World Congress Insulin Resistance
DIABETES & CARDIOVASCULAR DISEASE

FREE LIVE INTERACTIVE ONLINE
December 3–6, 2020

LIVE Interactive Hollywood

Exploring New Frontiers In Metabolism – Tomorrow’s Clinical Science Today

ADMINISTERED BY:

JOINTLY PROVIDED

EARN CME ABIM-MOC CREDIT 33.5

@wcirdc #WCIRDC2020
Welcome.

It is my pleasure to invite you to the 18th Annual World Congress on Insulin Resistance, Diabetes and Cardiovascular Disease (WCIRDC): Exploring New Frontiers in Metabolism—Tomorrow's Clinical Science Today.

Following the restrictions imposed by the pandemic, the 18th Annual WCIRDC is going virtual! The live, interactive, online congress will take place on December 3–6, 2020 with free registration and 33.5 free CME/ABIM-MOC credits available.

The 4 day live-Online conference will continue to be available On Demand for 90 days. Following each session, there will be a live, interactive Q&A. The end of each day will conclude with a live panel summary discussion and interactive Q&A.

Since its inception, the congress has become the premier global meeting dedicated to metabolism-obesity, diabetes, lipids, HTN, CKD, CVD, HF, and NAFLD. It provides an exclusive opportunity for practicing professionals, clinical and basic scientists, researchers, and other clinicians to collaborate on emerging scientific and management strategies. The WCIRDC faculty consists of distinguished global experts who link research to clinical practice in a bench-to-bedside approach that is unique to this state-of-the-art program.

The conference includes joint sessions with the journals Metabolism and Lancet Diabetes & Endocrinology. Sessions will cover COVID-19, Heart Disease in Women, Lipotoxicity, Fatty liver, Lipids & Atherosclerosis, Contemporary Approach to Management of DM, CKD, CVD & HF Focus on GLP1ra, SGLT2i, and CGM, Obesity-Adults and pediatrics addressing Diets and bariatric surgeries.

Special sessions: Point-Counterpoint: Etiology of Insulin Resistance, debate: T2D Medications With CV Benefits for T1D, the Cardiometabolic Center Alliance, ACC Position on Managing CVD in DM, Genetics of T2D & CVD, Cancer and Medications Impact on Metabolism, Advance Technologies, Future Therapies for Diabetes, and Lifestyle in Disease Management.

Although virtual, the 18th WCIRDC congress will continue to have a robust e-Poster Hall, Oral Abstract Presentations, and an attractive Exhibit Hall, as well as Industry Supported CME & non-CME programs that, similar to the faculty of the congress, will feature some the world’s best-known leaders and educators of their fields.

I look forward to having you join us for this exciting Live-Interactive-Online program on December 3–6, 2020!

Best regards,

Yehuda Handelsman, MD
Chair & Program Director
Program Description

The World Congress on Insulin Resistance, Diabetes & Cardiovascular Disease (WCIRDC), now in its 18th year, is a unique and exciting multidisciplinary CME program. The Congress is the premier global meeting dedicated to diabetes, obesity, lipids, cardiovascular-kidney and liver disease linking basic research to clinical practice in pursuit of our theme: Exploring New Frontiers in Metabolism — Tomorrow’s Clinical Science Today.

This year, due to the pandemic, the Congress, originally planned for Los Angeles, goes virtual: Live-Interactive-Online over 4 days and will be available on demand for 90 days. For the first time, the registration will be free, including 33.5 CME & ABIM-MOC credits.

For nearly two decades, WCIRDC has brought researchers, physicians, clinicians, and other healthcare professionals together for a distinctive international program that bridges the latest developments from bench-to-bedside. “I heard it first at the Congress” is a frequent remark from the audience. WCIRDC offers attendees a unique experience to interact with the distinguished global faculty for a collaborative experience that explores the newest understanding of metabolic diseases and the development of future therapeutic modalities.

Since Dr. Gerald Reaven’s pioneering work crystallized the relationship between insulin resistance (IR), diabetes, obesity, and CVD, the Congress’ focus has expanded to cover the kidney, liver, brain, bone, cancer and more. The Congress addresses dyslipidemia, atherosclerosis, hypertension, hypercoagulation, inflammation, and energy metabolism. It provides the newest clinical updates on pharmaceutical interventions such as incretins, SGLT2i’s, PCSK9i’s and EPA omega 3 to name a few, assessing their impact on practice. The goal is to understand the state-of-the-art pathophysiology, new medical interventions, and to develop appropriate comprehensive clinical management strategies.

To make basic and clinical research topics relevant to clinical medicine, following each session there will be live Q&A and a discussion on clinical implications to practice. To promote more interaction with faculty and provide further insights, each day will end with one hour of live panel, with a summary of the day’s sessions, commentary, and Q&A.

Program Objectives

The program is designed to evaluate the clinical and basic science aspects of diabetes, obesity, HTN, dyslipidemia, CVD, HF, CKD and related cardiometabolic conditions; focusing on basic science such as insulin resistance, hyperinsulinemia, fat, inflammation and clinical practice; understanding cardiometabolic conditions. The goal is to understand the pathophysiology of each condition and develop appropriate comprehensive clinical management plans.

Upon completion of this meeting, participants should be able to:

- Discuss COVID-19 and diabetes and Obesity
- Discuss Heart disease in women
- Describe the relationship between diabetes, obesity, and heart failure
- Discuss The etiology of insulin resistance
- Discuss T2D obesity and CVD
- Discuss the effect of lipotoxicity and the pathophysiology of CVD
- Discuss the role of obesity in the development of cardiometabolic conditions
- Explain the roles of diabetes in the development of micro & macrovascular conditions: kidney disease, retinopathy, neuropathy, CVD and strokes
- Provide comprehensive management of diabetes, addressing obesity, hypertension, dyslipidemia and hyperglycemia while focusing on preventing ASCVD
- Discuss the role of GLP1ra in the management of diabetes, obesity, and prevention of ASCVD
- Evaluate SGLT2 inhibitors role in reducing cardiovascular morbidity & mortality in patients with and without T2D and at risk for or established CVD
- Address SGLT2i role in managing patients with CKD and HF/EF
- Explain the role of PCSK9 inhibitors in preventing CV morbidity in people with established ASCVD
- Discuss fatty liver disease and its relationship to diabetes and CVD
- Evaluate the impact on clinical practice of recent CVD, CHF & CKD outcome trials
- Evaluate the impact on clinical practice of lipid CV outcome trials, including IMPROVE-IT, FOURIER, REDUCE-IT, ODYSSEY-Outcomes
- Analyze the Cardiorenal Syndrome
- Examine the impact of Coagulation in diabetes in prevention of CVD and CVA
- Describe technology in monitoring and reducing DM & ASCVD

Target Audience

This educational initiative is designed for cardiologists, endocrinologists, internists, PCPs, diabetologists, OB/GYNs, pediatricians, gastroenterologists, oncologists, dietitians, nurse practitioners, physician assistants, pharmacists, and any other healthcare professionals who are interested in improving patients outcome.
<table>
<thead>
<tr>
<th>Time</th>
<th>Session #1: Lipotoxicity: The Pathophysiologic Link Behind the Cardio-Metabolic Syndrome</th>
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<tbody>
<tr>
<td>8:00 am</td>
<td>Welcome &amp; Introduction</td>
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<tr>
<td>8:10 am</td>
<td>The Myocardium: Too Fat to be Fit</td>
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<td>8:30 am</td>
<td>Fatty Kidney: The Renal Manifestation of the Metabolic Syndrome</td>
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<td>8:50 am</td>
<td>Nonalcoholic Fatty Liver Disease and Diabetes: Clinical Implications of “Foie Gras”</td>
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<tr>
<td>9:10 am</td>
<td>Hormone Replacement Therapy, Atherosclerosis and Cardiovascular Disease: An Update</td>
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<tr>
<td>9:30 am - 9:50 am</td>
<td>Live Q&amp;A Panel Discussion</td>
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<tr>
<th>Time</th>
<th>Session #2: Heart Disease in Women</th>
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<tr>
<td>9:50 am</td>
<td>Sex Differences in Coronary Artery Calcium and Long-term CV Mortality</td>
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<tr>
<td>10:10 am</td>
<td>Sex-Specific Differences in Risk Factors for Development of Heart Failure in Women</td>
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<tr>
<td>10:30 am</td>
<td>Estrogen Replacement Atherosclerosis and CVD</td>
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<tr>
<td>10:50 am - 11:10 am</td>
<td>Live Q&amp;A Panel Discussion</td>
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<tr>
<th>Time</th>
<th>Session #3: Lancet Diabetes &amp; Endocrinology &amp; 18 WCIRDC Joint Session: COVID-19, DM &amp; Metabolism</th>
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<tbody>
<tr>
<td>11:55 am</td>
<td>Two Pandemics in Collision: COVID-19 and Diabetes</td>
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<tr>
<td>12:15 pm</td>
<td>Managing Patients with Diabetes and COVID-19</td>
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<td>12:35 pm</td>
<td>Obesity and Metabolic Surgery During and Beyond COVID-19</td>
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<td>12:55 – 1:15 pm</td>
<td>Live Q&amp;A Panel Discussion</td>
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<tr>
<th>Time</th>
<th>Session #4: CME Symposium: Heart Failure and Kidney Disease: The Next Epidemics</th>
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<tbody>
<tr>
<td>1:15 pm</td>
<td>Introduction</td>
</tr>
<tr>
<td>1:20 pm</td>
<td>Epidemiology and Traditional Management of HF and CKD</td>
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<tr>
<td>1:40 pm</td>
<td>The Future Is Here: Contemporary Approach to HF with a Focus on HFrEF</td>
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<tr>
<td>2:00 pm</td>
<td>Revolution in the Management of Moderate to Severe CKD</td>
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<td>2:20 pm</td>
<td>Impact of Recent CVOTs on Contemporary Guidelines for HF and CKD</td>
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<tr>
<td>2:40 pm – 3:10 pm</td>
<td>Panel Discussion Q&amp;A: The Cardiorenal Syndrome — Is It More Than the Sum of the Individual Components?</td>
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<tr>
<th>Time</th>
<th>Session #5: The Effects of Cancer and Cancer Therapy on Metabolic Disorders</th>
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<tr>
<td>3:10 pm</td>
<td>Overview of The Interaction Between Obesity, Diabetes and Cancer Therapy</td>
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<td>3:30 pm</td>
<td>The Effect of Tyrosine Kinase, PI3K/mTOR Inhibitors on Metabolism</td>
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<td>3:50 pm</td>
<td>Immunobiology Effect on Diabetes: Type 1 And Type 2</td>
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<td>4:10 pm – 4:30 pm</td>
<td>Live Q&amp;A Panel Discussion</td>
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<tr>
<th>Time</th>
<th>Session #5A: Insulin Resistance &amp; T2D</th>
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<tr>
<td>4:30 pm</td>
<td>Important Role of Reduced Insulin Clearance in Pathogenesis of Type 2 Diabetes: Hypothesis and Experimental Confirmation in Man</td>
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<tr>
<td>4:50 pm – 5:00 pm</td>
<td>Live Q&amp;A Panel Discussion</td>
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FRIDAY DECEMBER 4, 2020

SESSION #6  PEDIATRIC OBESITY MANAGEMENT
Chairs: Sonia Caprio, MD • Alan Sinaiko, MD

8:00 am  Pharmacotherapy in the Management of Pediatric Obesity  Aaron Kelly, PhD
8:20 am  Five-Year Outcomes of Gastric Bypass in Adolescents as Compared with Adults  Thomas Inge, MD, PhD
8:40 am  Sleeve Gastrectomy Impact on Cell Size and Genes from Adipose Tissue of Obese Adolescent Girls  Sonia Caprio, MD

9:00 am – 9:15 am  Live Q&A Panel Discussion

SESSION #7  WHAT SHOULD WE TARGET TO TREAT INSULIN RESISTANCE? – POINT-COUNTER-POINT
Chairs: Richard Bergman, PhD • Bart Staels, PhD

9:15 am  The Ceramide Pathway as a Target for Insulin Sensitization  Philipp Scherer, PhD
9:35 am  Diacylglycerols and acetyl-CoA as a Therapeutic Targets for Insulin Resistance and Type 2 Diabetes  Gerald Shulman, MD, PhD

9:55 am – 10:15 am  Live Q&A Audience Vote/Panel Discussion

SESSION #8  LIPIDS
Chairs: Paul Jellinger, MD • Ronald Krauss, MD

10:15 am  New Agents: PCSK9 siRNA (inclisiran) and Bempedoic Acid  Kausik Ray, MD
10:35 am  Triglycerides and CVD: Causal or Coincidental? Lessons from Recent Research  Robert Rosenson, MD
10:55 am  The Role of LP(a) & ANGPTL3 in Lipids Atherosclerosis and Cardiovascular Disease  Norman Lepor, MD

11:15 am – 11:35 am  Live Q&A Panel Discussion

SESSION #9  INSULIN FOCUSED MANAGEMENT OF DM - TODAY AND TOMORROW
Chairs: Vivian Fonseca, MD • Phil Scherer, PhD

12:20 pm  Islet Cell Preservation & Replacement  Jay Skyler, MD
12:40 pm  Stem Cell Generated Human Islets- Rescue Diabetes Without a Device  Ronald Evans, PhD
1:00 pm  State of the Art Insulin Delivery Systems  George Grunberger, MD
1:20 pm  Tomorrow's New Insulin Today  Julia Rosenstock, MD

1:40 pm – 2:00 pm  Live Q&A Panel Discussion

SESSION #10  METABOLISM & 18 WCIRDC JOINT SESSION: INSULIN RESISTANCE & METABOLISM
Chair: Christos Mantzoros, MD, PhD

2:00 pm  Introduction  Christos Mantzoros, MD
2:05 pm  Insulin Resistance and Cardiovascular Disease  James Sowers, MD
2:30 pm  Insulin resistance, NAFLD/NASH and CVD Risk  Dimitri Mikhailidis, MD
2:55 pm  Go with the Flow: Understanding Lipid Metabolism with Tracer Methods  Gerald Watts, PhD

3:20 pm – 3:40 pm  Live Q&A Panel Discussion

SESSION #11  ADVANCED TECHNOLOGIES & GENETICS FOR UNDERSTANDING & MANAGING IR & T2D
Chair: Daniel Einhorn, MD

3:40 pm  Multiomics Analysis of IR vs IS Responses to Viral Infections, Exercise and Aging  Michael Snyder, PhD
4:00 pm  Continuous Glucose Monitoring for Precision Diets  Tracey McLaughlin, MD
4:20 pm  The Genetic Interrelationship Between T2D & Coronary Heart Disease  Jerome Rotter, MD

4:40 pm – 5:00 pm  Live Q&A Panel Discussion

5:00 pm – 6:00 pm  DAY 2 SUMMARY SESSION
Sonia Caprio, MD • Ralph DeFronzo, MD • Vivian Fonseca, MD • George Grunberger, MD • Yehuda Handelsman, MD • Paul S. Jellinger, MD • Philipp E. Scherer, PhD
SESSION #12  NAFLD/NASH
Chair: Sam Klein, MD
8:00 am NASH- The Status of Diagnostics and Therapeutics
Christos Mantzoros, MD, PhD
8:20 am The Sexually Dimorphic Nature of NASH May Impact on Disease Progression and Responses To Drugs
Bart Staels, PhD
8:40 am – 8:55 am Live Q&A Panel Discussion

SESSION #13  ATHEROSCLEROSIS CARDIOVASCULAR DISEASE
Chair: Norman Lepor, MD
8:55 am Anti-Inflammatory Impact on Atherosclerosis: CVOT and Management Implications
Jorge Plutzky, MD
9:15 am Impact of Non Statin Drugs On Plaque Formation and Atherosclerosis
Matthew Budoff, MD
9:35 am GLP1ra and Atherosclerosis- Human Data at Last
Peter Reaven, MD
9:55 am – 10:15 am Live Q&A Panel Discussion

SESSION #14  OBESITY - INTERVENTIONS
Chair: Tim Garvey, MD • Sam Klein, MD
11:00 am The Influence of Dietary Carbs, Fat, And Quality on Ad Libitum Calorie Intake
Kevin Hall, PhD
11:20 am Future of Obesity Pharmacotherapy: New Drugs and New Targets
W. Timothy Garvey, MD
11:40 am Effects of Bariatric Surgery on Cardiovascular Events
Philip Schauer, MD
12:00 pm Does Intestinal Bypass Surgery Really Have Weight-Loss-Independent Therapeutic Metabolic Effects?
Samuel Klein, MD
12:20 pm – 12:49 pm Live Q&A Panel Discussion

SESSION #15  COVID-19 PATHOPHYSIOLOGY AND ADVANCED MANAGEMENT
Chairs: Richard Pratley, MD • Matthew Weir, MD
1:25 pm Pathophysiological Basis & Rationale for Early Outpatient Treatment of SARS-CoV-2 (COVID-19) Infection
Peter A McCullough, MD
1:45 pm Sex Differences in Mortality from COVID-19 Pandemic
Erin D. Michos, MD
2:05 pm The Role of Neutralizing Antibody Therapy in the Management of COVID-19
Ajay Nirula, MD, PhD
2:25 pm Obesity & COVID 19
Tracey McLaughlin, MD
2:45 pm – 3:05 pm Live Q&A Panel Discussion

SESSION #16  CME SYMPOSIUM
Emerging Standard of Care in the Prevention of Cardiovascular Morbidity and Mortality
3:05 pm Introduction
3:10 pm Primary and Secondary Prevention of CVD — Current standard of Care
3:30 pm High TGL association with ASCVD- Epidemiology and pathophysiology
3:50 pm IPE impact on ASCVD Morbidity and Mortality
4:10 pm Lipid Guidelines IPE related
4:15 pm – 4:25 pm The New Standard of Care — Case based
4:25 pm – 4:45 pm Panel Discussion Q&A: The New Standard of Care

4:45 pm – 5:45 pm DAY 3 SUMMARY SESSION
Matthew J. Budoff, MD • Yehuda Handelsman, MD • Samuel Klein, MD • Norman E. Lepor, MD • Tracey L. McLaughlin, MD • Richard E. Pratley, MD • Matthew R. Weir, MD
### SESSION #17  
**CARDIOVASCULAR DISEASE AND INSULIN RESISTANCE**

**Chairs:** Jorge Plutzky, MD • Robert Chilton, DO

- **8:00 am**  
  Insulin Resistance And Thrombotic Risk: Implications For Therapeuic Approaches To Vascular Disease  
  Peter Grant, MD

- **8:20 am**  
  Update of Recent CV Outcome Trials  
  Sanjay Kaul, MD

- **8:40 am**  
  The ACC’s Expert Consensus Decision Pathway: Improving Cardiovascular Outcomes in Type 2 Diabetes  
  Brendan Everett, MD

- **9:00 am**  
  The Future of Cardiometabolic Care is Here: Announcing Cardiometabolic Center Alliance  
  Mikhail Kosiborod, MD

**9:20 am – 9:40 am**  
Live Q&A Panel Discussion

### SESSION #18  
**CONTEMPORARY ASPECTS OF DIABETES MANAGEMENT**

**Chairs:** Peter Grant, MD • Jaime Davidson, MD

- **9:40 am**  
  Managing Type 2 Diabetes to Prevent CVD-CKD: SGLT-2i, GLP-1RA or Initial Combination of Both?  
  Francesco Giorgino, MD, PhD

- **10:00 am**  
  Hypoglycemia Impact and Management  
  Vivian Fonseca, MD

- **10:20 am**  
  The Role of CGM in Diabetes Update toward 2021  
  Richard Bergenstal, MD

**10:40 am – 10:59 am**  
Live Q&A Panel Discussion

**PRODUCT THEATER Non-CME**

- **10:59 am – 11:30 am**  
  Atherosclerotic Cardiovascular Disease (ASCVD) in Diabetes: Identifying High Risk and the Importance of Reducing the Burden of Elevated LDL-C Levels  
  Supported by: Novartis  
  Yehuda Handelsman, MD

### SESSION #19  
**OBESITY AND CVD IN TYPE 1 DIABETES**

**Chairs:** George Grunberger, MD • Sonia Caprio, MD

- **11:30 am**  
  The Current Management of CV Risk factors in Type 1 Diabetes  
  Robert Eckel, MD

- **11:50 am**  
  DEBATE: SHOULD T2D MEDICATIONS WITH PROVEN CV BENEFITS BE USED IN T1D TO PREVENT ASCVD  
  Yes  
  Richard Pratley, MD

- **12:10 pm**  
  Why Using T2D Medications with CVD Benefits is a Bad Idea for Type 1 Diabetes  
  David Nathan, MD

**12:30 pm – 12:50 pm**  
Live Q&A Audience Vote/Panel Discussion

### SESSION #20  
**THE KIDNEY IN DIABETES**

**Chairs:** Christian Mende, MD • Ralph DeFronzo, MD

- **12:50 pm**  
  KDIGO- Diabetes CKD and Hypertension New Guidelines  
  Matthew Weir, MD

- **1:10 pm**  
  GLP1-RA and SGLT2i in the Treatment of Diabetic Nephropathy: What Does the Future Hold?  
  David Cherney, MD

**1:30 pm – 1:45 pm**  
Live Q&A Panel Discussion

**PRODUCT THEATER Non-CME**

- **1:45 pm – 2:30 pm**  
  VASCEPA (icosapent ethyl): Elevating the Standard of Care  
  Supported by: Amarin  
  Robert Busch, MD

### SESSION #21  
**2:30 PM – 3:39 PM**

**ABSTRACT – ORAL PRESENTATION**  
Zachary T. Bloomgarden, MD Chair

Philip Levy, MD • Daniel Einhorn, MD • George Grunberger, MD • Vivian Fonseca, MD

Abstracts are published in *Metabolism Journal*  
Editor-in-Chief: Christos S. Mantzoros, MD, PhD

### SESSION #22  
**HEART FAILURE AND MANAGEMENT**

**Chair:** Mikhail Kosiborod, MD

- **3:39 pm**  
  Lifestyle Modifications for Preventing and Treating Heart Failure  
  Monica Aggarwal, MD

- **4:05 pm**  
  All We Need to Know about HFpEF  
  Carolyn Lam Su Ping, PhD

- **4:25 pm**  
  Update on HFOT impact on Management - Sequencing vs Initial Combination of Medication  
  Javed Butler, MD

**4:45 pm – 5:05 pm**  
Live Q&A Panel Discussion

### 5:05 pm – 6:00 pm  
**DAY 4 SUMMARY SESSION**

Ralph DeFronzo, MD • Daniel Einhorn, MD • Vivian Fonseca, MD • Yehuda Handelsman, MD • Mikhail Kosiborod, MD • Christian W. Mende, MD
FACULTY 2020

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Chair & Founder
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