



## 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

15th & 16th June 2024 at Della Resorts, Lonavala, Pune

The "CARDIO SUMMIT" convened in Della Resorts, Lonavala, Pune, 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.

"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:** 37 distinguished participants

### EXPERT

#### Faculties:

- Dr. Gaurav Ganeshwala
- Dr. Hasmukh Gurjar
- Dr. Deepali Tongaonkar
- Dr. B.s Atran
- Dr. Samuit Shah
- Dr. Mandora V P



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## AGENDA

**DAY 1 - 15<sup>th</sup> June, 2024**

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

Topics	Speaker	Timing
<b>Welcome Note</b>		02:00 p.m. to 02:15 p.m.
Management of Hypertensive Heart Failure	Dr. Gaurav Ganeshwala	02:15 p.m. to 03:00 p.m.
Role of Cardio Selective Beta Blocker with focus on S - Metoprolol	Dr. Hasmukh Gurjar	03:00 p.m. to 03:45 p.m.
Role of ARN + Diuretics across CV Continuum	Dr. Deepali Tongaonkar	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. B.S Atran	06:00 p.m. to 06:45 p.m.
Newer non-coronary intervention	Dr. Samuit Shah	06:45 p.m. to 07:30 p.m.
Recent Advances in Non-Coronary Percutaneous Interventions	Dr. Mandora V P	07:30 p.m. to 08:15 p.m.
Discussion on the Session		08:15 p.m. to 09:00 p.m.

**DAY 2 - 16<sup>th</sup> June, 2024**

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

Topics	Speaker	Timings
Nocturnal Hypertension: What do we do?	Dr. Hasmukh Gurjar	08:30 a.m. to 09:15 a.m.
Current Place of SGLT2i in the Management of Heart Failure	Dr. Samuit Shah	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. B.S Atran	11:00 a.m. to 11:45 a.m.
LDL, LDL, and LDL	Dr. Gaurav Ganeshwala	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. Gaurav Ganeshwala**

Dr. Gaurav Ganeshwala presented a comprehensive overview of hypertensive heart failure, focusing on the pathophysiology, diagnostic criteria, and management strategies. The session delved into the latest treatment protocols, including the use of antihypertensive medications, lifestyle modifications, and advanced therapies. Dr. Ganeshwala discussed the challenges in managing patients with hypertensive heart failure and shared insights from recent clinical trials and guidelines to optimize patient outcomes.

- **Role of Cardio Selective Beta Blocker with focus on S-Metoprolol: Speaker: Dr. Hasmukh Gurjar**

Dr. Hasmukh Gurjar explored the therapeutic benefits of cardio-selective beta-blockers, with a special emphasis on S-Metoprolol. The session covered the pharmacokinetics and pharmacodynamics of S-Metoprolol, its clinical applications in treating various cardiovascular conditions, and the evidence supporting its use. Dr. Gurjar also discussed patient selection criteria, dosing strategies, and potential side effects, providing a thorough understanding of how to optimize the use of S-Metoprolol in clinical practice.

- **Role of ARN + Diuretics across CV Continuum: Speaker: Dr. Deepali Tongaonkar**

Dr. Deepali Tongaonkar presented on the combined use of Angiotensin Receptor Neprilysin Inhibitors (ARNIs) and diuretics across the cardiovascular continuum. The talk highlighted the mechanisms by which these medications work together to improve outcomes in heart failure and hypertension. Dr. Tongaonkar reviewed clinical studies demonstrating the benefits of this combination therapy, discussed patient management strategies, and addressed potential challenges and considerations in prescribing these drugs.

- **Antiplatelet Therapy after Percutaneous Coronary Intervention: Speaker: Dr. B.S. Atran**

Dr. B.S. Atran provided an in-depth analysis of antiplatelet therapy following percutaneous coronary intervention (PCI). The session covered the latest guidelines, evidence from recent clinical trials, and practical considerations for selecting antiplatelet agents. Dr. Atran discussed the balance between reducing thrombotic risk and minimizing bleeding complications, the duration of dual antiplatelet therapy, and the transition to single antiplatelet therapy in various patient populations.

- **Dr. Newer Non-Coronary Intervention: Speaker: Dr. Samuit Shah**

Dr. Samuit Shah introduced participants to emerging non-coronary interventions that are expanding the scope of cardiovascular treatment. The session covered innovative procedures such as transcatheter



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aortic valve replacement (TAVR), mitral valve repair, and interventions for peripheral artery disease. Dr. Shah discussed the indications, techniques, and outcomes of these procedures, as well as the latest technological advancements driving their adoption.

- **Dr. Recent Advances in Non-Coronary Percutaneous Interventions: Speaker: Dr. Mandora V P**

Dr. Mandora V. P. highlighted recent advances in non-coronary percutaneous interventions. The presentation focused on the latest techniques and devices used in structural heart interventions, electrophysiology, and endovascular procedures. Dr. Mandora reviewed clinical data supporting these innovations, discussed their impact on patient care, and explored future directions in non-coronary interventional cardiology.

### Day 2:

- **Dr. Nocturnal Hypertension: What do we do?: Speaker: Dr. Hasmukh Gurjar**

Dr. Hasmukh Gurjar addressed the clinical challenges of nocturnal hypertension, a condition often associated with increased cardiovascular risk. The session explored diagnostic approaches, including ambulatory blood pressure monitoring, and discussed treatment strategies tailored to manage nocturnal blood pressure elevations. Dr. Gurjar reviewed the latest research on the implications of nocturnal hypertension and shared case studies to illustrate effective management.

- **Current Place of SGLT2i in the Management of Heart Failure: Speaker: Dr. Samuit Shah**

Dr. Samuit Shah discussed the evolving role of Sodium-Glucose Co-Transporter-2 Inhibitors (SGLT2i) in heart failure management. This session reviewed the mechanisms of action of SGLT2i, their benefits in reducing hospitalization and mortality in heart failure patients, and the clinical trials that have established their efficacy. Dr. Shah provided practical guidance on incorporating SGLT2i into heart failure treatment regimens and addressed potential side effects and contraindications.

- **ECG Challenge: Hyperlipidemia and Irregular Pulse: Speaker: Dr. B.S. Atran**

Dr. B.S. Atran presented a session focused on interpreting challenging ECG cases, specifically related to hyperlipidemia and irregular pulse. Participants learned to identify and diagnose various ECG abnormalities, understand their clinical significance, and develop appropriate management plans. Dr. Atran used real-world case examples to enhance learning and provided tips for accurate ECG interpretation in complex scenarios.

- **LDL, LDL, and LDL: Speaker: Dr. Gaurav Ganeshwala**

Dr. Gaurav Ganeshwala provided a detailed examination of Low-Density Lipoprotein (LDL) cholesterol, its role in atherosclerosis and cardiovascular disease, and the importance of effective management. The session covered the latest guidelines on LDL targets, the use of statins and other lipid-lowering therapies, and the impact of emerging treatments such as PCSK9 inhibitors. Dr. Ganeshwala discussed strategies for improving patient adherence to lipid-lowering therapy and reducing cardiovascular risk.



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### **DAY 1 & 2 Highlights:**

- The Cardio Summit on CME provided a comprehensive overview of key topics in cardiovascular medicine. Sessions covered the epidemiology of cardiovascular diseases, emphasizing their global burden and evolving trends. Diagnostic modalities, ranging from ECG to advanced imaging techniques, were explored to enhance precision in diagnosis and treatment planning. Attendees gained insights into prevention and management strategies for thromboembolic events, newer non-coronary interventions, heart disease, congestion in heart failure, dual antiplatelet therapy, and polypharmacy for heart failure management. The summit highlighted the importance of integrating the latest clinical evidence and innovations into practice to improve patient outcomes in cardiovascular care.
- **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.**
  1. **La Renon Healthcare Pvt. Ltd. (Platinum Sponsor)**
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## Photos of CME





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**Dr. Jagdish Hiremath**  
MD, DNB (Cardiology), DM (Cardiology)

Director - Cath lab, Ruby Hall Clinic, Pune

- Gold Medalist (Mumbai University, DM (Cardiology) 1986)
- Past President: CSI (Pune Chapter)
- First to perform coronary angioplasty, colour doppler and
- Runs a preventive cardiac lifestyle modification program
- Editor - Circulation, Indian edition.

Course Director

**Dr. Gaurav Ganeshwala**  
MBBS, MD (Medicine), DM (Cardiology), FESC, FSCAI

Senior Consultant Cardiologist- Ruby Hall Clinic, Pune

- More than 10 years of experience in the field of Clinical and interventional cardiology.
- Vast experience of performing coronary and peripheral angiography & angioplasties including complex coronary interventions including Left main, Bifurcation, CTO PTCA and Bypass graft angioplasties.
- Won the Best oral abstract presenter award at the Annual CMI conference 2016 held at Kochi for his research work in the Coronary interventions.
- Many publications in reputed Medical journals and investigator in many Clinical trials.

EXPERT SPEAKER



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## Lecture on ECG Challenge





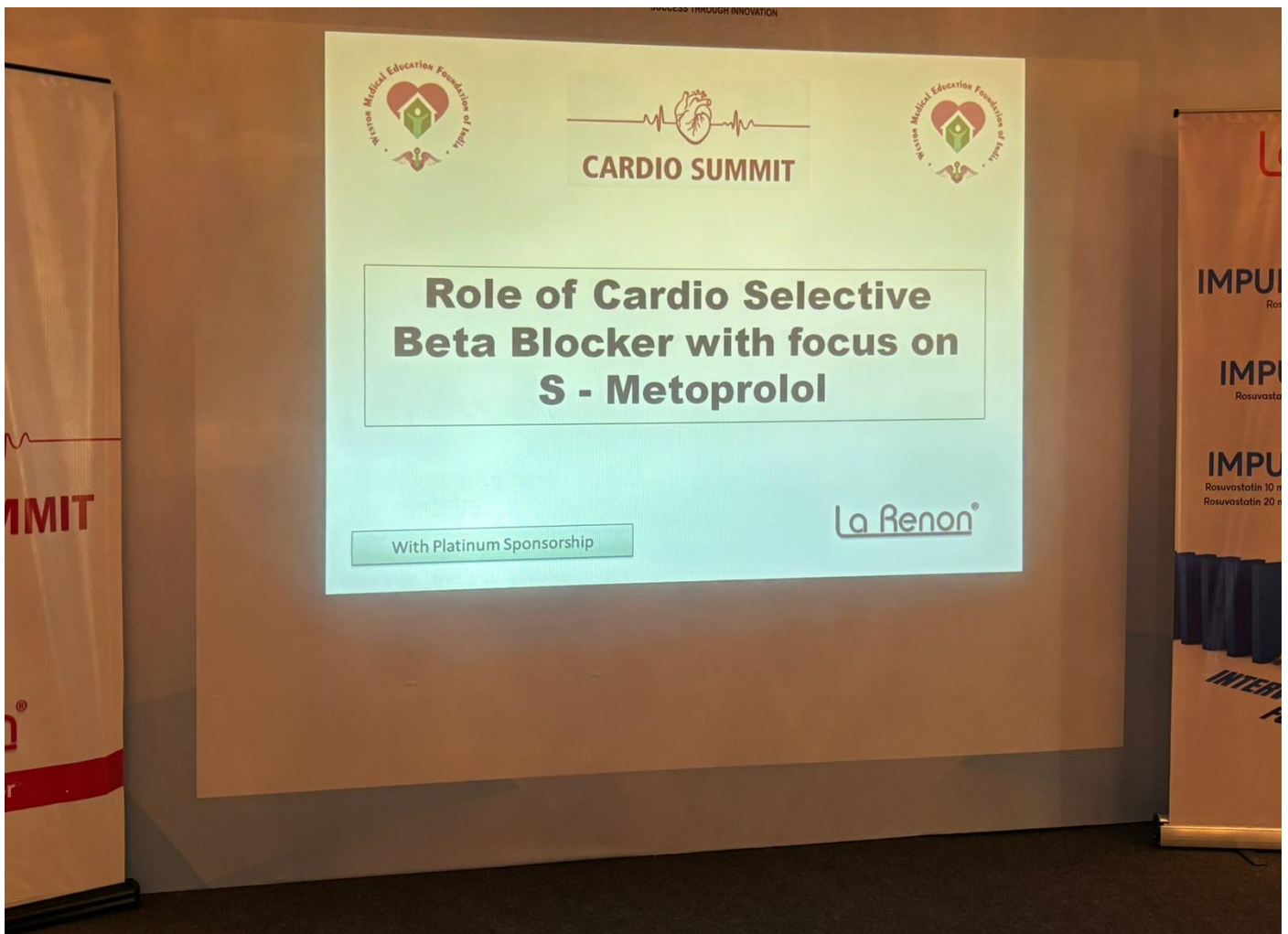


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Lecture on Role of Cardio selective beta blocker with focus on S-Metoprolol



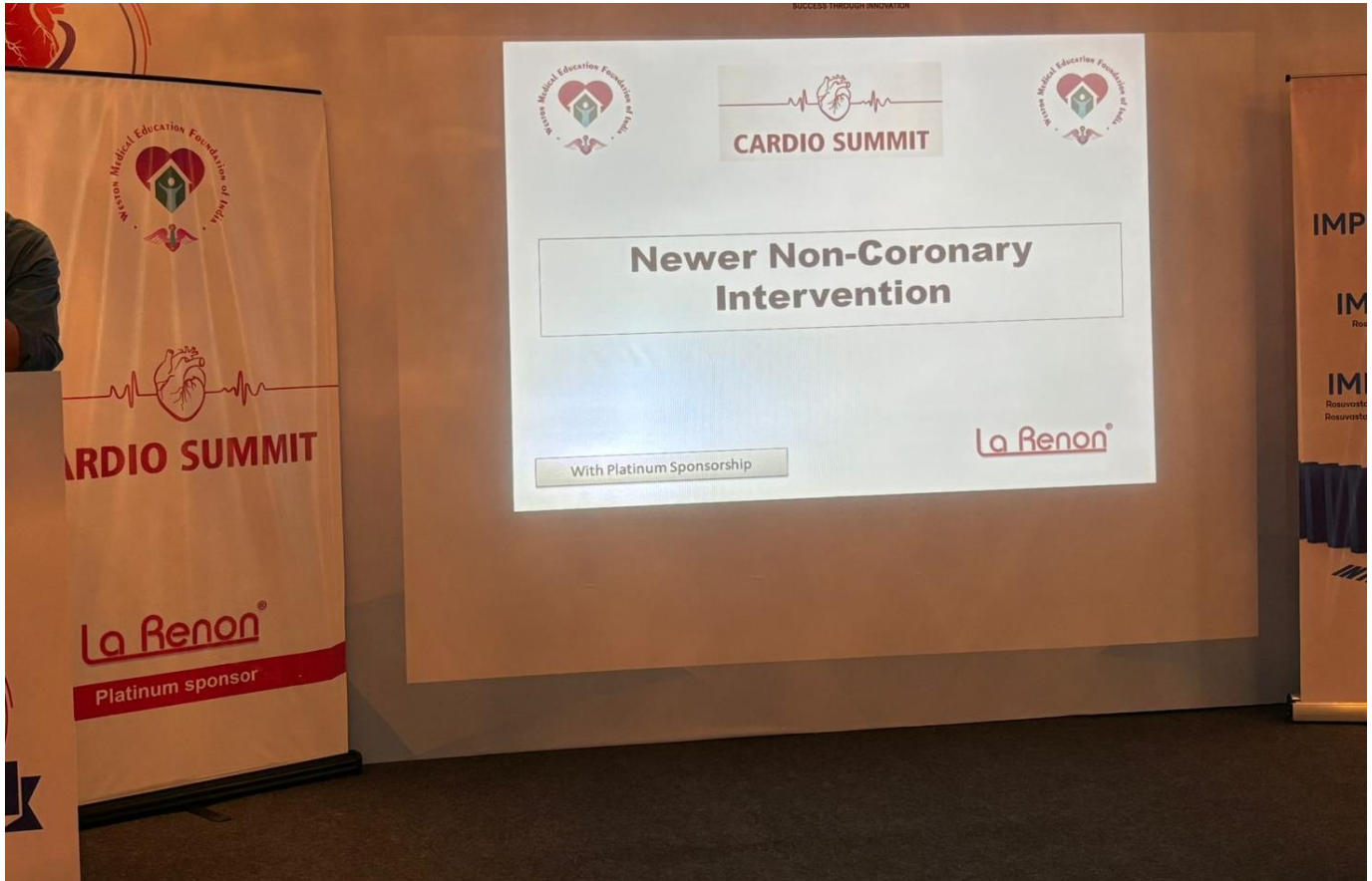


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## Lecture on Newer Non-Coronary Intervention



## Lecture on Antiplatelet therapy after percutaneous coronary intervention



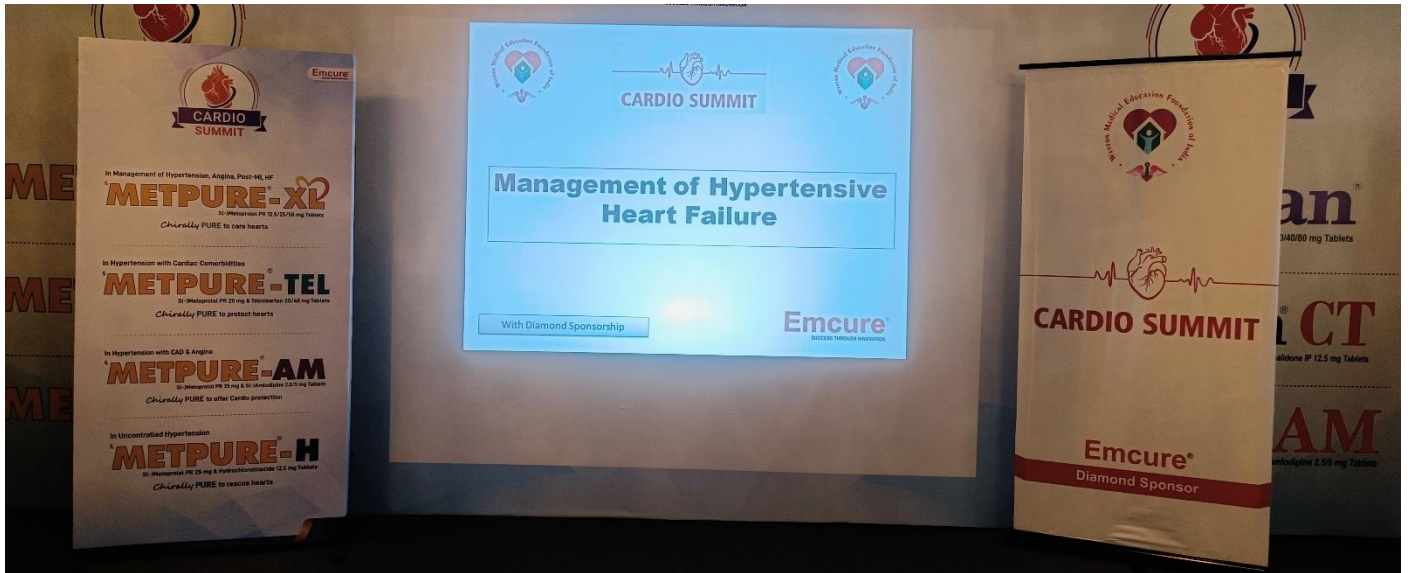


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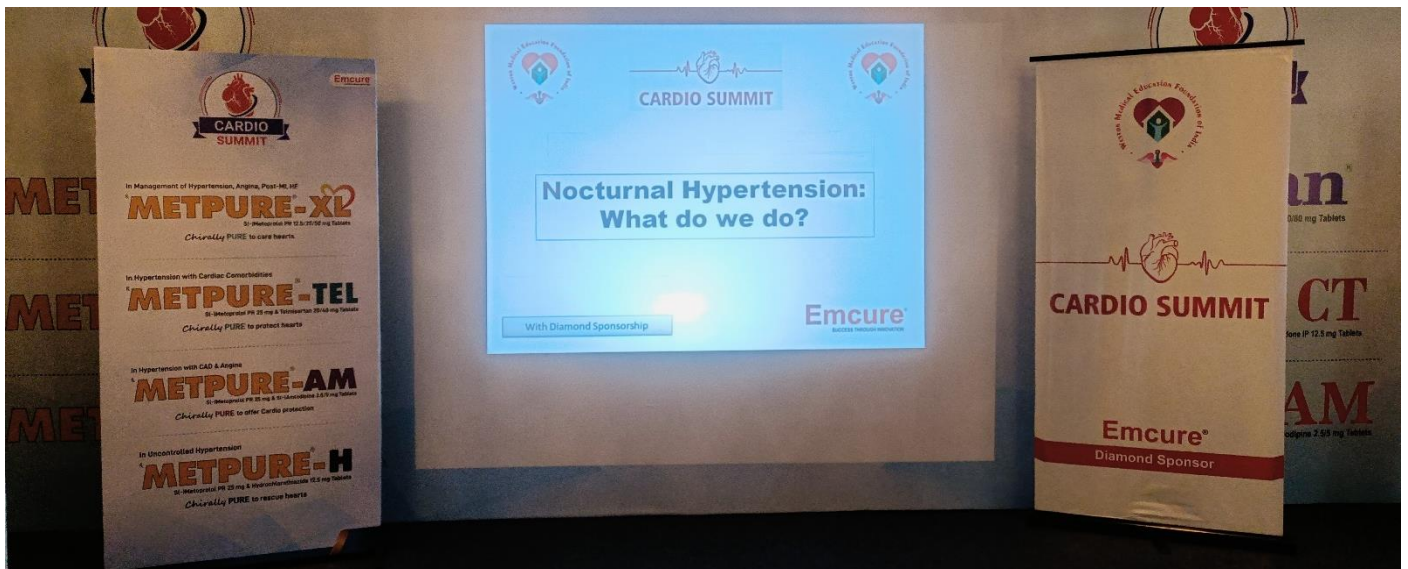
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## Lecture on Management of hypertensive heart failure



## Lecture on Nocturnal hypertension, what do we do?



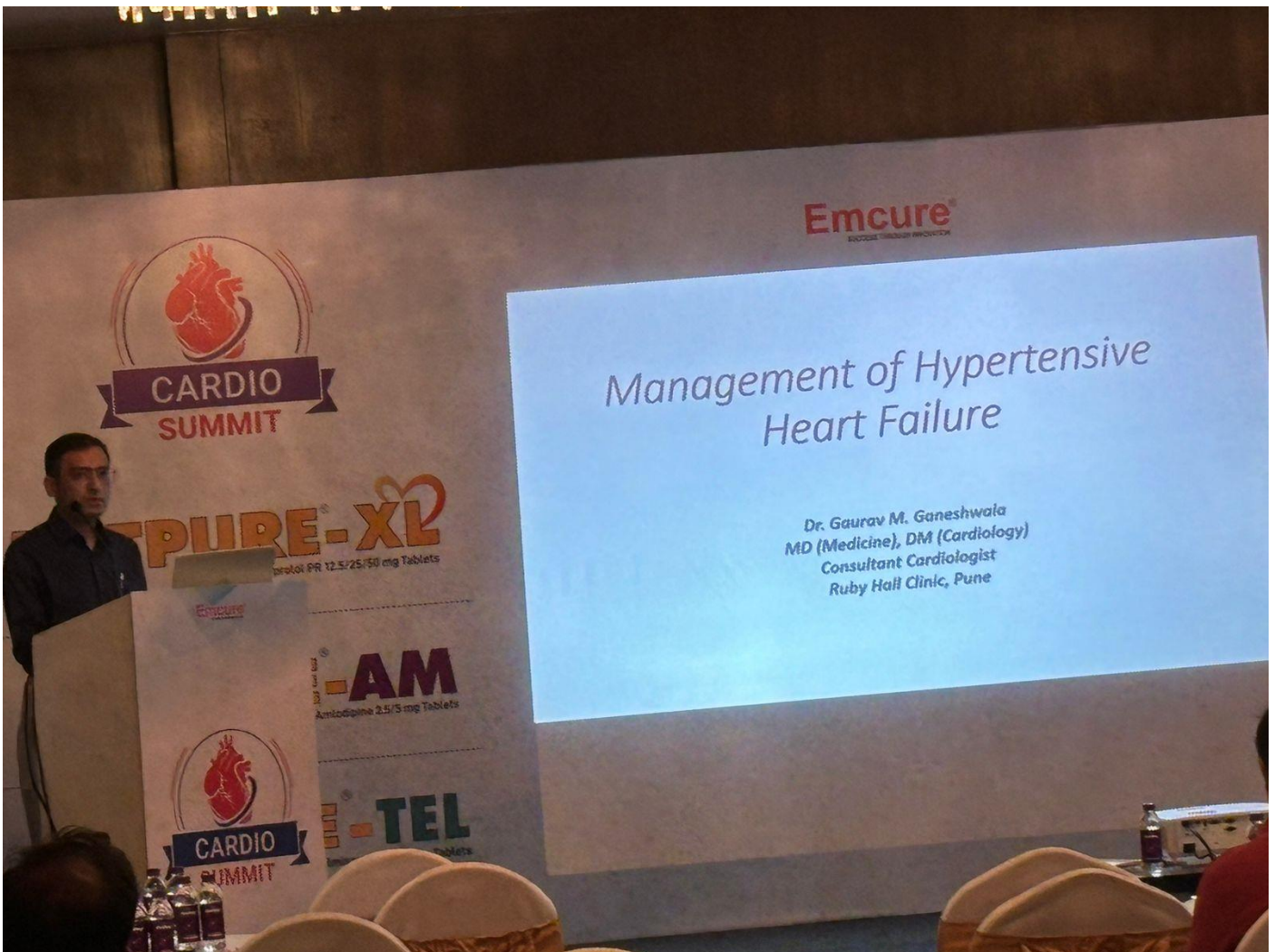
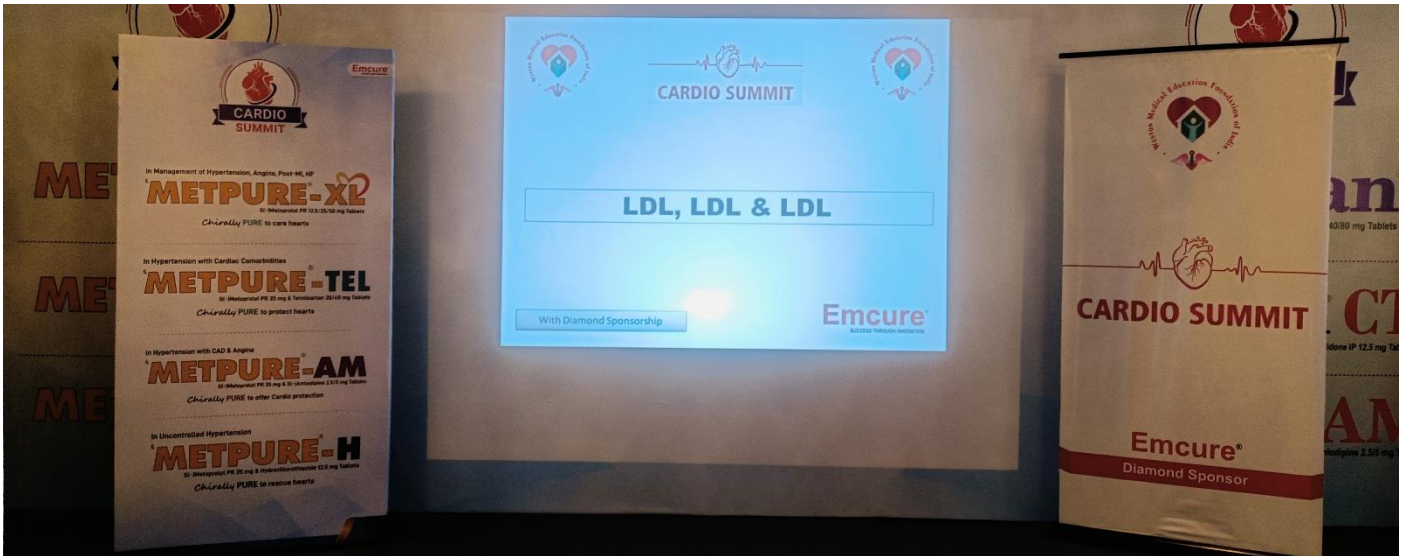


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## Lecture on LDL, LDL & LDL





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Lecture on Recent advances in Non coronary percutaneous interventions



Lecture on Current place of SGLT2i in the management of Heart Failure

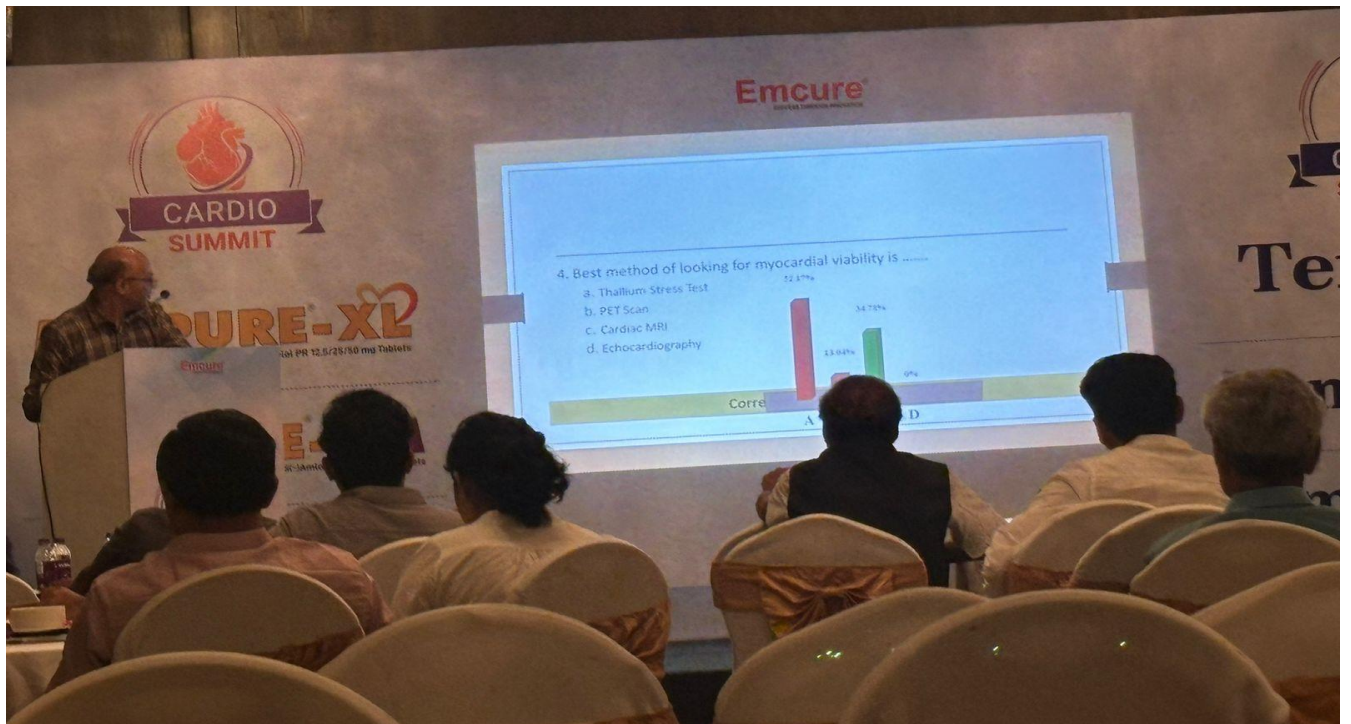




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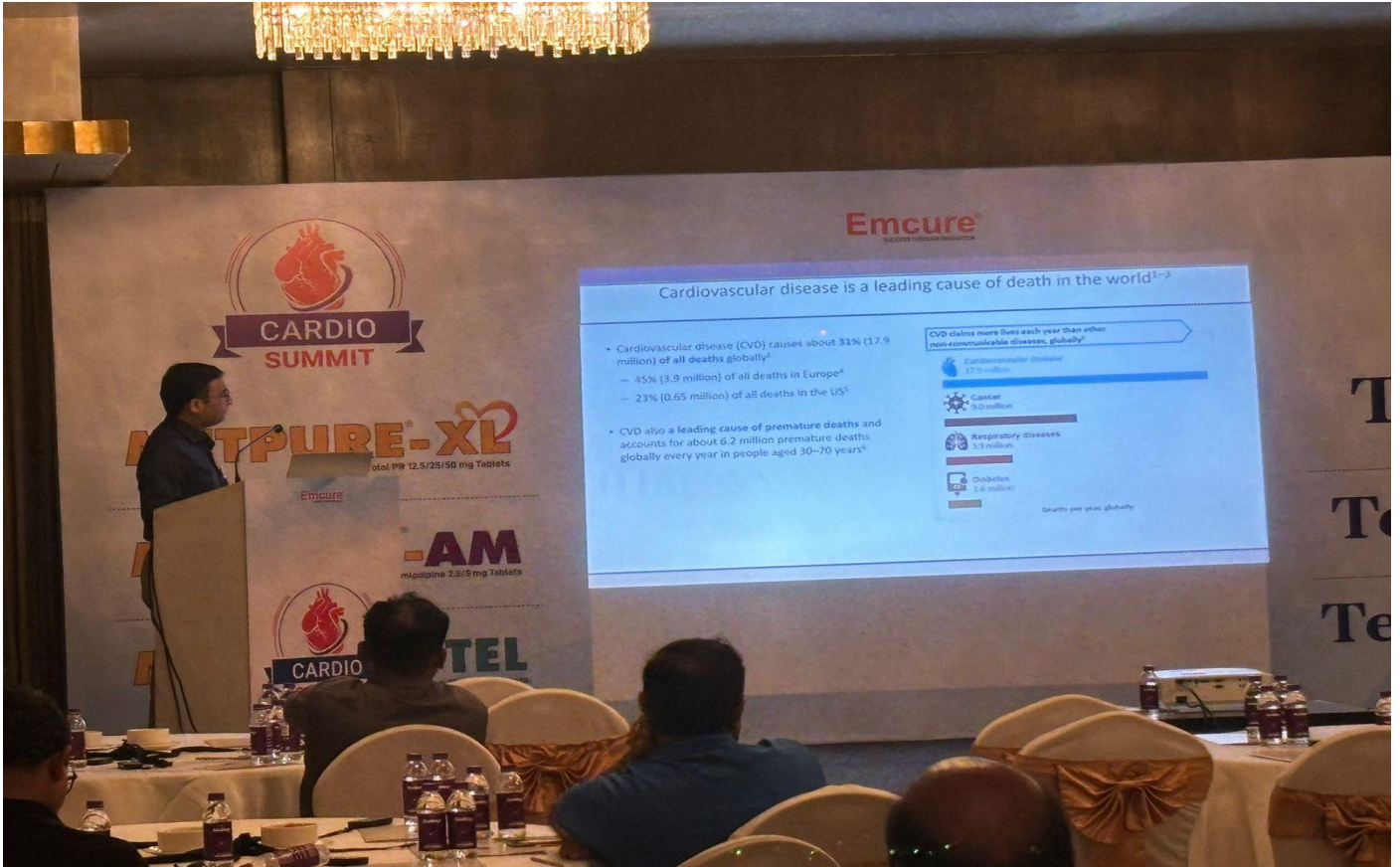




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