event Description</td>
</tr>
<tr>
<td>--------------</td>
<td>-----------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>8:00 pm – 9:00 pm</td>
<td>Case Presentations CAD – Dr. Movahed and Panel Discussion: Dr. Alpert, Dr. Motallebi, Dr. Amin, Dr. Ebrahimi, Dr. Gupta, Dr. Shah</td>
</tr>
<tr>
<td><strong>Sunday – April 7</strong></td>
<td></td>
</tr>
<tr>
<td>7:00 am – 8:00 am</td>
<td>Registration/Breakfast</td>
</tr>
<tr>
<td></td>
<td>CME Breakfast Symposium: New Strategies to Manage Residual Risk Beyond Statin Therapy in Patients With or At High Risk of Cardiovascular Events – Dr. Wong</td>
</tr>
<tr>
<td></td>
<td><em>Certified for 10 Hrs AMA Category 1 PRA CME Credits Provided by Medintelligence and Postgraduate Institute of Medicine</em></td>
</tr>
<tr>
<td>8:00 am – 8:20 am</td>
<td>CareMore Approach to Cardiovascular Care - Dr. Gupta</td>
</tr>
<tr>
<td></td>
<td><strong>Valve and Coronary Interventions</strong></td>
</tr>
<tr>
<td>8:20 am – 8:40 am</td>
<td>Aortic Stenosis: When to intervene? How to follow? - Dr. Amin</td>
</tr>
<tr>
<td>8:40 am – 9:00 am</td>
<td>Surgical vs Percutaneous Treatment of Aortic Stenosis - Dr. Burstein</td>
</tr>
<tr>
<td>9:00 am – 9:20 am</td>
<td>Surgical vs Percutaneous Treatment of Mitral Regurgitation - Dr. Burstein</td>
</tr>
<tr>
<td>9:20 am – 9:40 am</td>
<td>When to use Assist Devices for Coronary Intervention - Dr. Habibzadeh</td>
</tr>
<tr>
<td>9:40 am – 10:00 am</td>
<td>Future Devices and Other Treatments for Adult Structural Heart Disease - Dr. Burstein</td>
</tr>
<tr>
<td>10:00 am – 10:30 am</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>10:30 am – 10:40 am</td>
<td>Break</td>
</tr>
<tr>
<td></td>
<td><strong>Peripheral /Cerebral Vascular Disease</strong></td>
</tr>
<tr>
<td>10:40 am – 11:00 am</td>
<td>Clinical Approach to Stroke - Dr. Teeple</td>
</tr>
<tr>
<td>11:00 am – 11:20 am</td>
<td>Carotid Disease: When to Intervene? - Dr. Teeple</td>
</tr>
<tr>
<td>11:20 am – 11:40 am</td>
<td>When to Close or not to Close PFO? - Dr. Burstein</td>
</tr>
<tr>
<td>11:40 am – 12:00 pm</td>
<td>Approach to Peripheral Vascular Disease, Claudication - Dr. Berens</td>
</tr>
<tr>
<td>12:00 pm – 12:10 pm</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>12:10 pm – 12:20 pm</td>
<td>Lunch</td>
</tr>
<tr>
<td>12:20 pm – 1:20 pm</td>
<td>Poster Exhibition</td>
</tr>
<tr>
<td></td>
<td><strong>Afternoon Sessions</strong></td>
</tr>
<tr>
<td>1:20 pm – 1:40 pm</td>
<td>Is Digoxin Therapy Obsolete? - Dr. Alpert</td>
</tr>
<tr>
<td>1:40 pm – 2:00 pm</td>
<td>Pre-op Evaluation for Non-Cardiac Surgery - Dr. Movahed</td>
</tr>
<tr>
<td>2:00 pm – 2:20 pm</td>
<td>Antiarrhythmic Drugs - Dr. Motallebi</td>
</tr>
<tr>
<td>2:20 pm – 2:40 pm</td>
<td>Approach to Pulmonary Hypertension - Dr. Oropez</td>
</tr>
<tr>
<td>2:40 pm – 3:00 pm</td>
<td>Non-Invasive Testing Selection - Dr. Movahed</td>
</tr>
<tr>
<td>3:00 pm – 3:20 pm</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>3:20 pm – 3:40 pm</td>
<td>Break</td>
</tr>
<tr>
<td>3:40 pm – 4:00 pm</td>
<td>Sleep Apnea and Cardiac Implication - Dr. Oropez</td>
</tr>
<tr>
<td>4:00 pm – 4:20 pm</td>
<td>Geriatric Cardiology - Dr. Khoubyari</td>
</tr>
<tr>
<td>4:20 pm – 4:40 pm</td>
<td>Workup for Causes of Dilated Cardiomyopathy - Dr. Habibzadeh</td>
</tr>
<tr>
<td>4:40 pm – 5:00 pm</td>
<td>How to Improve Medical Compliant - Dr. Wegryn</td>
</tr>
<tr>
<td>5:00 pm – 5:20 pm</td>
<td>Broken Heart Syndrome (Takotsubo Cardiomyopathy) - Dr. Movahed</td>
</tr>
<tr>
<td>5:20 pm – 5:40 pm</td>
<td>What I have Learned from more than 40 Years of Clinical Medicine - Dr. Alpert</td>
</tr>
<tr>
<td>5:40 pm – 6:00 pm</td>
<td>Balancing Life, Work, and the Pursuit of Happiness - Dr. Alpert</td>
</tr>
<tr>
<td>6:00 pm – 6:10 pm</td>
<td>Q &amp; A Session</td>
</tr>
<tr>
<td>6:10 pm – 6:15 pm</td>
<td>Best Poster Award Ceremony – Dr. Movahed</td>
</tr>
<tr>
<td>6:15 pm – 6:30 pm</td>
<td>Closing Remark – Dr. Amin</td>
</tr>
</tbody>
</table>
SPEAKERS/PRESENTERS

SCIENTIFIC CHAIR

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

SCIENTIFIC CO-CHAIRS

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

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

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

SCIENTIFIC CO-CHAIRS

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

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

Theodore V. Higuera, MD
Geriatric Cardiologist
CareMore Health

ORGANIZING COMMITTEE/PRESENTERS

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

Piyush Gupta, MD
Regional Medical Officer of Arizona
CareMore Health

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

Virag Shah, MD, FAAFP
Associate Regional Medical Officer of Arizona
CareMore Health

M. Nooshin Hashemzadeh, Ph.D
University of Arizona and Pima College
CEO and Founder LaVie Derma
Chair of Heart and Stroke Ball 2020

Melisa Dodge, BS, RCS
Echo Technician
CareMore Health

ADDITIONAL CAREMORE HEALTH PRESENTERS

Nicole Wegrzyn, PharmD, BCACP
Lead Clinical Pharmacist
CareMore Health

Cristine E. Oropez, MD, MHS
Pulmonologist
CareMore Health
Clinical Assistant Professor of Medicine, University of Arizona

Virag Shah, MD, FAAFP
Associate Regional Medical Officer of Arizona
CareMore Health

Melisa Dodge, BS, RCS
Echo Technician
CareMore Health

Sameer Sheth, MD
Cardiologist
CareMore Health

M. Nooshin Hashemzadeh, Ph.D
University of Arizona and Pima College
CEO and Founder LaVie Derma
Chair of Heart and Stroke Ball 2020

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

Rostam Khoubiyari, MD, FACC
Geriatric Cardiologist
CareMore Health

Nicole Wegrzyn, PharmD, BCACP
Lead Clinical Pharmacist
CareMore Health
Clinical Instructor
College of Pharmacy, University of Arizona

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

Rostam Khoubiyari, MD, FACC
Geriatric Cardiologist
CareMore Health

Nicole Wegrzyn, PharmD, BCACP
Lead Clinical Pharmacist
CareMore Health
Clinical Instructor
College of Pharmacy, University of Arizona

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

Rostam Khoubiyari, MD, FACC
Geriatric Cardiologist
CareMore Health

Nicole Wegrzyn, PharmD, BCACP
Lead Clinical Pharmacist
CareMore Health
Clinical Instructor
College of Pharmacy, University of Arizona
Other Presenters

Mayor Jonathan Rothschild

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

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

M. Reza Habibzadeh, MD
Interventional Cardiology
Chair, Cardiovascular Review Committee &
Echocardiography Lab
Carondelet Medical Group

Eric S. Berens, MD, FACS
Founder
Arizona Endovascular Center
Medical Director, Vascular Service Line
Carondelet St. Joseph Hospital

Ramin Ebrahimi, MD
Professor of Medicine
University of California, Los Angeles
Director Interventional Cardiovascular Research &
Co-director Cardiac Catheterization Laboratory
GLAVA

Nathan D. Wong, PhD, FACC, FAHA
Professor and Director, Heart Disease Prevention Program, Division of Cardiology
University of California, Irvine

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

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

Uri Elkayam, MD
Professor of Medicine
Obstetrics and Gynecology,
Division of Cardiology
University of Southern California, Los Angeles
Chairman
Heart Failure Society of America