



Weston Medical Education Foundation of India

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HF SUMMIT

10th – 11th August 2024 at Park Regis, Goa

The "HF SUMMIT" convened in Park Regis, Goa, 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: 40 distinguished participants

EXPERT

Faculties:

- Dr. Parthasarathy M
- Dr. J. S. Hiremath
- Dr. S. Sengupta
- Dr. J. C. Mohan
- Dr. Tiny Nair



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AGENDA

DAY 1 - 10th August, 2024
Time: 12:00 p.m. to 6:00 p.m.

Topics	Speaker	Timing
Registration at Counter		12:00 p.m. to 01:30 p.m.
Welcome Note & Program Overview	Dr. Parthasarathy M Dr. S. Sengupta	01:30 p.m. to 02:00 p.m.
Hypertensive Heart Failure	Dr. J. S. Hiremath	02:00 p.m. to 02:25 p.m.
Atrio-Ventricular Mechanics in HF	Dr. S. Sengupta	02:25 p.m. to 02:50 p.m.
Concept of Recovery & Remission in HF	Dr. J. C. Mohan	02:50 p.m. to 03:15 p.m.
Immune Mechanism in HF Management: What's for the Clinician to Learn	Dr. Tiny Nair	03:15 p.m. to 03:40 p.m.
Audience Q & A		03:40 p.m. to 03:55 p.m.
Tea Break		03:55 p.m. to 04:10 p.m.
IV Iron Therapy in HF: Evidence & Caveats	Dr. J. C. Mohan	04:10 p.m. to 04:35 p.m.
Beta Blockers for HF management in 2024: How strong is the Old Pillar	Dr. Tiny Nair	04:35 p.m. to 05:00 p.m.
The Fifth Pillar of GDMT – Verciguat	Dr. J. S. Hiremath	05:00 p.m. to 05:25 p.m.
Optimization of GDMT in HF – Panel Discussion	All Faculty	05:25 p.m. to 05:50 p.m.
Audience Q & A		05:50 p.m. to 06:00 p.m.

DAY 2 - 11th August, 2024
Time: 10:00 a.m. to 1:00 p.m.

Topics	Speaker	Timings
Nocturnal Hypertension: What do we do?	Dr. J. S. Hiremath	10:00 a.m. to 10:25 a.m.
Current Place of SGLT2i in the Management of Heart Failure	Dr. S. Sengupta	10:25 a.m. to 10:50 a.m.
Audience Q & A		10:50 a.m. to 11:15 a.m.
Breakfast		11:15 a.m. to 11:40 a.m.
ECG Challenge: Hyperlipidemia and Irregular Pulse	Dr. J. C. Mohan	11:40 a.m. to 12:05 p.m.
Role of Cardio Selective Beta Blocker with focus on S - Metoprolol	Dr. Tiny Nair	12:05 p.m. to 12:30 p.m.
Discussion on the Session		12:30 p.m. to 12:50 p.m.
Closing Remarks & Vote of Thanks	WMEFI	12530 p.m. to 01:00 p.m.



Summary of CME

Day 1:

Welcome Note & Program Overview

- Dr. Parthasarathy M and Dr. S. Sengupta kicked off the symposium with an overview of the event's objectives, emphasizing the importance of staying current with heart failure management advancements. They outlined the structure of the sessions, highlighting the diverse topics and the collaborative nature of the symposium, setting the stage for a comprehensive exploration of heart failure care.

- **Hypertensive Heart Failure**

Dr. J. S. Hiremath's presentation on hypertensive heart failure provided a deep dive into the intersection of hypertension and heart failure, two closely linked conditions that significantly impact patient outcomes. He began by discussing the pathophysiology of hypertensive heart failure, explaining how chronic high blood pressure can lead to structural changes in the heart, ultimately resulting in heart failure. Dr. Hiremath highlighted the importance of early detection and management of hypertension as a critical step in preventing the progression to heart failure. He reviewed current guidelines and evidence-based practices, emphasizing the need for a multifaceted approach that includes lifestyle modifications, pharmacotherapy, and careful monitoring of blood pressure. His discussion also covered the challenges of managing hypertensive heart failure in different patient populations, particularly those with co-morbidities, and stressed the importance of individualized treatment plans to optimize outcomes.

- **Atrio-Ventricular Mechanics in HF**

Dr. S. Sengupta's session on atrio-ventricular mechanics in heart failure explored the complex interplay between the atria and ventricles, which is crucial for maintaining effective cardiac function. He began by explaining recent research on the mechanical dysfunctions observed in heart failure, such as impaired atrial contractility and ventricular filling, which contribute to the disease's progression and symptomatology. Dr. Sengupta further discussed the clinical implications of atrio-ventricular mechanics in the diagnosis and management of heart failure. He emphasized the importance of advanced imaging techniques, like echocardiography and cardiac MRI, in assessing these mechanical changes. By understanding the specific mechanical dysfunctions in heart failure, clinicians can tailor treatments more effectively, whether through pharmacological intervention, device therapy, or surgical options. His presentation highlighted the need for a comprehensive approach that considers the mechanical aspects of the heart to improve patient outcomes.



- **Concept of Recovery & Remission in HF**

Dr. J. C. Mohan's presentation on the concept of recovery and remission in heart failure offered a refreshing perspective on what has traditionally been viewed as a chronic, progressive condition. He discussed how recent advancements in heart failure treatment have made it possible for some patients to experience significant recovery, where symptoms are greatly reduced, and cardiac function improves. Dr. Mohan provided case studies and clinical trial data that illustrated instances of such recoveries, challenging the notion that heart failure is inevitably a downward spiral. In addition to recovery, Dr. Mohan introduced the idea of remission in heart failure, where the disease's progression is halted, and patients achieve a stable state without worsening symptoms. He emphasized that achieving remission requires a proactive and aggressive treatment approach, often involving a combination of lifestyle changes, medication, and in some cases, device therapy. Dr. Mohan's discussion underscored the importance of early intervention and personalized care in transforming the management of heart failure, offering hope for improved long-term outcomes.

- **Immune Mechanism in HF Management: What's for the Clinician to Learn**

Dr. Tiny Nair delved into the role of the immune system in heart failure management, a topic that has gained increasing attention in recent years. He began by explaining how heart failure is not just a mechanical problem but also involves significant inflammatory and immune responses. Dr. Nair highlighted the pathways through which the immune system contributes to heart failure progression, including chronic inflammation, autoimmunity, and the activation of specific cytokines that can exacerbate cardiac dysfunction. His presentation emphasized the need for clinicians to understand these immune processes, as they represent a new frontier in heart failure management, with the potential to offer additional therapeutic options beyond traditional heart failure treatments.

- **IV Iron Therapy in HF: Evidence & Caveats**

Dr. J. C. Mohan presented on the use of intravenous (IV) iron therapy in heart failure, focusing on the evidence supporting its use and the caveats that clinicians should be aware of. He began by discussing the prevalence of iron deficiency in heart failure patients and its association with worse outcomes, including increased mortality and hospitalizations. Dr. Mohan reviewed the results of key clinical trials that have demonstrated the benefits of IV iron therapy in improving symptoms, exercise capacity, and quality of life for these patients.

However, Dr. Mohan also cautioned against the indiscriminate use of IV iron therapy, highlighting the potential risks such as iron overload and allergic reactions. He emphasized the importance of careful patient selection, recommending that IV iron therapy be reserved for those with confirmed iron deficiency and symptomatic heart failure. Dr. Mohan's balanced presentation provided a comprehensive overview of the role of IV iron in heart failure management, underscoring the need for evidence-based practice in this area.



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- **The Fifth Pillar of GDMT – Verciguat**

Dr. J. S. Hiremath introduced Verciguat as the potential fifth pillar of guideline-directed medical therapy (GDMT) for heart failure, highlighting its novel mechanism and clinical benefits. He began by explaining how Verciguat, a soluble guanylate cyclase (sGC) stimulator, works by enhancing the nitric oxide (NO) signaling pathway, which is often impaired in heart failure patients. He also discussed the practical considerations for integrating Verciguat into the existing GDMT framework. He explored how Verciguat complements other heart failure treatments, such as ACE inhibitors, beta blockers, and SGLT2 inhibitors, and provided insights into patient selection and dosing strategies. His presentation underscored the potential of Verciguat to become a crucial component of heart failure management, offering a new option for patients who continue to experience symptoms despite optimal therapy.

- **9. Optimization of GDMT in HF – Panel Discussion**

The symposium concluded Day 1 with a dynamic panel discussion featuring all the faculty members, focused on optimizing guideline-directed medical therapy (GDMT) in heart failure. The panelists shared their experiences and insights on implementing GDMT in clinical practice, addressing common challenges such as patient adherence, side effects, and managing comorbidities. They discussed strategies for tailoring therapy to individual patient needs, emphasizing the importance of regular monitoring and adjustments to treatment plans.

The discussion also covered the integration of new therapies into the existing GDMT framework, particularly in light of the presentations on Verciguat and SGLT2 inhibitors. The faculty members debated the relative merits of different drug combinations and the timing of interventions, providing a comprehensive overview of current best practices in heart failure management. The session served as an opportunity for attendees to ask questions and engage with the experts, rounding off the day with practical, actionable insights.



Day 2:

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

Dr. J. S. Hiremath's presentation on nocturnal hypertension addressed a critical yet often overlooked aspect of heart failure management. He explained how nocturnal hypertension, or elevated blood pressure during sleep, is a significant risk factor for adverse cardiovascular outcomes, including stroke and heart failure progression.

HE also discussed strategies for managing nocturnal hypertension in heart failure patients. He emphasized the importance of nighttime blood pressure monitoring and the use of antihypertensive medications that specifically target nocturnal blood pressure elevations. His presentation included case studies demonstrating the benefits of controlling nocturnal hypertension in improving overall cardiovascular health and preventing heart failure exacerbations, providing practical guidance for clinicians on how to address this challenging condition.

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

Dr. S. Sengupta presented on the current role of SGLT2 inhibitors (SGLT2i) in heart failure management, focusing on their expanding use beyond glycemic control in diabetic patients. He discussed how SGLT2 inhibitors, originally developed as diabetes medications, have demonstrated significant cardiovascular benefits, including reducing the risk of heart failure hospitalization and improving outcomes in both diabetic and non-diabetic heart failure patients.

Dr. Sengupta provided an overview of the key clinical trials that have established SGLT2 inhibitors as a valuable addition to heart failure therapy. He discussed the mechanisms by which these drugs exert their effects, such as reducing preload and afterload, improving renal function, and decreasing inflammation. Dr. Sengupta also addressed practical considerations for incorporating SGLT2 inhibitors into heart failure treatment regimens, including patient selection, dosing, and monitoring for potential side effects. His presentation underscored the transformative impact of SGLT2 inhibitors on heart failure care.

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

Dr. J. C. Mohan's ECG challenge focused on the interpretation of complex electrocardiograms in patients with hyperlipidemia and irregular pulse, two common issues in heart failure management. He began by presenting ECGs from actual patient cases, guiding the audience through the process of identifying key abnormalities and their clinical significance. Dr. Mohan emphasized the importance of recognizing subtle ECG changes that may indicate underlying lipid disorders or arrhythmias, which can have serious implications for heart failure treatment.

In addition to interpretation, Dr. Mohan discussed the management strategies for patients with these ECG findings. He reviewed the role of lipid-lowering therapies, such as statins, and the management of arrhythmias, including the use of antiarrhythmic drugs and device therapy. Dr. Mohan's presentation was highly interactive, encouraging participants to apply their knowledge in real-time and consider how ECG findings can guide therapeutic decisions in heart failure patients with complex comorbidities.



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

Dr. Tiny Nair's presentation on the role of cardio-selective beta blockers, with a focus on S-Metoprolol, explored the nuances of using beta blockers in heart failure management. He began by discussing the pharmacological properties of S-Metoprolol, a cardio-selective beta blocker that preferentially blocks beta-1 adrenergic receptors, reducing the risk of bronchoconstriction and other side effects associated with non-selective beta blockers. Dr. Nair also compared S-Metoprolol to other beta blockers, discussing scenarios where it might be the preferred choice, such as in patients with coexisting respiratory conditions like asthma. He provided practical guidance on dosing and titration, stressing the importance of starting with low doses and gradually increasing to target levels to minimize adverse effects. Dr. Nair's presentation underscored the role of S-Metoprolol as a key component of heart failure therapy, particularly in patients who require a cardio-selective option.

- **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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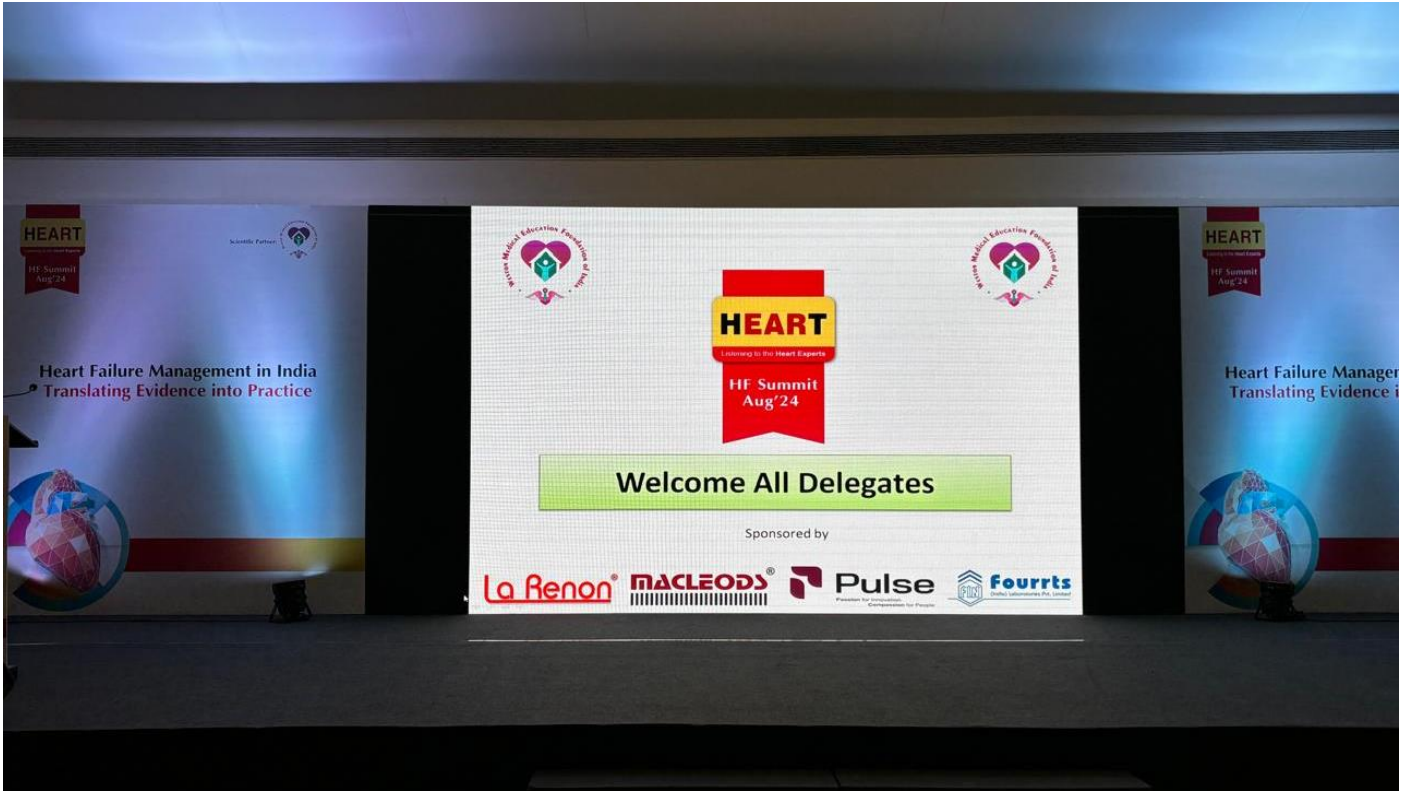


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Photos of CME



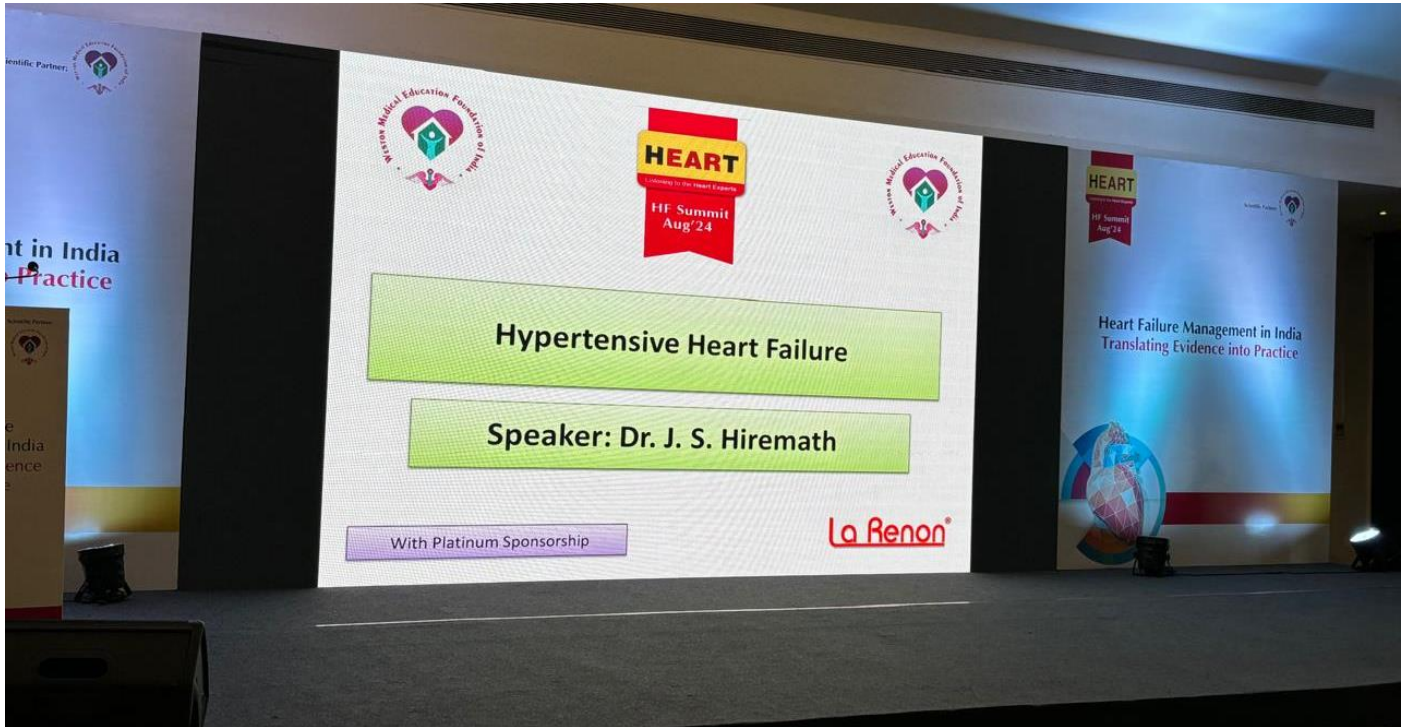


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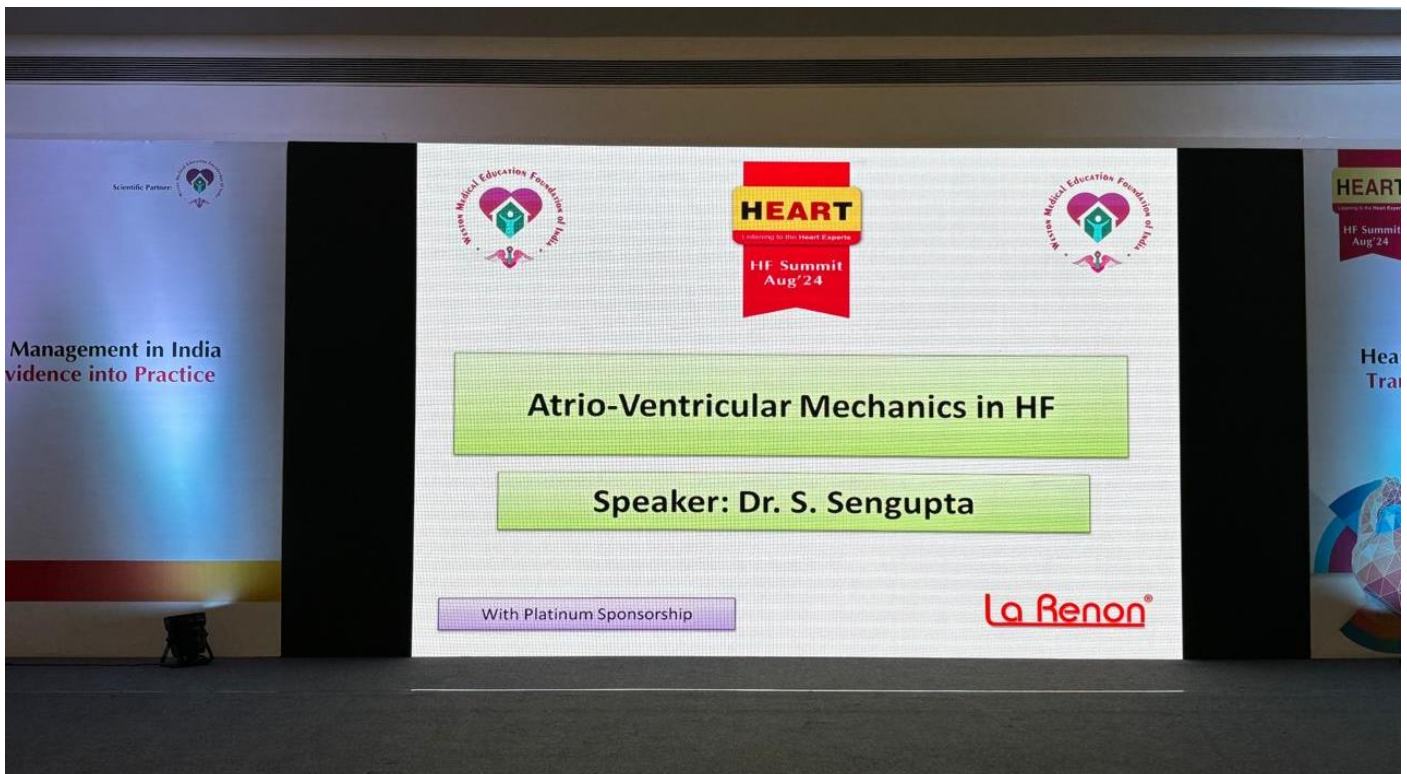
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Lecture on Hypertensive Heart failure



Lecture on Atrio-Ventricular Mechanics in HF



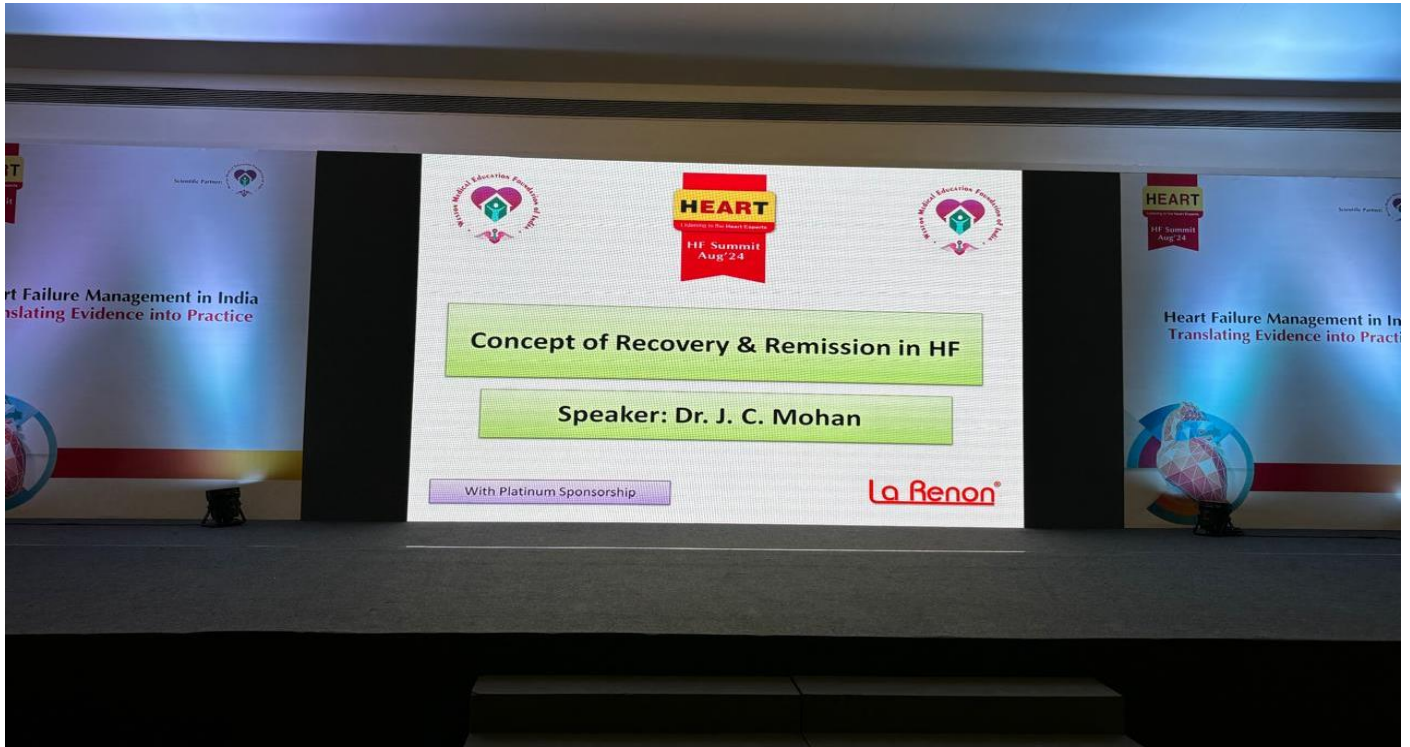


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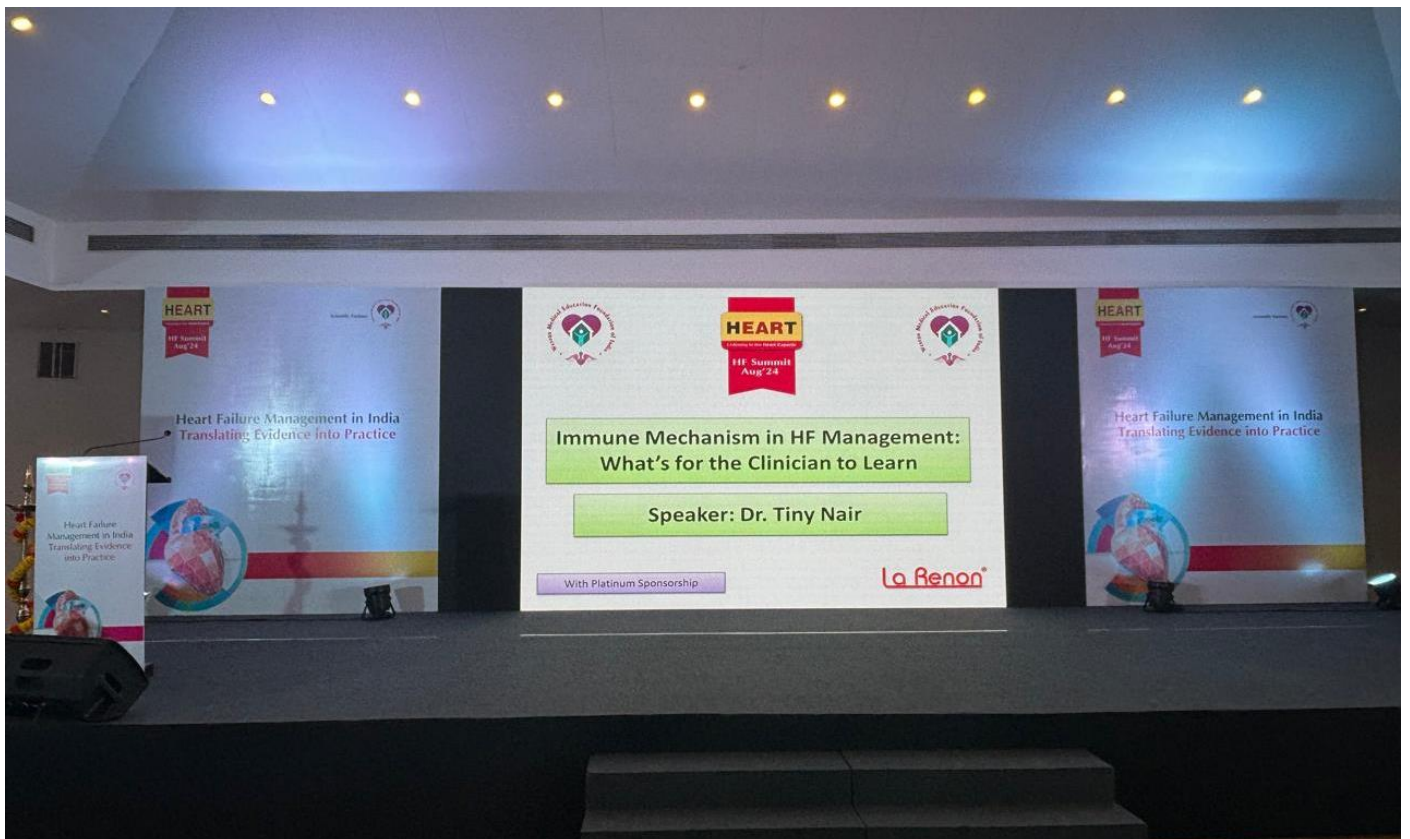
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Lecture on Concept of recovery & Remission in HF



Lecture on Immune mechanism in HF Management





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Lecture on IV Iron therapy in HF: Evidence & Caveats



Lecture on Beta Blocker for HF management in 2024: How strong is the old pillar





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Lecture on The Fifth Pillar of GDMT - Verciguat



Lecture on Optimization of GDMT in HF – Panel Discussion





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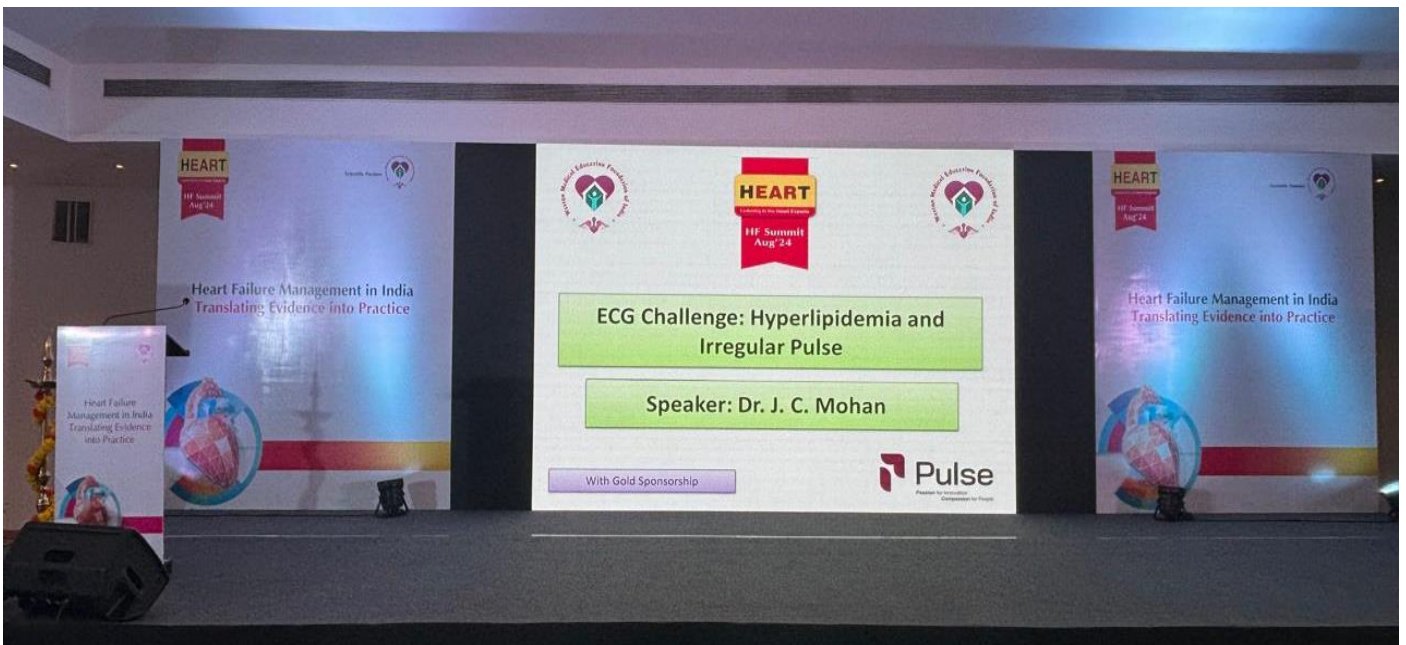
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Lecture on Current place of SGLT2i in the management of HF



Lecture on ECG Challenge: Hyperlipidemia & Irregular Pulse



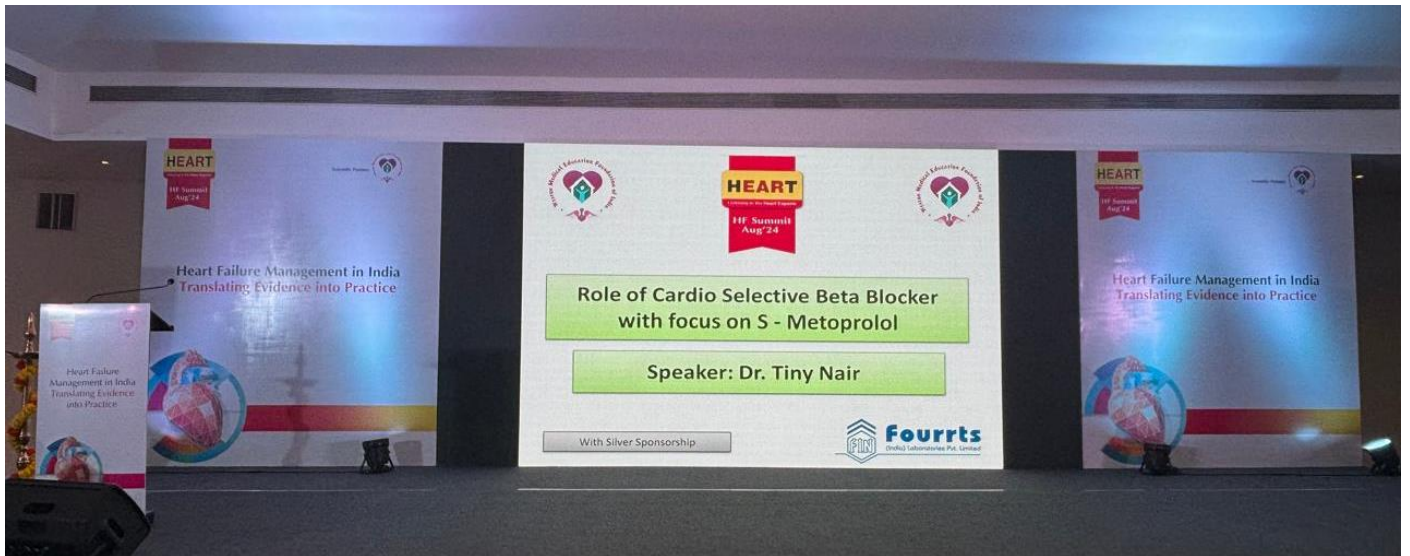


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Lecture on Role of Cardio Selection Beta Blocker with focus on S Metoprolol





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Through the Lens: Clinical Breakthroughs and Discussions





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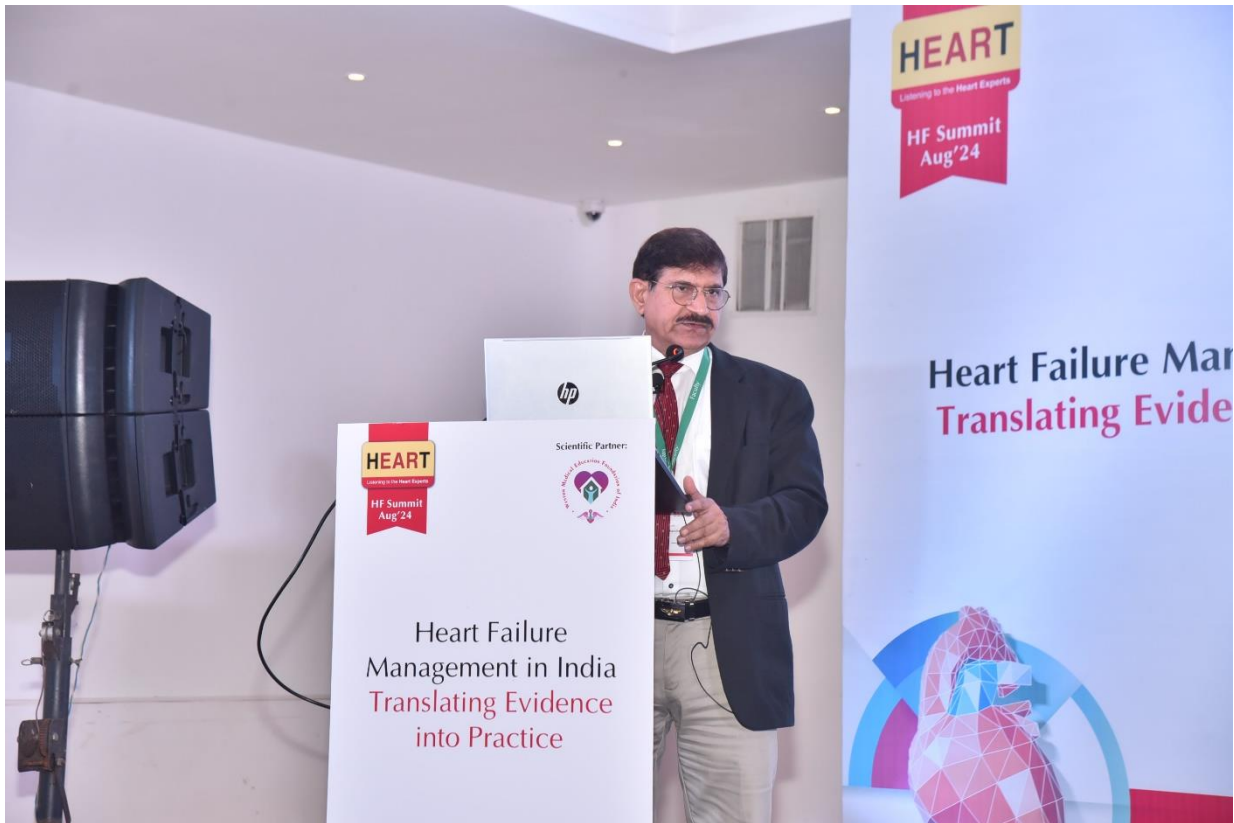




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Scientific Programme

Title	Speaker Name	Time
Registration at Counter		12:00 PM
Welcome Address & Program Overview	Dr. Parthasarathy M Dr. S. Sengupta	12:25 - 12:35 PM
Introduction & Felicitation of Faculty + Lamp Lighting	All Faculty	12:35 - 13:00 PM
Lunch: 13:00 - 14:00 PM		
Hypertensive Heart Failure	Dr. J. S. Hiremath	14:00 - 14:25 PM
Atrio-Ventricular Mechanics in HF	Dr. S. Sengupta	14:25 - 14:50 PM
Concept of Recovery & Remission in HF	Dr. J. C. Mohan	14:50 - 15:15 PM
Immune Mechanism in HF Management: What's for the Clinician to Learn	Dr. Tivy Nair	15:15 - 15:40 PM
Audience Q & A		15:40 - 15:55 PM
Tea: 15:55 - 16:10 PM		
TV Iron Therapy in HF: Evidence & Caveats	Dr. J. C. Mohan	16:10 - 16:35 PM
Beta Blockers for HF management in 2024: How strong is the Old Pillar	Dr. Tivy Nair	16:35 - 17:00 PM
The Fifth Pillar of GDMT - Veriquat	Dr. J. S. Hiremath	17:00 - 17:25 PM
Optimization of GDMT in HF - Panel Discussion	All Faculty	17:25 - 17:50 PM
Audience Q & A		17:50 - 18:05 PM
Closing Remarks & Vote of Thanks	Dr. S. Sengupta Mr. Mahesh Baubkar	18:05 - 18:15 PM

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