



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 Elaka, Rajasthan

The "CARDIO SUMMIT" convened in the Hasanpur Mafi, Elaka, Rajasthan, 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.

Setting the stage for the event, the Weston Medical Education Foundation of India delivered the opening address, underscoring its pivotal role in disseminating specialized knowledge to a wider cadre of practicing doctors.

Total Participants: 10 distinguished participants

EXPERT

Faculties:

- Dr. P. Jain
- Dr. Nishesh
- Dr. Vikas
- Dr. Ashwin



Summary of CME

Day 1 Highlights:

- 1. Dr. P. Jain - Role of ARN + Diuretics across CV Continuum:** Dr. P. Jain's presentation on the role of angiotensin receptor neprilysin inhibitor (ARNI) and diuretics across the cardiovascular continuum offered valuable insights into the pharmacological management of cardiovascular conditions. By exploring the mechanisms of action and clinical indications for ARNI therapy, Dr. Jain highlighted its potential benefits in reducing morbidity and mortality in patients with heart failure and left ventricular dysfunction. Additionally, he discussed the complementary role of diuretics in managing fluid overload and congestion, particularly in the setting of heart failure exacerbations. Through an examination of evidence-based guidelines and clinical trials, Dr. Jain provided guidance for healthcare professionals in optimizing ARNI therapy and diuretic regimens to improve outcomes and quality of life for patients across the cardiovascular continuum. His insights underscored the importance of personalized treatment approaches tailored to individual patient characteristics and clinical presentations, aiming to optimize cardiovascular care and reduce the burden of cardiovascular disease.
- 2. Dr. Ashwin - Polypharmacy for HF Management:** Dr. Ashwin's discussion on polypharmacy for heart failure management provided a comprehensive overview of the challenges and considerations associated with using multiple medications in the treatment of heart failure. By examining the rationale behind polypharmacy, including the synergistic effects of different pharmacological agents, Dr. Ashwin elucidated the principles guiding the selection and optimization of medication regimens for heart failure patients. Through an exploration of evidence-based guidelines and clinical trials, he underscored the importance of individualized treatment approaches tailored to patients' clinical status, symptoms, and comorbidities. Dr. Ashwin's insights emphasized the need for a comprehensive and coordinated approach to polypharmacy in heart failure management, aiming to optimize symptom control, reduce hospitalizations, and improve overall outcomes in affected individuals.
- 3. Dr. Nishesh - Polypharmacy for Lipid Management:** Dr. Nishesh's presentation on polypharmacy for lipid management offered valuable insights into the complexities of treating dyslipidemia using multiple medications. By exploring the rationale behind combination therapy and the synergistic effects of different lipid-lowering agents, Dr. Nishesh provided guidance for healthcare professionals in optimizing pharmacological interventions to achieve target lipid levels and reduce cardiovascular risk. 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. Nishesh's insights emphasized the need for a proactive approach to lipid management that balances efficacy with safety, optimizing therapeutic regimens to improve outcomes and reduce the risk of cardiovascular events.
- 4. Dr. Vikas - Newer non-coronary intervention:** Dr. Vikas's discussion on newer non-coronary interventions offered insights into emerging techniques and technologies in interventional cardiology beyond coronary artery disease. By examining advancements in structural heart interventions, peripheral vascular interventions, and electrophysiology procedures, Dr. Vikas highlighted the expanding scope of non-coronary interventions in modern cardiovascular medicine. From transcatheter aortic valve replacement (TAVR) to endovascular treatments for peripheral artery disease



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(PAD) and atrial fibrillation ablation, he navigated through innovative procedures aimed at addressing complex cardiovascular conditions. Dr. Vikas's presentation underscored the importance of innovation, collaboration, and ongoing education in advancing non-coronary interventions, ultimately aiming to improve patient outcomes and enhance quality of life in diverse patient populations.

5. **Dr. Ashwin - Role of Cardio Selective Beta Blocker with focus on S-Metoprolol:** Dr. Ashwin's presentation on the role of cardio-selective beta-blockers, with a focus on S-Metoprolol, provided valuable insights into the pharmacological management of cardiovascular conditions. By exploring the mechanisms of action, clinical indications, and therapeutic efficacy of cardio-selective beta-blockers, Dr. Ashwin highlighted their potential benefits in reducing morbidity and mortality in patients with various cardiovascular diseases, including hypertension, heart failure, and post-myocardial infarction. Additionally, he discussed the specific properties and advantages of S-Metoprolol, including its cardio-selectivity and pharmacokinetic profile, which make it a preferred choice in certain patient populations. Through an examination of evidence-based guidelines and clinical trials, Dr. Ashwin provided guidance for healthcare professionals in optimizing beta-blocker therapy to improve outcomes and quality of life for patients across the cardiovascular continuum. His insights underscored the importance of personalized treatment approaches tailored to individual patient characteristics and clinical presentations, aiming to optimize cardiovascular care and reduce the burden of cardiovascular disease.
6. **Dr. P. Jain - DAPT & DPI:** Dr. P. Jain's presentation on dual antiplatelet therapy (DAPT) and dual pathway inhibition (DPI) offered valuable insights into the evolving landscape of antiplatelet therapy in cardiovascular disease management. By examining the mechanisms of action, clinical indications, and therapeutic efficacy of DAPT and DPI regimens, Dr. Jain provided guidance for healthcare professionals in optimizing antiplatelet therapy for patients at risk of thrombotic events. Through an exploration of evidence-based guidelines and clinical trials, he navigated through the nuances of antiplatelet therapy selection, duration, and monitoring, considering individual patient factors and the balance between ischemic and bleeding risks. Dr. Jain's presentation underscored the importance of personalized approaches to antiplatelet therapy, aiming to maximize efficacy while minimizing the potential for adverse events in patients with cardiovascular disease.

Day 2 Highlights:

- **Dr. Vikas - Hydrochlorothiazide: Reassurance from newer evidences:** Dr. Vikas's presentation on hydrochlorothiazide (HCTZ), focusing on reassurance from newer evidence, provided valuable insights into the pharmacological profile and clinical utility of this commonly prescribed diuretic. By examining recent research findings and updated guidelines, Dr. Vikas addressed potential concerns and controversies surrounding HCTZ use, offering reassurance regarding its safety and efficacy in the management of hypertension and edema-related conditions. Through an analysis of pharmacological mechanisms, therapeutic indications, and adverse effects, he provided guidance for healthcare professionals in optimizing HCTZ therapy, considering patient-specific factors and treatment goals. Dr. Vikas's presentation underscored the importance of evidence-based practice and ongoing evaluation of therapeutic interventions to ensure optimal patient care and outcomes.



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- **Dr. Nishesh - ECG in ICU:** Dr. Nishesh's discussion on electrocardiography (ECG) in the intensive care unit (ICU) offered insights into the role of this diagnostic modality in critically ill patients. By examining the utility of ECG monitoring in detecting and managing cardiac abnormalities in the ICU setting, Dr. Nishesh highlighted its importance in guiding clinical decision-making and treatment strategies. Through an exploration of ECG patterns associated with various critical conditions, such as myocardial infarction, arrhythmias, and electrolyte imbalances, he provided guidance for healthcare professionals in recognizing and responding to potentially life-threatening cardiac events. Dr. Nishesh's presentation underscored the significance of incorporating ECG monitoring into the comprehensive care of critically ill patients, aiming to improve outcomes and reduce morbidity and mortality in this vulnerable population.
- **Dr. Nishesh - Congestion in Heart Failure:** Dr. Nishesh's presentation on congestion in heart failure offered valuable insights into the management of this common and challenging aspect of heart failure. By exploring the pathophysiology and clinical manifestations of congestion, Dr. Nishesh highlighted its impact on patient outcomes and quality of life. Through an examination of evidence-based treatment strategies, including diuretic therapy, vasodilators, and ultrafiltration, he provided guidance for healthcare professionals in relieving congestion and improving symptoms in patients with heart failure. Dr. Nishesh's insights underscored the importance of a comprehensive and individualized approach to managing congestion, aiming to optimize volume status, reduce hospitalizations, and enhance quality of life for affected individuals.
- **Dr. P. Jain - Prevention and Management of Heart Disease:** Dr. P. Jain's presentation on the prevention and management of heart disease offered a comprehensive overview of strategies aimed at reducing the burden of cardiovascular conditions. By examining modifiable risk factors such as hypertension, hyperlipidemia, diabetes, obesity, and smoking, Dr. Jain emphasized the importance of preventive measures in reducing the incidence and impact of heart disease. Through an exploration of lifestyle modifications, pharmacological interventions, and cardiac rehabilitation programs, he provided guidance for healthcare professionals in mitigating the risk of cardiovascular events and improving outcomes for patients at risk of or living with heart disease. Dr. Jain's insights underscored the significance of early detection, patient education, and multidisciplinary care in optimizing cardiovascular health and reducing the global burden of heart disease.
- Different cases were explained to the audience and the whole case was open for discussion. Audience actively participated in the discussion regarding complication of cardiovascular disease and its management. It was a very interactive session and the delegates thoroughly enjoyed it.
- Participants were keen to share their experience and knowledge and they also provided their critiques and recommendations on the event.
- **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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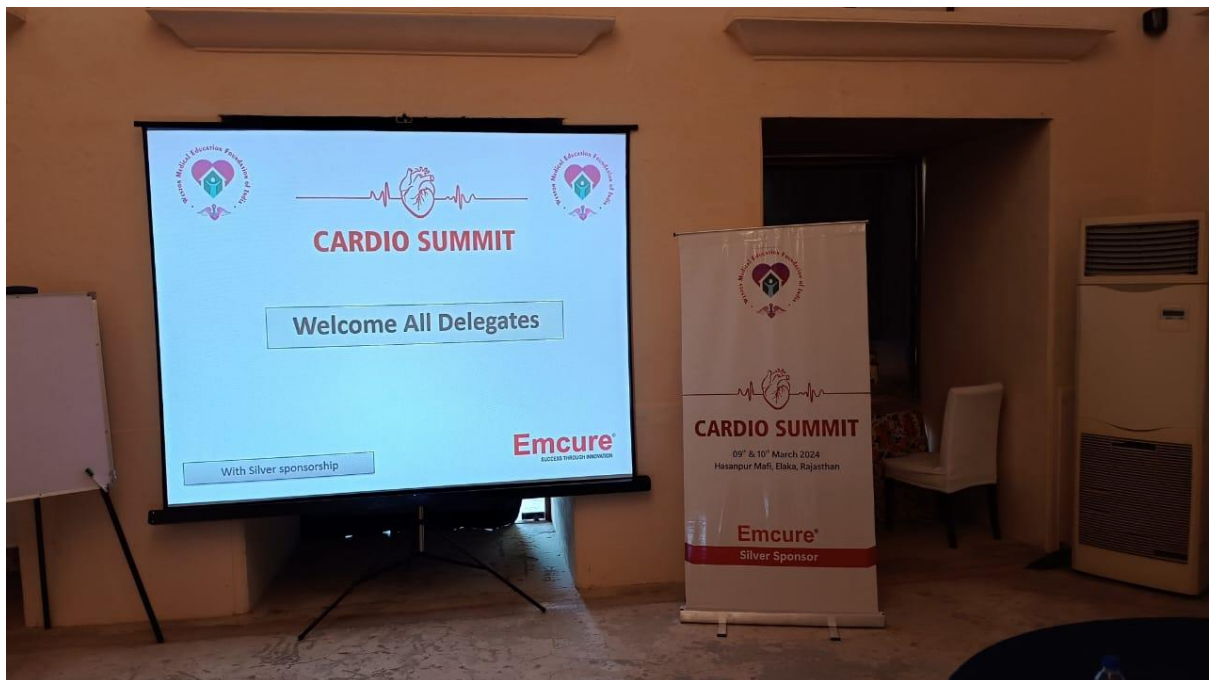


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Photos of CME





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Lecture on congestion in heart failure



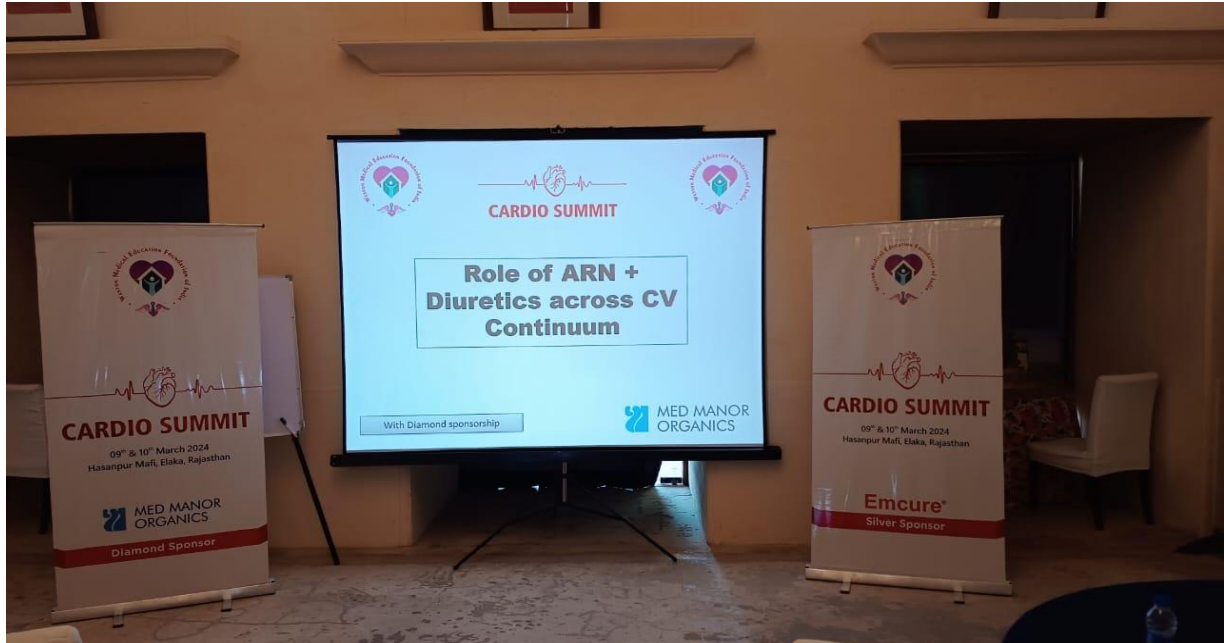
Lecture on Newer non coronary intervention



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Lecture on Role of ARN + Diuretics across CV continuum



Lecture on polypharmacy for HF management



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Panel Discussion





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Panel Discussion





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