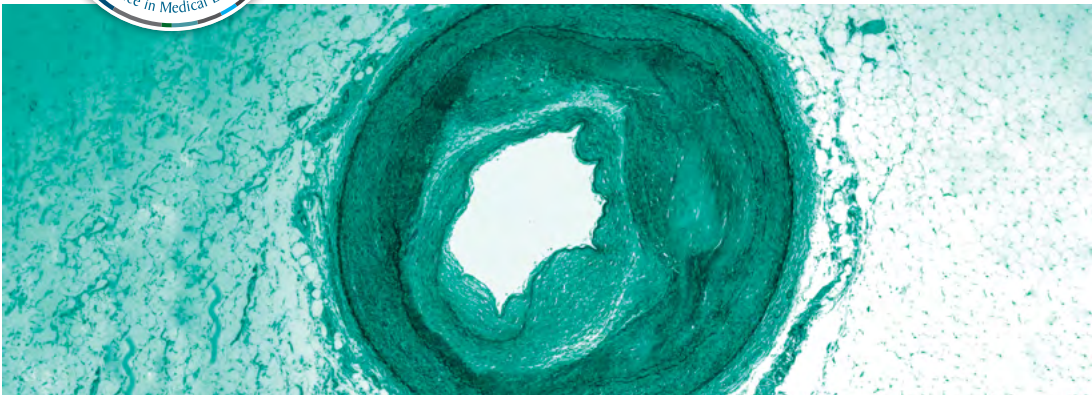




**2017 Asia Pacific conference on
cardiometabolic diseases management**
22-23 April, 2017 - Manila, Philippines





GENERAL INFORMATION

2017 Asia Pacific conference on cardiometabolic diseases management

Overview

Diabetes is one of the largest and most alarming health emergencies of the 21st century, affecting over 400 million people worldwide. A large number of people suffer from alterations in glucose metabolism resulting in impaired fasting glucose (IFG) and impaired glucose tolerance (IGT). These two conditions are also known as “pre-diabetes” because those affected are likely to develop overt diabetes in proceeding years. Managing patients with diabetes and pre-diabetes is a challenge when considering the pathophysiological complex pathways underlying glucose metabolism disorders. Deep knowledge of pharmacological mechanisms allows for effective prevention strategies for diabetes among those with IFG/IGT and effective management of patients with overt diabetes. Thyroid disorders are among the most prevalent endocrine diseases, with significant impact on quality of life and increased risk of morbidity. Thyroid hormones regulate the homeostasis of various tissues and thyroid diseases should be promptly identified and adequately treated to avoid adverse clinical outcomes. According to the World Health Organization, high blood pressure (hypertension) is the highest risk factor for premature mortality, followed by tobacco use and high blood glucose. Worldwide, hypertension causes an estimated 7.5 million deaths per year and is a major risk factor for invalidating or lethal events including ischaemic and haemorrhagic stroke, coronary heart disease, heart failure and renal impairment. Effective treatment of hypertension is essential to reducing cardiovascular complications. Taken together, hypertension and diabetes share common pathophysiologic mechanisms, health outcomes and clinical issues that are often tough tasks to face in clinical practice. EXCEMED offers a comprehensive educational programme to increase knowledge of cardiometabolic diseases. The conference will address cutting edge research advancements in the areas of cardiometabolic medicine and, in particular, will discuss the best daily clinical management approaches to the complex cardiometabolic patient.

Learning objectives

By attending this live educational conference, participants will:

- Understand the pathophysiology linking insulin resistance, pre diabetes, diabetes, cardiovascular disease and other disorders
- Consciously apply the most recent guidelines to managing diabetes and hypertension
- Discuss challenging forms of hypertension and hypertensive-related disease
- Identify the most frequent thyroid pathologies
- Translate research into clinical practice by discussing clinical cases

Target audience

General practitioners, cardiologists, endocrinologists and internists managing diabetes and cardiometabolic diseases in the Asia-Pacific region.

CME Provider

EXCEMED is a non-profit foundation dedicated, since the last four decades, to the development of high-quality medical education programmes all over the world. EXCEMED adheres to the guidelines and standards of the European Accreditation Council for Continuing Medical Education (EACCME®) which states that continuing medical education must be balanced, independent, objective, and scientifically rigorous.



Continuing Medical Education

EXCEMED (www.exced.org) is accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) to provide the following CME activity for medical specialists. The EACCME® is an institution of the European Union of Medical Specialists (UEMS), www.uems.net

The CME conference “**2017 Asia Pacific conference on cardiometabolic diseases management**”, 22-23 April, Manila, Philippines is designated for a maximum of **8 (eight)** hours of European CME credits (ECMEC). Each medical specialist should claim only those credits that he/she actually spent in the educational activity. EACCME® credits are recognized by the American Medical Association (AMA) towards the Physician’s Recognition Award (PRA). To convert EACCME® credit to AMA PRA category 1 credit, please contact the AMA.



EXCEMED adheres to the principles of the Good CME Practice group (gCMEp).



Venue

This educational conference will take place at the:

Novotel Manila Araneta Center

General Aguinaldo Avenue, Cubao, Quezon City
0810 Manila, Philippines

Language

The official language of this live educational conference will be English.

CME Provider

EXCEMED - Excellence in Medical Education

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Our programme allows you to add your voice to the conversation.
We wish you a unique learning experience.

Express your opinion, pose questions and engage with us. During this conference we offer feedback formats suited to all tastes: case studies, Q&A with the experts and question cards. Our objective is to help you get the most from your learning experience with us.

Any questions for the experts?

Please ask: use a question card.



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Mumbai, India

Stefano Taddei

Hypertension Unit
Department of Clinical and Experimental Medicine
University of Pisa
Pisa, Italy



PROGRAMME

13.45 **Opening and introduction**
N. A. Nicodemus Jr. (Philippines)



Real time survey

14.00 **OL Opening lecture**
Sympathetic overdrive and its associated clinical problems
M.T. Co (Philippines)

14.20 **Question time**

Session I Pre-Diabetes

Chair: N. A. Nicodemus Jr. (Philippines)

14.30 **L1 Pre-diabetes: is there cause for concern?**
R. Mirasol (Philippines)

14.50 **L2 Cardiovascular implications of pre-diabetes**
J. K. Cruickshank (UK)

15.10 **Pre-diabetes: is intervention a good option?**
R. Mirasol (Philippines)

15.40 **Question time**

16.00 **Coffee break**

Session II Diabetes

Chair: N. A. Nicodemus Jr. (Philippines)

16.20 **L3 The changing face of diabetes**
S.J. Shah (India)

16.40 **L4 Women and insulin resistance: beyond diabetes**
P. Gatabonton (Philippines)

17.00 **What can we do when insulin is not an option?**
P. Gatabonton (Philippines)

17.30 **Question time**

18.00 **End of the first day**

Legend

L : Lecture : Real time survey : Case Studies

Session III Cardiovascular

Chair: B. Tomlinson (Hong Kong)

08.30 **L5 Tachycardia in hypertension...What is the fuss about?**
B. Tomlinson (Hong Kong)

08.50 **L6 Combination treatment: Importance of targeting 3 systems in hypertension**
S. Taddei (Italy)

09.10 **L7 Hypertension and coronary artery disease**
S.-J. Hong (Korea)

09.30 **L8 Heart failure: guidelines and treatment practices**
B. Pinto (India)

09.50 **Question time**

10:10 **Coffee break**

Workshops Interactive clinical cases

Participants will be divided into groups in order to let endocrinologists and cardiologists follow different workshops in parallel.

Red group	Yellow group
10.30 - 11.10	
W1 Autoimmune thyroid disease and cardiovascular involvement G. Kahaly (Germany)	W1 Hypertensive patients with high heart rates B. Tomlinson (Hong Kong)
11.10 - 11.50	
W2 Diabetes in pregnancy S.J. Shah (India)	W2 Hypertensive patients with coronary artery disease B. Pinto (India)
11.50 - 12.30	
W3 T2 Diabetes treatment: background and progress J. K. Cruickshank (UK)	W3 Targeting 3 systems for optimal control S. Taddei (Italy)

12.30 **Lunch**

[Back to plenary](#)

Session IV Thyroid

Chair: N. A. Nicodemus Jr. (Philippines)

13.30 L9 **Dysthyroidism and vascular biology**
G. Kahaly (Germany)

13.50 L10 **Subclinical thyroid disorders**
N. A. Nicodemus Jr. (Philippines)

14.10 L11 **Thyroid and pregnancy**
T. K. Nguyen (Vietnam)

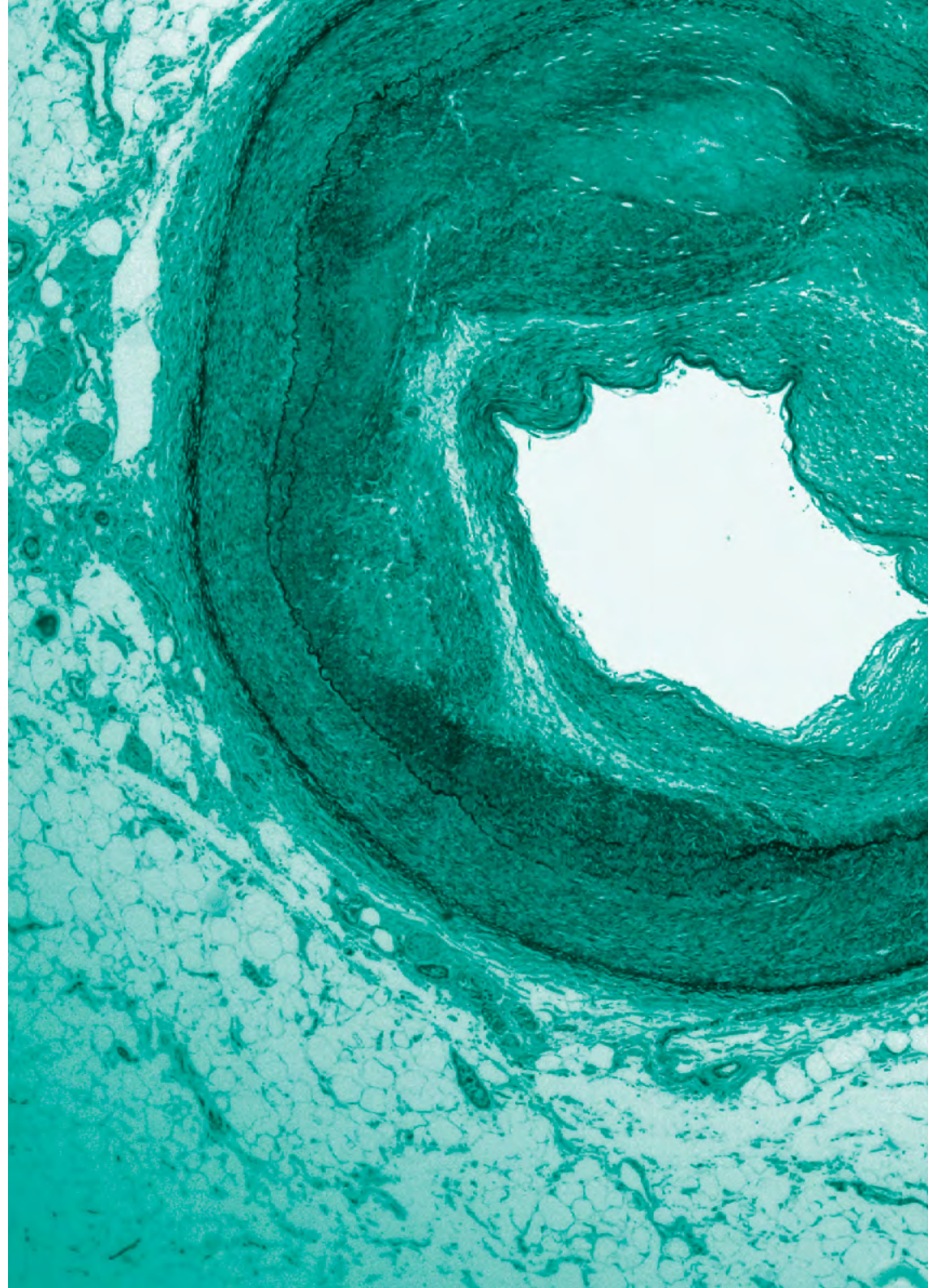
14.30 **Question time**



Real time survey - results

15.00 **Concluding remarks**

End of the conference



Faculty disclosures

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The following faculty provided information regarding significant commercial relationships and/or discussions of investigational or non-EMEA/FDA approved (off-label) uses of drugs:

Marlon T. Co	Receipt of honoraria or consultation fees: Merck. Participation in a company sponsored speaker's bureau: Merck. Member of a company advisory board, board of directors or other similar group: Merck
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Soon-Jun Hong	Declared no potential conflict of interest
George Kahaly	Declared no potential conflict of interest
Brian Pinto	Receipt of honoraria or consultation fees: Novartis, Merck, AstraZeneca

Sanjiv J. Shah	Receipt of honoraria or consultation fees: Eli Lilly, Sanofi, Astrazeneca, B1, E-Merck, USV, ERIS, Lupin. Member of a company advisory board, board of directors or other similar group: Eli Lilly, Sanofi, Astrazeneca, B1, E-Merck, USV, ERIS, Lupin
Stefano Taddei	Declared receipt of grants and contracts from Novartis, Servier and Boehringer and participation in Servier and Pfizer speaker's bureau
Brian Tomlinson	Receipt of grants and contracts: Amgen, AstraZeneca, Merck Sharp & Dohme, Pfizer. Receipt of honoraria or consultation fees: Amgen, AstraZeneca, Merck Serono and Sanofi. Participation in a company sponsored speaker's bureau: Amgen, AstraZeneca and Sanofi
Nemencio A. Nicodemus Jr.	Receipt of honoraria or consultation fees: Merck. Member of a company advisory board, board of directors or other similar group: Merck. Participation in a company sponsored speaker's bureau: Merck

The following faculty have provided no information regarding significant relationship with commercial supporters and/or discussion of investigational or non-EMEA/FDA approved (off-label) uses of drugs as of 4 April 2017.

John Kennedy Cruickshank
Thy Khue Nguyen
Roberto Mirasol



BIOGRAPHIES



Marlon T. Co

Internal Medicine, Cardiology
Cebu Doctors' University Hospital
Capitol Site, Cebu City, Philippines

Marlon T. Co, M.D.,F.P.C.P,F.P.C.C. is an Active Staff Consultant of Cebu Doctors University Hospital and University of Cebu Medical Center. From 2014 to 2015 he was President of the Cebu Medical Society and President of the Philippine Heart Association, Cebu Chapter. He was awarded with the Outstanding Leadership Award from the Philippine Medical Association in 2014-2015 and with the Most Outstanding Physician Award 2016 given by the Philippine Medical Association. He is member of the Council on Hypertension - Philippine Heart Association and a member of the American College of Clinical Endocrinologists - Philippine Chapter, in addition to being a member of the European Association for Cardiovascular Prevention and Rehabilitation.



John Kennedy Cruickshank

St Thomas' & Guy's Hospital
King's College & King's Health Partners
London, UK

John Kennedy Cruickshank is Professor of Cardiovascular Medicine & Diabetes in the Diabetes & Nutritional Sciences division at King's College, and Consultant physician at St Thomas' & Guy's Hospitals, London since 2011. He previously held a chair in Cardiovascular Medicine & Clinical Epidemiology at the University of Manchester and Consultant Physician at Manchester Royal Infirmary. He spent a further year as visiting Senior Lecturer and Consultant at the University of the West Indies & Queen Elizabeth Hospital, Barbados, before being recruited to Manchester. He coordinated an EU study on nutritional origins of high BP & diabetes in African-origin populations between rural & urban Cameroon, Jamaica & Manchester. He spent a sabbatical at the US Bogalusa Heart study. His research continues on the

origin of ethnic differences in high blood pressure, diabetes and cardiovascular disease, particularly via arterial function and stiffness. That is focused on the life course (ie: early causes and mechanisms from fetal life and childhood), developing interventions & treatment strategies at all stages. He founded the Cardiovascular Trials Unit in Manchester and runs similar Trials based in the Clinical Research Facility in St Thomas' Hospital. He is a founder member of the British Hypertension Society. He sat on the Tropical Medicine & Public Health panel for the Wellcome Trust and is incoming President of the Artery Society, dedicated to research in arterial function and disease across all walks of life.



Patricia Gatbonton

Department of Medicine
Our Lady of Lourdes Hospital
Manila, Philippines

Patricia Gatbonton is a full-time practising clinician in internal medicine and endocrinology. She is currently the chair of the Department of Medicine at Our Lady of Lourdes Hospital, Manila, Philippines, where she was previously the training officer. Dr. Gatbonton is a past-president of the Philippine Society of Endocrinology, Diabetes and Metabolism, and was editor-in-chief of HealthNews (a magazine of the Manila Times Publishing Corporation). As well as being a member of several advisory boards and speakers' bureaus for Merck Serono, Eli Lilly and Novartis, she enjoys travelling and speaking both internationally and in the Philippines. When she isn't seeing patients, travelling or writing, she likes to go diving in the open waters of the Philippine archipelago and play the flute.



Soon-Jun Hong

Cardiovascular Center, Department of Cardiology
Korea University Anam Hospital
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Soon Jun Hong, M.D., Ph.D. is associate Professor at the Cardiovascular Center of the University Anam Hospital in Seoul, Korea. He is Director of the Cardiology Department at the Korea University Hospital, Seoul, Korea. He is a member of the Korean Circulation Journal Editorial Board Committee, the Korean Association of Medical Journal Editors Committee, the board of directors in Cardiovascular Welfare & Research Institute as well as an Editorial Board Member of Cardiology Journal Review, Elsevier Korea LLC. He is also a member of the Scientific Committee and of the International Liaison Committee of the Korean Society of Hypertension. He is an Editorial Board Member of the Journal of Cardiology and Therapy and a member of the Korea National Enterprise for Clinical Trial Committee. He has also been a member of the

International Federation of Adipose Therapeutics & Science (IFATS) since 2010.



George Kahaly

Department of Medicine I
Gutenberg University Medical Center
Mainz, Germany

George Jean Kahaly, M.D., Ph.D. currently holds the rank of Professor of Medicine and Endocrinology / Metabolism and is chief of the endocrine outpatient clinic at the Gutenberg University Medical Center, Mainz, Germany. Dr. Kahaly directs the Molecular Thyroid Research Laboratory and has authored 214 original papers and reviews, covering both clinical and experimental aspects of endocrine autoimmunity, immunogenetics of thyroid and polyglandular autoimmunity, as well as cardiovascular involvement of metabolic disorders. Original papers and reviews have been published in the New England Journal of Medicine, the Journal of Autoimmunity, the Journal of Clinical Endocrinology and Metabolism, the Journal of Nuclear Medicine, Endocrine Reviews, Nature Reviews and Autoimmunity Reviews. Dr. Kahaly organized and co-chaired numerous international scientific meetings in the USA, Europe, and in Asia dealing with molecular and endocrine autoimmunity. Dr. Kahaly is currently Treasurer and major Officer of the Executive Board of

the European Thyroid Association (ETA). He serves currently on the Research Committee of the American Thyroid Association (ATA). In the years 2007-2011, Dr. Kahaly has been active member of the Finance and Audit Committee of the ATA and in the years 2000-2006 member of the Membership and Publication Committees. Dr. Kahaly is currently the Treasurer of the "European Group of Graves' Orbitopathy" (EUGOGO), official subgroup of the ETA. In 2005, he was elected member of the Executive Committee of the German Thyroid Board of the German Endocrine Society. Furthermore, he is an active member of the American Endocrine Society. In the years 2009-2012, Dr. Kahaly served as Associate Editor of the journal THYROID, official journal of the ATA. In the years 2007-2010, he also served on the Editorial Board of the Journal of Clinical Endocrinology & Metabolism (JCEM), official Organ of the American Endocrine Society. Dr. Kahaly is also member of the Editorial Board of the European Thyroid Journal (ETJ), official journal of the ETA.



Roberto Mirasol

St. Luke's Medical Center
Department of Endocrinology, Diabetes and Metabolism
Quezon City, Philippines

Roberto C. Mirasol is the chief of the Section of Endocrinology, Diabetes and Metabolism and the previous Head of the Weight Management Center of the St. Luke's Medical Center, Quezon City. He is also the section chief of the section of endocrinology of the Manila Doctors Hospital as well as the head of the Diabetes Clinic and Thyroid Clinic at the Rizal Medical Center. Dr. Mirasol took his fellowship training in Endocrinology at the University of the Philippines - Philippine General Hospital and post graduate fellowship in diabetes at the Lidcombe Hospital, Sydney, Australia. He is a life fellow of the Philippine Society of Endocrinology and Metabolism and a fellow of the Philippine College of Physicians. He held several key positions in both local and international societies which include the following: past president of the ASEAN Federation of Endocrine Societies (AFES), past president of the Philippine Society of Endocrinology and Metabolism, director of the Philippine Diabetes Association, International Adviser of the International

Diabetes Camping Association, founding member and past secretary of the ASEAN Diabetes Educators, Camp Administrator of Camp COPE (Children Overcoming Diabetes Problems Everywhere). He is currently secretary of the Philippine Lipid and Atherosclerosis Society and president of the Philippine Association for the Study of Obesity and Overweight. Dr. Mirasol is currently the business manager of the JAFES (Journal of the ASEAN Federation of Endocrine Societies). He was awarded recently a Research Chair in Endocrinology, 2011 and 2012 by St. Luke's Medical Center.



Thy Khue Nguyen

University of Medicine and Pharmacy
Ho Chi Minh City, Vietnam

Thy Khue Nguyen is head of the Endocrinology Division and an associate Professor Emeritus at the Department of Endocrinology, University of Medicine and Pharmacy of Ho Chi Minh City, Vietnam. She is President of the HCMC Diabetes and Endocrinology Association and Vice President of HCMC Medical Association; she has also been President of The Vietnam Association of Diabetes and Endocrinology. She is a member of The USA Endocrine Society. Professor Khue focused his studies mainly on the study epidemiology of diabetes in South Vietnam, diabetic nephropathy, lipid disorders in diabetes, hypoglycemia in DM, diabetic keto-acidosis and thyroid disorders in pregnancy.



Nemencio A. Nicodemus Jr.

University of the Philippines
College of Medicine
Department of Biochemistry & Molecular Biology
Manila, Philippines

Nemencio Nicodemus Jr. obtained his degree of Doctor of Medicine at the University of the Philippines-College of Medicine. He subsequently did his residency training in Internal Medicine and fellowship training in Endocrinology, Diabetes and Metabolism at the Philippine General Hospital. Subsequently, he went to the Mayo Clinic in Rochester, Minnesota as part of the Visiting Clinician Program. He is a Professor at the University of the Philippines-College of Medicine, Department of Biochemistry & Molecular Biology, where he was awarded the Most Outstanding Medical Teacher in the Basic Sciences. He is also a Clinical Professor at the Department of Medicine of the Philippine General Hospital where he was recognized by the University of the Philippines Medical Alumni Society in America

as Best Teacher. He is currently the Vice President of the Philippine Society of Endocrinology, Diabetes and Metabolism (PSEDM), a director of the Philippine Association For The Study of Overweight and Obesity, Asian Alliance for the Study of Neuroendocrine Tumors and Philippine Thyroid Association. He is the Associate Editor of the Journal of the ASEAN Federation of Endocrine Societies (JAFES).



Brian Pinto

Cardiac Catherisation Laboratory
Holy Family Hospital
Bandra, Mumbai, India

Brian Pinto (M.D., D.M., F.A.C.C., F.S.C.A.I.) is the head of Cardiology and an interventional cardiologist at Holy Family Hospital. He is a pioneer in Trans Radial angiography and angioplasty in India. He was also one of the first practitioners to do rotational atherectomy and direct stenting in India. He has extensive experience in interventional cardiology and has performed more than 15,000 coronary, peripheral Interventions and more than 10,000 Trans-Radial procedures. He does approximately 1,000 procedures in the cath lab annually, including rotablation and peripheral cases. After completing his education with distinction and winning several prizes and scholarships, he has continued the learning process and is the Fellow of the American College of Cardiology and Fellow of the Society of Cardiovascular

Angiography and Intervention. He is the recipient of the William O'Neil award for excellence in Cardiology and Medical Education. He has conducted 24 Drug Trials and Registries and is a teacher for DNB Cardiology. He is Secretary General of the India International Forum of Cardiology and has also been the Scientific Chairman of the Cardiology Summit for several years. He has published and presented papers in national and international journals and has been a guest speaker at many national and international cardiology conferences.



Sanjiv J. Shah

Diabetes Action Centre
Mumbai, India

Shah is Associate Professor of Medicine in the Division of Cardiology, Department of Medicine, at Northwestern University's Feinberg School of Medicine. He is also Director of the Heart Failure with Preserved Ejection Fraction (HFpEF) Program in the Bluhm Cardiovascular Institute at Northwestern Memorial Hospital, and a member of the Feinberg Cardiovascular Research Institute and Center for Genetic Medicine at Northwestern University. Dr. Shah's research interests include understanding the physiology, mechanisms, and epidemiology of heart failure with preserved ejection fraction; the genetics of cardiac structure and function, including ventricular-arterial coupling and cardiac mechanics; and the physiology, mechanisms, and risk prediction of pulmonary hypertension. Dr. Shah has expertise in cardiac mechanics, ventricular-arterial coupling, genetics

of complex traits, and cardiovascular epidemiology. In 2007, Dr. Shah won the Jay N. Cohn, MD New Investigator Award from the Heart Failure Society of America. He was also the recipient of an AHA National Scientist Development Grant, and several other career development awards. Dr. Shah is currently principal investigator of an NIH R01 grant to study the acquired and genetic risk factors for abnormal cardiac mechanics in the HyperGEN study, and he is consortium principal investigator on two additional NIH R01 grants. He has published over 70 peer-reviewed research articles.



Stefano Taddei

Department of Clinical and Experimental Medicine
University of Pisa
Pisa, Italy

Stefano Taddei was born in Pisa, Italy, in 1957. He attended the State University of Pisa, where he graduated in Medicine and Surgery in 1982 and specialized in Clinical Pharmacology in 1986. Prof. Taddei is Professor of Internal Medicine. He works currently as the Director of the Hypertension Unit of the Department of Clinical and Experimental Medicine. Prof. Taddei is a Fellow of the European Society of Cardiology, the European, International and American Society of Hypertension, the European Society of Clinical Investigation, the High Blood Pressure Council of the American Heart Association, and of the Italian Society of Hypertension. He has been a councilor of the Italian Society of Hypertension (2007-2009). He is a member of the Editorial Boards of Hypertension, Blood Pressure, Journal of Cardiovascular Pharmacology, Current Hypertension

Reviews, High Blood Pressure and Cardiovascular Prevention and Journal of American Society of Hypertension. He is an International Associated Editor of the European Heart Journal. His main research area is local neuro-humoral control of peripheral vessels in primary and secondary forms of hypertension, with particular emphasis on the sympathetic nervous system, the renin-angiotensin system and the endothelium. He is also interested in the assessment of target-organ damage in hypertension, including vascular and cardiac structural alterations and the clinical pharmacology of cardiovascular drugs. Prof. Taddei has participated in numerous clinical studies and is the authors of more than 300 original papers, reviews and editorials in international scientific journals (H index: 55; Impact Factor : >1400).



Brian Tomlinson

Department of Medicine and Therapeutics
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Brian Tomlinson BSc (Lond), MBBS (Lond), MD (Lond), FRCP (Lond), FRCP (Edin), FRCP (Glasg), FHKAM (Medicine), FHKCP, FACP, FCP was formerly Chair Professor in the Department of Medicine and Therapeutics and Head of the Division of Clinical Pharmacology at the Chinese University of Hong Kong and honorary Consultant Physician at the Prince of Wales Hospital, Hong Kong. He trained in internal medicine and Clinical Pharmacology at the Middlesex Hospital Medical School and University College Hospital, London and received his MD from the University of London. His clinical and research interests include the clinical pharmacology, toxicology and pharmacogenetics of drugs, particularly in the cardiovascular field, and the pathogenesis and treatment of hyperlipidaemia, hypertension, the

metabolic syndrome and diabetes. He has trained over 30 postgraduate students and is an author of over 350 publications and over 500 conference abstracts and has given numerous invited lectures. He is a reviewer for many journals and serves on several Editorial Boards and is President of the Asian-Pacific Society of Atherosclerosis and Vascular Diseases and Secretary General of the Pacific Rim Association for Clinical Pharmacogenetics.



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