



## Weston Medical Education Foundation of India

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# CARDIO SUMMIT

21<sup>st</sup> & 22<sup>nd</sup> December 2024 at Tathastu Resort - Tadoba

The "CARDIO SUMMIT" convened in Tathastu Resort - Tadoba, Nagpur, orchestrated by the esteemed Weston Medical Education Foundation of India. This gathering aimed to amalgamate the expertise of Orthopaedists and general physicians from across India, fostering a dialogue on the intricacies of managing Cardio management 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:** 24 distinguished participants

### EXPERT

#### Faculties:

- Dr. Akash Yende
- Dr. Hemant M Bhagwatkar
- Dr. Anmol D Khadse
- Dr. Nisheesh Mishra
- Dr. Sandeep Kharkar
- Dr. Kiran Somkuwar



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### AGENDA

**DAY 1 – 21st December, 2024**

**Time: 2:00 p.m. to 9:00 p.m.**

Topics	Speaker	Timings
<b>Welcome Note</b>		02:00 p.m. to 02:15 p.m.
Management of Hypertensive Heart Failure	Dr. Akash Yende	02:15 p.m. to 03:00 p.m.
Role of Cardio Selective Beta Blocker with focus on S - Metoprolol	Dr. Hemant M Bhagwatkar	03:00 p.m. to 03:45 p.m.
Role of ARN + Diuretics across CV Continuum	Dr. Anmol D Khadse	03:45 p.m. to 04:30 p.m.
Discussion on the Session		04:30 p.m. to 05:15 p.m.
<b>Tea Break</b>		05:15 p.m. to 06:00 p.m.
Antiplatelet therapy after percutaneous coronary intervention	Dr. Nisheesh Mishra	06:00 p.m. to 06:45 p.m.
Newer non-coronary intervention	Dr. Sandeep Kharkar	06:45 p.m. to 07:30 p.m.
Recent Advances in Non-Coronary Percutaneous Interventions	Dr. Kiran Somkuwar	07:30 p.m. to 08:15 p.m.
Discussion on the Session		08:15 p.m. to 09:00 p.m.

**DAY 2 - 22nd December, 2024**

**Time: 8:30 a.m. to 01:00 p.m.**

Topics		Timings
Nocturnal Hypertension: What do we do?	Dr. Sandeep Kharkar	08:30 a.m. to 09:15 a.m.
Current Place of SGLT2i in the Management of Heart Failure	Dr. Kiran Somkuwar	09:15 a.m. to 10:00 a.m.
Discussion on the Session		10:00 a.m. to 10:30 a.m.
<b>Breakfast</b>		10:30 a.m. to 11:00 a.m.
ECG Challenge: Hyperlipidemia and Irregular Pulse	Dr. Akash Yende	11:00 a.m. to 11:45 a.m.
LDL, LDL, and LDL	Dr. Hemant M Bhagwatkar	11:45 a.m. to 12:30 p.m.
Discussion on the Session		12:30 p.m. to 1:00 p.m.
<b>Vote of Thanks</b>		<b>WMEFI</b>



## Summary of CME

### Day 1:

- **Management of Hypertensive Heart Failure**

*Speaker: Dr. Akash Yende*

This session addressed the intersection of hypertension and heart failure, two of the most prevalent cardiovascular conditions. Dr. Yende elaborated on the pathophysiology of hypertensive heart failure, focusing on left ventricular dysfunction and diastolic heart failure. The discussion covered the latest guideline-directed medical therapies (GDMT), including the roles of ACE inhibitors, ARBs, beta-blockers, and diuretics. Emphasis was placed on individualizing treatment based on patient profiles, improving adherence, and achieving optimal outcomes through effective blood pressure control and heart failure management.

- **Role of Cardio-Selective Beta Blocker with Focus on S-Metoprolol**

*Speaker: Dr. Hemant M Bhagwatkar*

Dr. Bhagwatkar explored the pharmacokinetics and pharmacodynamics of S-Metoprolol, a cardio-selective beta-blocker with proven efficacy in managing hypertension, ischemic heart disease, and chronic heart failure. The presentation highlighted its role in reducing morbidity and mortality by targeting beta-1 adrenergic receptors, thereby lowering heart rate and myocardial oxygen demand. Key points included comparative studies of S-Metoprolol versus non-selective beta-blockers and its application in patients with comorbidities such as COPD or diabetes.

- **Role of ARN + Diuretics Across CV Continuum**

*Speaker: Dr. Anmol D Khadse*

This talk delved into the synergistic combination of Angiotensin Receptor-Neprilysin Inhibitors (ARNIs) with diuretics in managing heart failure and hypertension. Dr. Khadse reviewed clinical trials, such as PARADIGM-HF, which demonstrated the efficacy of ARNIs in reducing mortality and hospitalizations. The advantages of combining ARNIs with diuretics to manage fluid overload, improve cardiac output, and address symptoms across the cardiovascular disease continuum were explored. Practical considerations for titration, monitoring renal function, and addressing hyperkalemia were also discussed.

- **Antiplatelet Therapy After Percutaneous Coronary Intervention (PCI)**

*Speaker: Dr. Nisheesh Mishra*

Dr. Mishra focused on optimizing antiplatelet therapy post-PCI, emphasizing dual antiplatelet therapy (DAPT) using aspirin and P2Y12 inhibitors. The presentation covered critical aspects of therapy duration, balancing the risk of thrombosis versus bleeding, and selecting antiplatelet agents for specific patient subgroups, such as those with diabetes, CKD, or prior myocardial infarction. Real-world challenges, including patient adherence and drug interactions, were also highlighted.



- **Newer Non-Coronary Interventions**

*Speaker: Dr. Sandeep Kharkar*

This session introduced emerging non-coronary interventional procedures, including structural heart interventions like MitraClip for mitral regurgitation and transcatheter aortic valve replacement (TAVR). Dr. Kharkar discussed advancements in endovascular therapies for peripheral artery disease and innovative techniques for pulmonary artery interventions. The clinical indications, procedural outcomes, and the role of imaging modalities in enhancing procedural precision were also reviewed.

- **Recent Advances in Non-Coronary Percutaneous Interventions**

*Speaker: Dr. Kiran Somkuwar*

Dr. Somkuwar provided a comprehensive overview of recent technological innovations in percutaneous interventions, such as drug-eluting balloons, bioresorbable vascular scaffolds, and intravascular imaging techniques like OCT and IVUS. The integration of artificial intelligence in procedural planning and post-intervention monitoring was explored. Case studies illustrated the impact of these advancements on improving patient outcomes and expanding the scope of minimally invasive treatments.

## Day 2

- **Nocturnal Hypertension: What Do We Do?**

*Speaker: Dr. Sandeep Kharkar*

Nocturnal hypertension, an underdiagnosed condition with significant cardiovascular implications, was the focus of this session. Dr. Kharkar discussed its pathophysiology, the role of circadian rhythms, and its association with increased risks of stroke, myocardial infarction, and kidney disease. The importance of 24-hour ambulatory blood pressure monitoring (ABPM) and therapeutic strategies, including bedtime dosing of antihypertensive medications, was emphasized to achieve better blood pressure control and reduce nocturnal surges.

- **Current Place of SGLT2i in the Management of Heart Failure**

*Speaker: Dr. Kiran Somkuwar*

SGLT2 inhibitors were highlighted as a revolutionary therapy for heart failure with reduced ejection fraction (HFrEF). Dr. Somkuwar reviewed clinical trial data, such as DAPA-HF and EMPEROR-Reduced, demonstrating the mechanisms by which SGLT2 inhibitors improve cardiac outcomes. Beyond glycemic control, these agents showed benefits in reducing hospitalizations, improving cardiac remodeling, and enhancing quality of life. Practical aspects of integrating SGLT2 inhibitors into heart failure management were discussed, including monitoring and addressing adverse effects.



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- **ECG Challenge: Hyperlipidemia and Irregular Pulse**

*Speaker: Dr. Akash Yende*

This interactive session engaged participants with complex ECG cases, focusing on the diagnosis and management of hyperlipidemia and arrhythmias. Dr. Yende highlighted the impact of lipid disorders on cardiac rhythm and the importance of early detection and intervention. Case-based discussions covered interpreting ECG patterns in patients with atrial fibrillation, bradycardia, and ventricular arrhythmias, along with therapeutic strategies.

- **LDL, LDL, and LDL**

*Speaker: Dr. Hemant M Bhagwatkar*

Dr. Bhagwatkar provided an in-depth analysis of LDL cholesterol as a primary target for atherosclerotic cardiovascular disease (ASCVD) prevention. The session reviewed the latest guidelines, including LDL thresholds and treatment goals, and the role of statins, PCSK9 inhibitors, and ezetimibe in achieving optimal LDL reduction. Emerging therapies, such as siRNA-based treatments and their clinical implications, were discussed. Practical tips for improving patient adherence to lipid-lowering therapy concluded the session.

- **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



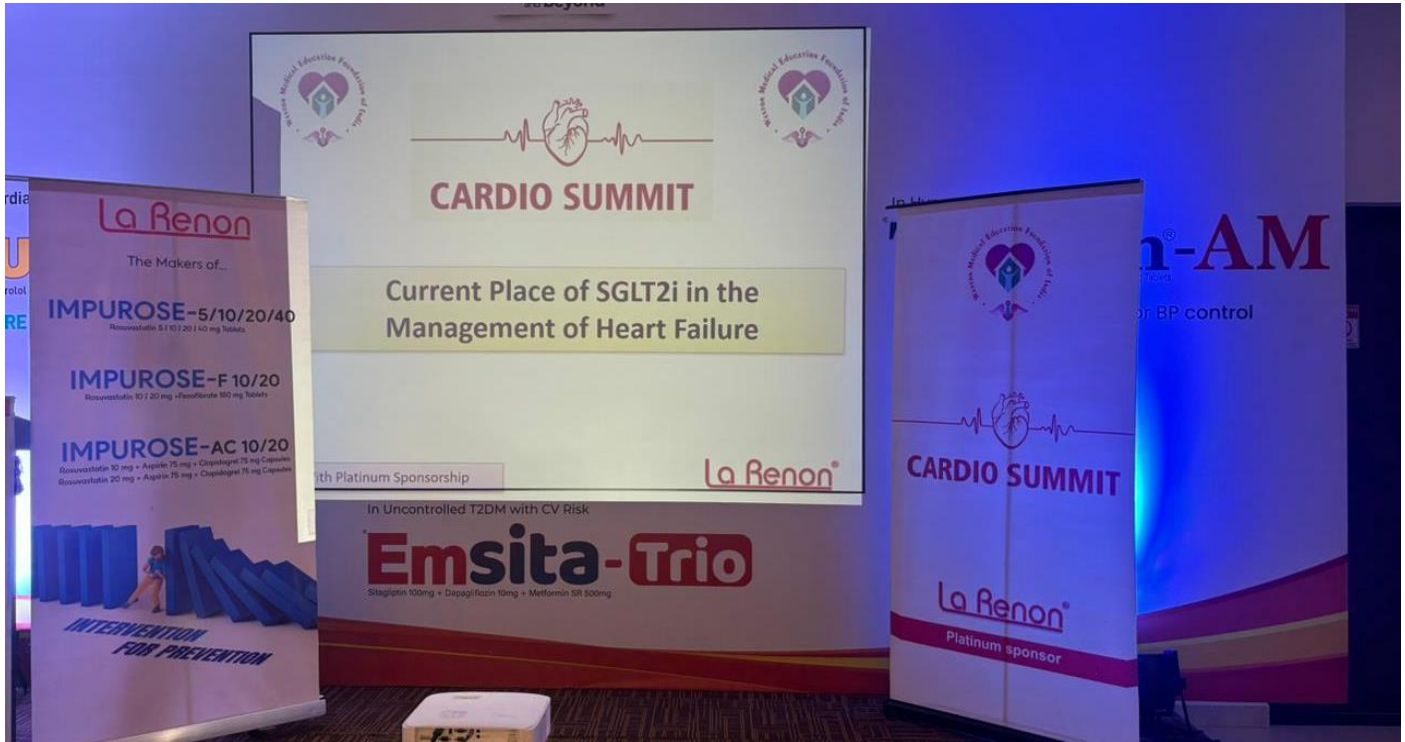


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### Lecture on Current Place of SGLT2i in the Management of Heart Failure



### Lecture on ECG Challenge: Hyperlipidemia and Irregular Pulse







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### Lecture on Management of Hypertensive Heart Failure



### Lecture on Role of ARN + Diuretics across CV Continuum





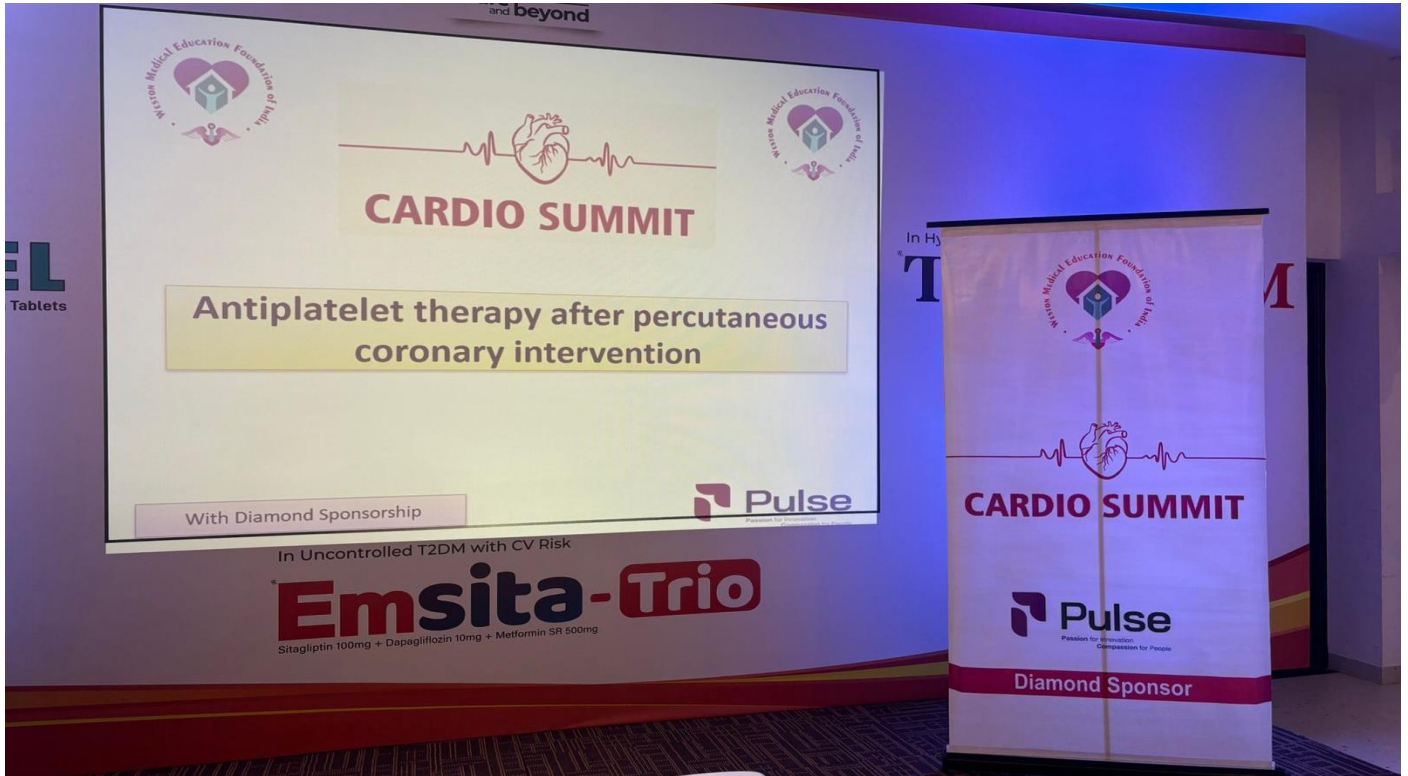


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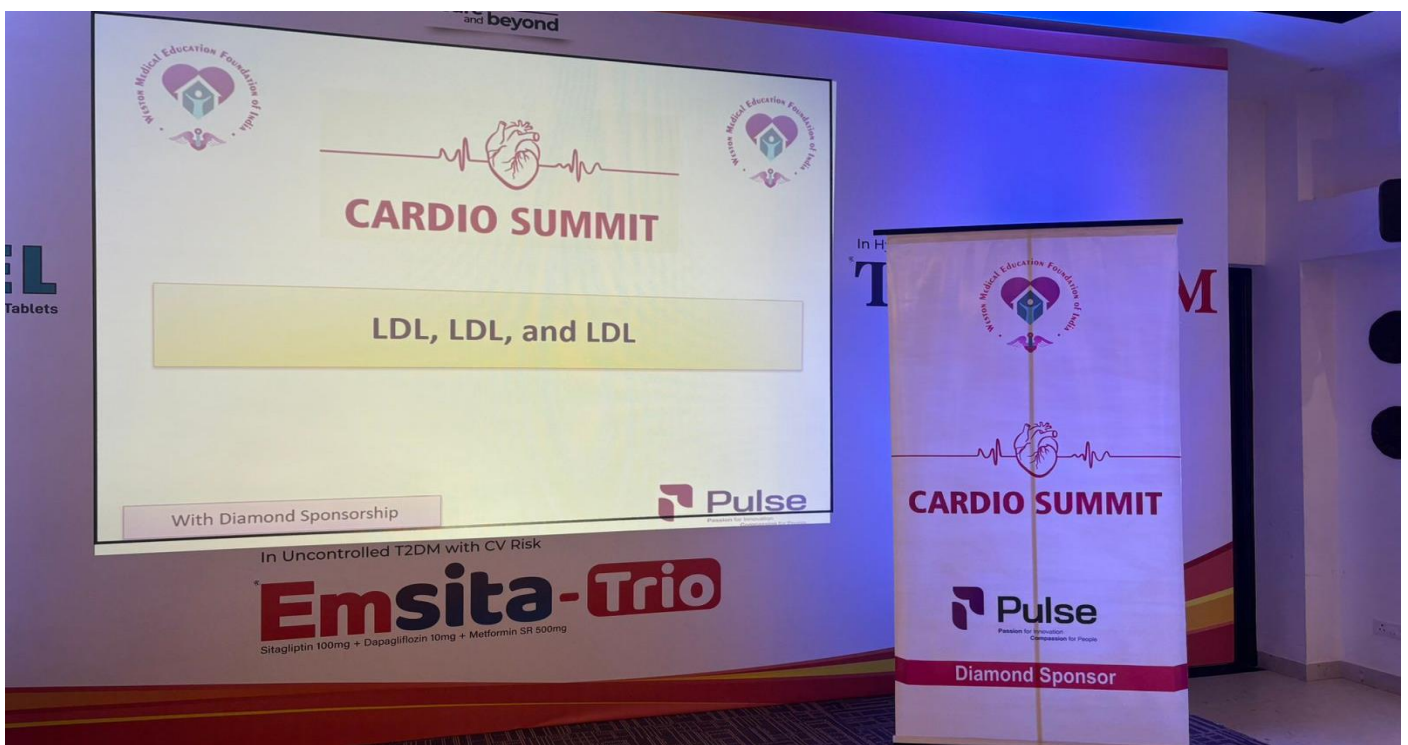
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### Lecture on Antiplatelet therapy after percutaneous coronary intervention



### Lecture on LDL, LDL, and LDL





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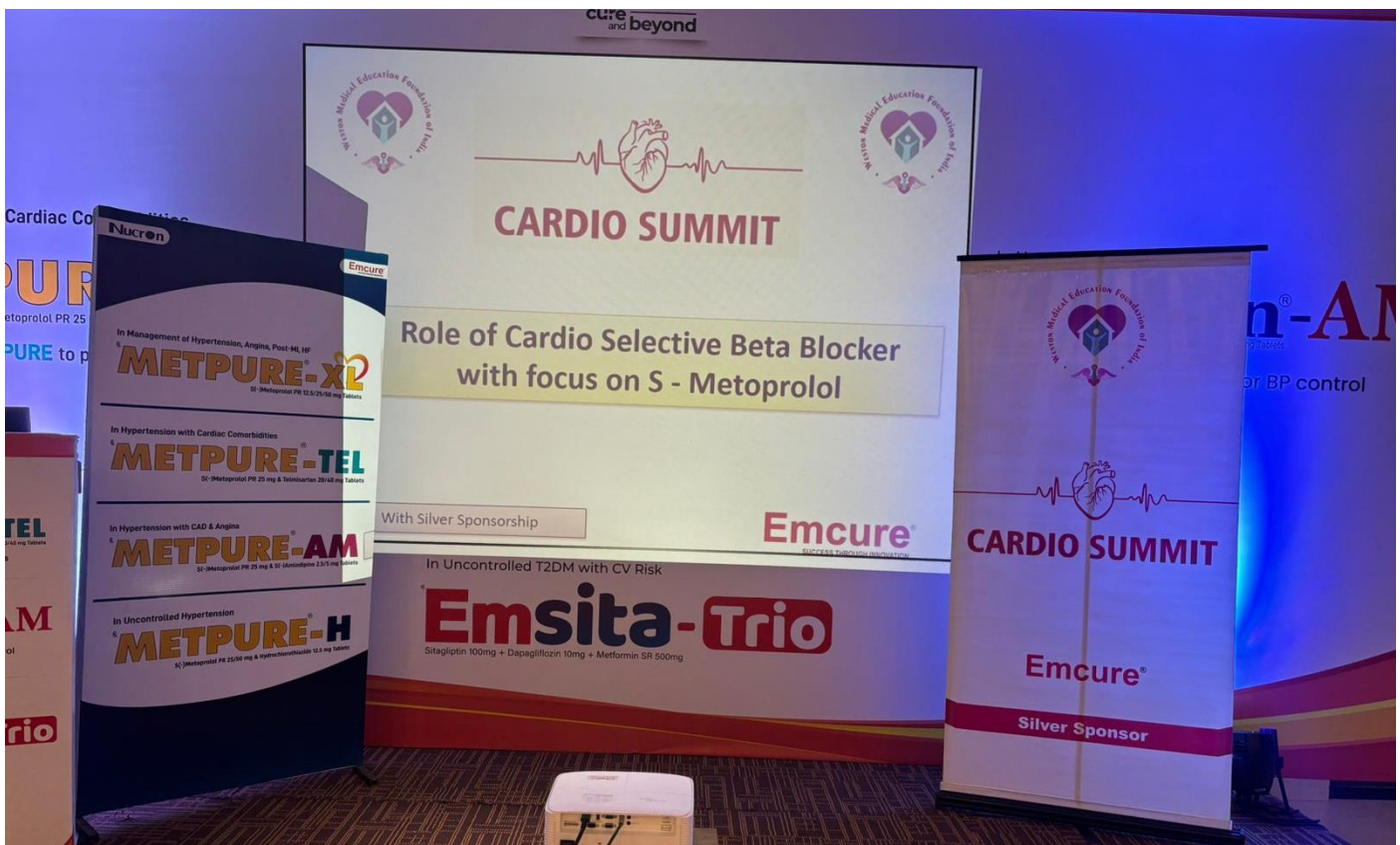
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### Lecture on Recent Advances in Non-Coronary Percutaneous Interventions



### Lecture on Role of Cardio Selective Beta Blocker with focus on S - Metoprolol







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### CME Registration







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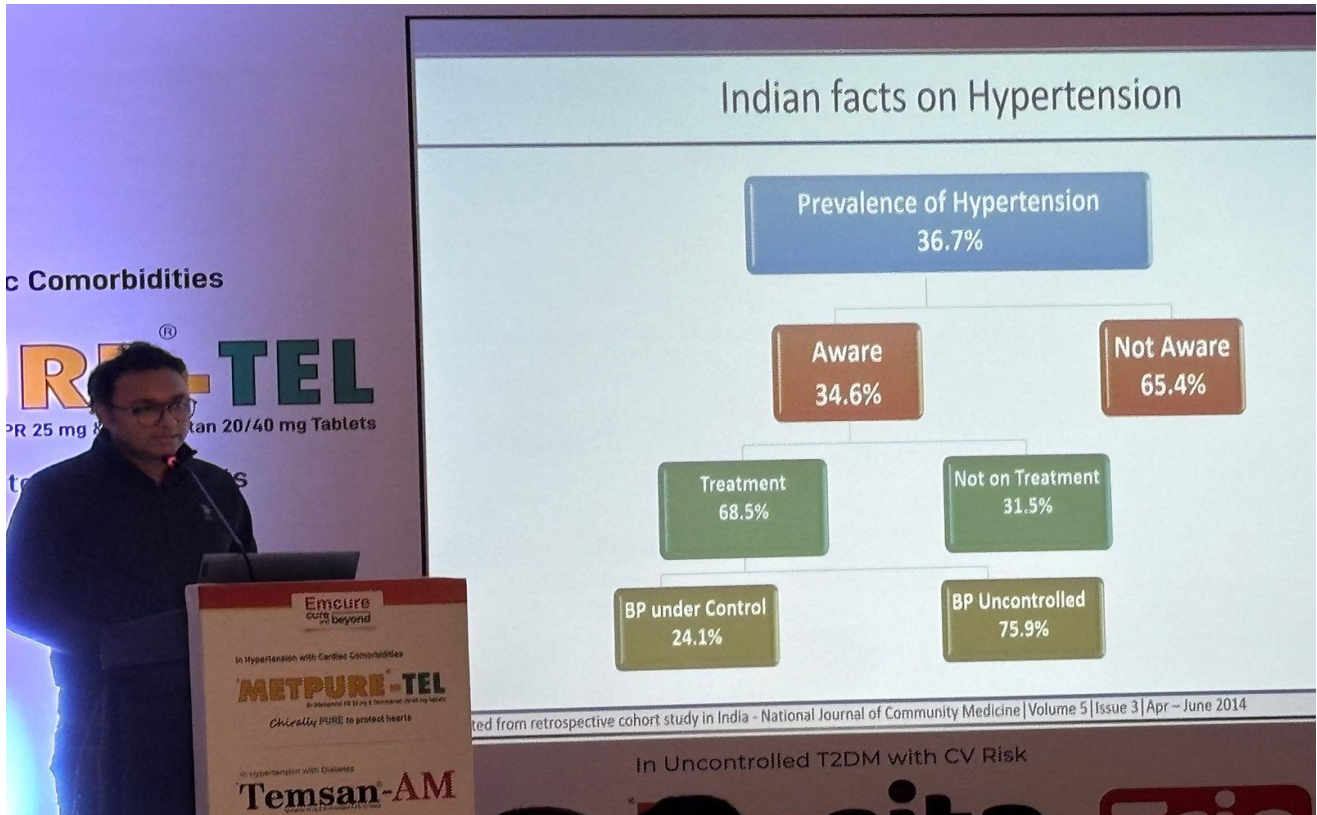




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**Heart Failure (HF): Worldwide Burden**

64 million HF patients worldwide<sup>[1]</sup>

1 in 5 HF patients die within 1 year of diagnosis<sup>[2]</sup>

Over the last decades, the epidemiology of heart failure (HF) has been described as a global pandemic<sup>[1]</sup>

5-year mortality in HF: ~50%<sup>[3]</sup>

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