



Weston Medical Education Foundation of India

Office No:- 99,9th Floor, Kalpataru Avenue, Opp. ESIC Hospital, Kandivali (East) , Mumbai -400101.

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CARDIO SUMMIT

09th & 10th March 2024 at Umaria, Madhya Pradesh.

The "CARDIO SUMMIT" convened in Umaria, Madhya Pradesh, orchestrated by the esteemed Weston Medical Education Foundation of India. This gathering aimed to amalgamate the expertise of cardiologists and general physicians from across India, fostering a dialogue on the intricacies of managing cardiovascular diseases and its associated complications.

"During the CME, Weston Medical Education Foundation of India emphasized the essential role of such events in bridging the gap between cutting-edge research and everyday medical practice, ensuring wider access to knowledge for the benefit of all doctors and their patients."

Total Participants: 11 distinguished participants

EXPERT

Faculties:

- Dr. DS behrani
- Dr. Ashish dhengra
- Dr. Anil Jain
- Dr. MP Singh



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Summary of CME

Day 1 Highlights:

- **Dr. DS Behrani - Cardiac Health in the Modern Era:** Dr. DS Behrani's discourse on cardiac health in the modern era encompassed a comprehensive exploration of the evolving landscape of cardiovascular diseases. By contextualizing the impact of contemporary lifestyles on heart health, Dr. Behrani shed light on the multifactorial nature of cardiac disorders, emphasizing the need for holistic approaches to prevention and management. Through a nuanced examination of risk factors such as sedentary behavior, dietary patterns, and stress, he underscored the importance of personalized interventions tailored to individual patient needs. By advocating for a paradigm shift towards proactive strategies that prioritize prevention and early intervention, Dr. Behrani's insights paved the way for a more proactive and patient-centered approach to cardiac care, aiming to improve outcomes and reduce the burden of cardiovascular diseases in the modern era.
- **Dr. Ashish Dhengra - Diagnosis and management of patients with white-coat and masked hypertension:** Dr. Ashish Dhengra's presentation on the diagnosis and management of patients with white-coat and masked hypertension addressed a common yet often overlooked challenge in clinical practice. By elucidating the nuances of these phenomena and their implications for patient care, Dr. Dhengra provided valuable guidance for healthcare professionals navigating the complexities of hypertension management. Through a comprehensive discussion of diagnostic criteria, monitoring techniques, and therapeutic strategies, he empowered clinicians to make informed decisions tailored to individual patient profiles. By highlighting the importance of accurate blood pressure measurement and vigilant monitoring, Dr. Dhengra's insights aimed to optimize hypertension management, ultimately aiming to reduce cardiovascular risks and improve patient outcomes.
- **Dr. Anil Jain - Controversy in Blood Pressure Management:** Dr. Anil Jain's exploration of the controversy in blood pressure management delved into the complexities and divergent perspectives within the medical community regarding optimal approaches to hypertension. Through an in-depth analysis of conflicting evidence, differing guidelines, and evolving treatment paradigms, Dr. Jain illuminated the nuanced nature of blood pressure management. By acknowledging the spectrum of opinions and the dynamic nature of clinical research, he underscored the importance of individualized care that considers patient characteristics, comorbidities, and preferences. Dr. Jain's presentation encouraged healthcare professionals to critically evaluate available evidence, engage in shared decision-making with patients, and tailor treatment plans based on a comprehensive understanding of the benefits, risks, and uncertainties surrounding various therapeutic options.



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- **Dr. MP Singh - Updates in Antiplatelet and Anticoagulation Therapy:** Dr. MP Singh's session on updates in antiplatelet and anticoagulation therapy provided valuable insights into recent advancements and emerging trends in the management of thrombotic disorders. By synthesizing the latest evidence and clinical guidelines, Dr. Singh offered a comprehensive overview of pharmacological agents, dosing regimens, and treatment strategies aimed at preventing and managing thrombotic events. Through a detailed discussion of indications, contraindications, and considerations for individualized therapy, he empowered healthcare professionals to make informed decisions in the selection and optimization of antiplatelet and anticoagulant therapies. Dr. Singh's presentation underscored the importance of staying abreast of evolving evidence and guidelines to ensure optimal patient care, ultimately aiming to reduce the burden of thrombotic diseases and improve clinical outcomes.
- **Dr. DS Behrani - Changing the focus on weight management in DM:** Dr. DS Behrani's presentation on changing the focus on weight management in diabetes mellitus (DM) offered a paradigm shift in addressing this prevalent metabolic condition. By recognizing the significant impact of obesity on the pathophysiology and progression of diabetes, Dr. Behrani advocated for a comprehensive approach that prioritizes weight management as a cornerstone of diabetes care. Through an exploration of lifestyle modifications, dietary interventions, and behavioral strategies, he highlighted the potential for weight loss to improve glycemic control, reduce cardiovascular risks, and enhance overall well-being in individuals with diabetes. Dr. Behrani's insights emphasized the importance of shifting from a reactive to a proactive approach, integrating weight management into routine diabetes care to achieve better long-term outcomes and mitigate the burden of complications associated with this chronic condition.
- **Dr. Ashish Dhengra - Hydrochlorothiazide:** Dr. Ashish Dhengra's discussion on hydrochlorothiazide (HCTZ) provided a focused examination of this widely used diuretic agent in clinical practice. By elucidating its pharmacological properties, mechanisms of action, and therapeutic indications, Dr. Dhengra offered valuable insights into the role of HCTZ in the management of hypertension and edema-related conditions. Through a balanced discussion of its efficacy, safety profile, and potential adverse effects, he empowered healthcare professionals to make informed decisions regarding its use, considering individual patient factors and treatment goals. Dr. Dhengra's presentation underscored the importance of a nuanced approach to diuretic therapy, incorporating HCTZ as part of a comprehensive treatment regimen tailored to the specific needs of each patient, ultimately aiming to optimize clinical outcomes while minimizing potential risks.



Day 2 Highlights:

- **Dr. DS Behrani - Polypharmacy for Lipid Management:** Dr. DS Behrani's discourse on polypharmacy for lipid management provided a comprehensive understanding of the complexities involved in treating dyslipidemia using multiple medications. By exploring the rationale behind combination therapy and the synergistic effects of different lipid-lowering agents, Dr. Behrani elucidated the principles guiding the selection and optimization of pharmacological interventions. Through an examination of evidence-based guidelines and clinical trials, he underscored the importance of individualized treatment approaches tailored to patients' lipid profiles, cardiovascular risk factors, and comorbidities. Dr. Behrani's insights emphasized the need for a proactive approach to lipid management that balances efficacy with safety, optimizing therapeutic regimens to achieve target lipid levels and reduce the risk of cardiovascular events while minimizing the potential for adverse effects associated with polypharmacy.
- **Dr. Ashish Dhengra - DAPT & DPI:** Dr. Ashish Dhengra's discussion on dual antiplatelet therapy (DAPT) and dual pathway inhibition (DPI) provided valuable insights into the evolving landscape of antiplatelet therapy in cardiovascular disease management. By elucidating the mechanisms of action and clinical indications for DAPT and DPI regimens, Dr. Dhengra highlighted their roles in preventing thrombotic events and improving outcomes in high-risk patients. Through a nuanced examination of the latest evidence, including landmark trials and guideline recommendations, he empowered healthcare professionals to make informed decisions regarding the selection and duration of antiplatelet therapy, considering individual patient factors and the balance between ischemic and bleeding risks. Dr. Dhengra's presentation underscored the importance of personalized approaches to antiplatelet therapy, optimizing treatment strategies to maximize efficacy while minimizing the potential for adverse events in patients with cardiovascular disease.
- **Dr. Anil Jain - Stroke Prevention and Awareness: Know the Signs and Reduce the Risks:** Dr. Anil Jain's presentation on stroke prevention and awareness emphasized the critical importance of early recognition, intervention, and risk reduction strategies in mitigating the burden of stroke. By raising awareness of the signs and symptoms of stroke, Dr. Jain empowered healthcare professionals and the public to recognize the urgency of seeking immediate medical attention. Through a comprehensive discussion of modifiable risk factors such as hypertension, diabetes, smoking, and obesity, he underscored the significance of proactive measures in reducing the incidence and impact of stroke. Dr. Jain's insights highlighted the potential for lifestyle modifications, pharmacotherapy, and public health initiatives to significantly improve outcomes and reduce the socioeconomic burden associated with stroke, ultimately aiming to enhance quality of life and prevent disability in at-risk populations.



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- **Dr. MP Singh - Impact of Cholesterol on Heart Health and Effective Management:** Dr. MP Singh's exploration of the impact of cholesterol on heart health and effective management offered valuable insights into the multifaceted role of cholesterol in cardiovascular disease. By elucidating the mechanisms underlying atherosclerosis and coronary artery disease, Dr. Singh underscored the significance of lipid-lowering strategies in preventing adverse cardiovascular events. Through a comprehensive examination of evidence-based approaches to cholesterol management, including lifestyle modifications and pharmacotherapy, he provided guidance for healthcare professionals in optimizing treatment regimens tailored to individual patient profiles. Dr. Singh's presentation highlighted the importance of achieving target lipid levels and reducing cardiovascular risk through aggressive management of dyslipidemia, ultimately aiming to improve clinical outcomes and reduce the burden of cardiovascular disease on global health.
- Throughout both days of the summit, topics such as the diagnosis and management of hypertension variants, controversies in blood pressure management, updates in antiplatelet and anticoagulation therapy, weight management in diabetes mellitus, and the impact of cholesterol on heart health were addressed.
- Delegates participating in the CME sessions had the opportunity to engage with expert speakers, exchange knowledge, and gain a deeper understanding of best practices and emerging trends in cardiovascular care. These sessions not only contributed to the professional development of attendees but also enhanced their ability to deliver high-quality, evidence-based care to their patients.
- **In the end of this CME, the Weston Medical Education Foundation of India extended, its sincere vote of thanks to the attending delegates and acknowledged the academic industry partners for their valuable support and contribution to the success of this event.**
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Photos of CME



Lecture on DAPT & DPI





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Lecture on Cardiac Health in the Modern Era





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Panel Discussion

