



SUNDAY, JANUARY 26, 2025

4:00-5:00 p.m. Registration – Vallarta Foyer

4:30-6:30 p.m. **SPORTS CARDIOLOGY IN 2025**

Topic: Common cardiovascular pathology can become a “big deal” in the setting of high intensity sports competitions and extreme environments.

Moderators: *Dr. Thomas G. Allison and Dr. D. Brian Newman, Ms. Nadia M. Elfessi*

Expert Panel: *Dr. Kathryn F. Larson and Dr. Guru G. Kowlgi*

Format: Cases will be presented first to the audience for questions and comments, then to the Expert Panel for additional advice on evaluation and management.

MONDAY, JANUARY 27, 2025

7:00 a.m. Continental Breakfast - Vallarta Ballroom Foyer

7:25 a.m. Welcome & Course Objectives
Dr. Francisco Lopez-Jimenez

EXERCISE, SPORTS, AND CARDIOVASCULAR HEALTH

Dr. Francisco Lopez-Jimenez, presiding

7:45 a.m. Strength Training – Let’s Do A Little After Finishing Our Aerobic Workout
Dr. Amanda R. Bonikowske

8:00 a.m. Strength Training – We Can Make It Our Primary Form of Exercise
Dr. D. Brian Newman

8:15 a.m. Resolution and Discussion
Drs. Bonikowske and Newman; Dr. Lopez-Jimenez, moderator

8:25 a.m. [Active Pause with a Teaching Point](#)

- 8:30 a.m. Undifferentiated Dyspnea on Exertion – Is It My Heart?
Dr. Thomas G. Allison
- 8:45 a.m. Undifferentiated Dyspnea on Exertion – Is It My Lungs?
Dr. Hector R. Cajigas
- 9:00 a.m. Resolution and Discussion
Drs. Allison and Cajigas; Dr. Lopez-Jimenez, moderator
- 9:10 a.m. Exercise for Prevention of Non-cardiac Conditions: Focus on Cancer and Dementia
Dr. Amanda R. Bonikowske
- 9:30 a.m. Refreshment Break

PREVENTION OF SUDDEN CARDIAC DEATH

Dr. Thomas G. Allison, presiding

- 10:00 a.m. Athletes With SCD-Predisposing Genetic Heart Diseases: Who Says That They Can't Play Anyway?
Dr. Michael J. Ackerman
- 10:20 a.m. Athletes With Structural Heart Disease: Who Can Play?
Dr. D. Brian Newman
- 10:40 a.m. Coming Back to Competition After Cardiac Arrest: What Are the Issues?
Dr. Guru G. Kowlgi
- 11:00 a.m. **Active Pause with a Teaching Point**
- 11:05 a.m. The QT Interval: Too Hot, Too Cold, Just Right ... and Beyond
Dr. Michael J. Ackerman
- 11:25 a.m. Identifying Risk of Sudden Cardiac Death in an Athlete. Role of Imaging
Dr. Prabhakar Rajiah
- 11:45 a.m. Panel Discussion
Drs. Ackerman, Newman, Kowlgi, and Rajiah, Dr. Allison, moderator
- 12:00 p.m. Case Presentations on Preventing Sudden Cardiac Death – How to Evaluate?
Moderator: *Dr. Thomas G. Allison*
Expert Panel: *Drs. Guru G. Kowlgi, Michael J. Ackerman, Vlad C. Vasile, and D. Brian Newman*

12:30 p.m. Adjourn

6:30-7:30 p.m. Social Reception for Attendees, Faculty, Exhibitors, and Family Members
Location: Beach Front

7:30 p.m. Salsa 101 on the Patio

TUESDAY, JANUARY 28, 2025

7:00 a.m. Continental Breakfast – Vallarta Ballroom Foyer

ADVANCES IN CORONARY ARTERY DISEASE PREVENTION

Dr. Rekha Mankad, presiding

7:30 a.m. Report Card on “Life’s Essential 8”: How Are We Doing? Is This Strategy Reducing ASCVD Rates?
Dr. Randal J. Thomas

7:50 a.m. Imaging for Risk Assessment
Dr. Prabhakar Rajiah

8:10 a.m. How We Are Using AI In Our Cardiology Practice Today -- With Case Examples
Dr. Francisco Lopez-Jimenez

8:30 a.m. Cardio-genetics: Can 23 and Me Help Prevent a Heart Attack?
Dr. Iftikhar J. Kullo

8:50 a.m. [Active Pause with a Teaching Point](#)

8:55 a.m. Panel Discussion
Drs. Thomas, Rajiah, Lopez-Jimenez, and Kullo; Dr. Mankad, moderator

9:10 a.m. Refreshment Break

GIVE ME 5 – IMPORTANT (EVIDENCE-BASED) RECOMMENDATIONS ABOUT MANAGEMENT OF CORONARY RISK FACTORS

Dr. Francisco Lopez-Jimenez, presiding

9:30 a.m. Lipids
Dr. Iftikhar J. Kullo

9:45 a.m. Blood Pressure
Dr. Gary L. Schwartz

- 10:00 a.m. Obesity
Dr. Kyla M. Lara-Breitinger
- 10:15 a.m. Smoking
Dr. Hector R. Cajigas
- 10:30 a.m. Panel Discussion
Drs. Kullo, Schwartz, Lara-Breitinger, and Cajigas; Dr. LopezJimenez, moderator
- 10:50 a.m. [Active Pause with a Teaching Point](#)

HEART PROTECTION DIETS – REVIEW AND DEBATE

Dr. Thomas G. Allison, presiding

- 10:55 a.m. Brief History of Diet-heart Trials
Dr. Randal J. Thomas
- 11:10 a.m. The Great Diet Debate – Review of Rules and Introduction of the Chefs
Dr. Thomas G. Allison
- 11:15 a.m. It's Gotta Be Mediterranean!
Dr. Vlad C. Vasile
- 11:30 a.m. No Way! Keto and Intermittent Fasting Is the Way To Go!
Dr. Amanda R. Bonikowske
- 11:45 a.m. Plants, Plants, Plants -- and Maybe A Little Fish! Make Mine Pesco-vegan.
Dr. Kyla M. Lara-Breitinger
- 12:00 p.m. Rating and Voting
The Audience
- 12:20 p.m. Adjourn ... for lunch!
- 2:00-3:30 p.m. Annual Volleyball Tournament – Lopez vs Allison Teams.
This event is open to all Interested Attendees, Faculty, and Exhibitors.
(This will be located on the left side of the property beach front.)

WEDNESDAY, JANUARY 29, 2025

7:00 a.m. Continental Breakfast – Vallarta Ballroom Foyer

PREVENTION IN DIFFERENT POPULATIONS: PART 1 -- FOCUS ON WOMEN

Ms. Sara B. Severson, presiding

7:00 a.m. Continental Breakfast – Vallarta Ballroom Foyer

7:00 a.m. Special Breakfast Discussions – High Top Discussion (Foyer by Breakfast)

- Women’s Health

Drs. Thais Coutinho and Vesna D. Garovic

- Educational Programs and Telehealth Post Pandemic

Ms. Jane A. Linderbaum and Dr. Steve R. Ommen

- Strength Training

Dr. D. Brian Newman

CASE-BASED REVIEW OF PRIMARY PREVENTION OF CAD

Dr. Rekha Mankad, presiding

7:30 a.m. Case-based Management of Hypertriglyceridemia

Dr. Randal J. Thomas

7:45 a.m. Case-based Management of a Complex Lipid Case

Dr. Iftikhar Kullo

8:00 a.m. Case-based Management of a Patient With Incidental CAD

Dr. Francisco Lopez-Jimenez

8:15 a.m. Case-based Management of a Patient With Strong Family History of CAD

Dr. Iftikhar Kullo

8:30 a.m. Controversies in Preventive Cardiology: A Discussion With the Experts

Drs. Thomas, Kullo, and Lopez-Jimenez

8:50 a.m. [Active Pause with a Teaching Point](#)

CORONARY ARTERY DISEASE DIAGNOSIS DEBATE

Dr. Francisco Lopez-Jimenez, presiding

8:55 a.m. Stress Test Is Enough

Dr. Thomas G. Allison

- 9:10 a.m. You Need CTA
Dr. Bernard J. Gersh
- 9:25 a.m. Debate Stress Test vs CTA
Drs. Allison and Gersh; Dr. Lopez-Jimenez, moderator
- 9:40 a.m. Refreshment Break

CORONARY ARTERY DISEASE II

Dr. Francisco Lopez-Jimenez, presiding

- 10:00 a.m. Troponins Are Positive. Is This an ML Injury, Leak, or Just an Error?
Dr. Guy S. Reeder
- 10:20 a.m. Management of ACS 2025
Dr. Joseph G. Murphy
- 10:40 a.m. PCI and Antiplatelet Therapy
Dr. Guy S. Reeder
- 11:00 a.m. CV Surgery Is Indicated, What Is New?
Dr. Juan A. Crestanello
- 11:20 a.m. Chronic Coronary Disease – Optimal Medical Therapy
Dr. Joseph G. Murphy
- 11:40 a.m. Surgical Coronary Revascularization: Challenging Cases
Dr. Juan A. Crestanello
- 12:00 p.m. Panel Discussion
Drs. Reeder, Murphy, and Crestanello; Dr. Lopez-Jimenez, moderator
- 12:20 p.m. Adjourn

THURSDAY, JANUARY 30, 2025

7:00 a.m. Continental Breakfast – Vallarta Ballroom Foyer

CV PREVENTION IN WOMEN

Dr. Rekha Mankad, presiding

7:30 a.m. 45-year old Woman With Chest Pain Come to the ED. What's Happening (SCAD, MINOCA, Micro Vascular Disease)?

Dr. Thais D. Coutinho

7:50 a.m. 60-year old Woman Comes Mentions Chest Pain During an Outpatient Visit. How to Evaluate?

Ms. Jane A. Linderbaum

8:10 a.m. Sex Differences In Valvular Heart Disease

Dr. Rekha Mankad

8:30 a.m. [Active Pause with a Teaching Point](#)

8:35 a.m. Pregnancy-related CV Risk Factors

Dr. Vesna D. Garovic

8:55 a.m. Panel Discussion

Drs. Coutinho and Garovic, and Ms. Linderbaum; Dr. Mankad, moderator

9:10 a.m. Refreshment Break

9:30 a.m. **Breakouts (rotate as you desire)**

- **Live CPET (Repeated Friday)**

Drs. Thomas G. Allison and Mandy Bonikowske – Mexico-Cozumel

- **Running a Cardio-metabolic Clinic (Repeated Friday)**

Dr. Kyla M. Lara-Breitinger and Francisco Lopez-Jimenez – Main Ballroom

- **Cardiology Team Model Care – Top 10 Questions From Cardiologists and APPs (Repeated Friday)**

Ms. Sara B. Severson and Ms. Nadia Elfessi – Salon los Cabos

CV PREVENTION IN CHALLENGING POPULATIONS

Dr. Sara B. Severson, presiding

10:30 a.m. Managing the Patient With Obesity and Multiple Co-morbidities

Dr. Francisco Lopez-Jimenez

10:50 a.m. Pharmacologic Management of Obesity
Dr. Kyla M. Lara-Breitinger

11:10 a.m. Active Pause with a Teaching Point

CV PREVENTION IN THE ELDERLY

Dr. Thomas G. Allison, presiding

11:15 a.m. What Does CV Prevention Look Like at Age 75?
Dr. Anupam Chandra

11:35 a.m. Panel Discussion
Drs. Lopez-Jimenez, Lara-Breitinger, and Chandra; Dr. Allison, moderator

11:50 a.m. Cases in Cardiovascular Prevention in Challenging Populations
Expert Panel: *Drs. Chandra, Bonikowske, Lara-Breitinger, Larson, Coutinho, and Mankad, and Ms. Tara Schmidt; Dr. Allison, moderator*

12:20 p.m. Adjourn

6:00-10:00 p.m. Farmer's Market along the Marina Vallarta Promenade/Boardwalk of the Marina
Consists of several vendor booths selling organic homemade foods, colorful artisan crafts, jewelry, purses, pottery, decorative items for the home, jams, nuts and other wonderful surprises, and includes great live music and often dancing.

FRIDAY, JANUARY 31, 2025

6:30 a.m. Continental Breakfast – Vallarta Ballroom Foyer

PREVENTION POTPOURI

Dr. Kyla Lara-Breitinger, presiding

7:00 a.m. Diagnosis and Management of PAD for the Non-vascular Specialist
Dr. Ana I. Casanegra

7:20 a.m. Preventing CV Events in Valvular Heart Disease
Dr. Rekha Mankad

7:40 a.m. Anticoagulation Management Pearls and Pitfalls
Dr. Ana I. Casanegra

8:00 a.m. Panel Discussion
Drs. Casanegra and Mankad; Dr. Lara-Breitinger, moderator

8:20 a.m. **Breakouts (rotate as you desire)**

- **Live CPET (Repeated Thursday)**

Drs. Thomas G. Allison and Mandy Bonikowske – Salon los Cabos

- **Running a Cardio-metabolic Clinic (Repeated Thursday)**

Dr. Kyla M. Lara-Breitinger and Francisco Lopez – Mexico-Cozumel

- **Cardiology Team Model Care – Top 10 Questions From Cardiologists and APPs (Repeated Thursday)**

Ms. Sara B. Severson and Ms. Nadia Elfessi – Main Ballroom

9:20 a.m. Refreshment Break

SPECIAL TOPICS IN CV PREVENTION

Dr. Francisco Lopez-Jimenez, presiding

9:40 a.m. Special Lecture: Digital Health in Cardiology
Dr. Steve R. Ommen

10:00 a.m. Primary and Secondary Prevention of Cancer-Associated CV Disease (cardio-oncology)
Dr. Hector R. Villarraga

10:20 a.m. Preventing Atrial Fibrillation?
Dr. Bernard J. Gersh

10:40 a.m. Primary and Secondary Prevention of Heart Failure
Ms. Sara B. Severson

11:00 a.m. Panel Discussion
Drs. Ommen, Villarraga, and Gersh; Dr. Lopez-Jimenez, moderator

11:30 a.m. Closing Remarks and Adjourn