

**10th Annual Orange County Symposium on Cardiovascular Disease Prevention  
A Decade of Discovery - Then, Now and Tomorrow**

**Nathan D. Wong, PhD, Shaista Malik, MD, Robert S. Greenfield, MD,  
and Paul D. Rosenblit, MD, PhD, Co-Chairs**

Double Tree Hotel, 100 City Drive South, Orange, CA  
Saturday, October 13, 2018

<b>Time</b>	<b>Title</b>	<b>Speaker</b>
7:15 AM	<b>Registration and Breakfast with Exhibitors</b>	
8:00 AM	Welcome Remarks / Housekeeping	Nathan D. Wong, PhD
<b>SESSION I</b>	<b>Moderator – Rob Greenfield, MD</b>	
8:10 AM	Personalized Cardiovascular Medicine and Genomics	Shaista Malik, MD, PhD
8:35 AM	The Uses of Monoclonal Antibodies in Primary and Secondary Prevention	Michael Shapiro, DO
9:00 AM	Hormones and the Heart	Paul Rosenblit, MD, PhD
9:25 AM	Panel Discussion	Speakers above
9:50 AM	<b>Break and Exhibits</b>	
<b>SESSION II -</b>	<b>Moderator – Shaista Malik, MD, PhD</b>	
10:10 AM	Food Fight: Which Dietary Pattern is Best to Protect Your Heart?	Geeta Sikand, MS, RDN
10:35 AM	How Your Mind Can Mend (or Kill) Your Heart	John Zamarra, MD
11:00 AM	Physical Activity for The Inactive: How To Individualize for CVD Prevention	Stanley Bassin, EdD
11:25 PM	Panel Discussion	Speakers above
11:50 AM	<b>Lunch Break Symposium</b>	
12:00 PM	<b>Non-CME Symposium</b>	
12:45 PM	<b>Dessert and Exhibits</b>	
<b>Session III -</b>	<b>Moderator – Paul Rosenblit, MD</b>	
1:00 PM	Fueling the Fire: Inflammation and Cardiovascular Disease	Robert Greenfield, MD
1:25 PM	Cardiometabolism: The Convergence of Diabetes and Cardiovascular Disease	Nathan D. Wong, PhD
1:50 PM	Implications of the New 2017 Guidelines and Managing Resistant Hypertension	Michael Bloch, MD
2:15 PM	<b>Panel Discussion</b>	Speakers above
2:35 PM	<b>Refreshments and Exhibits</b>	
<b>Session IV</b>	<b>Moderator – Nathan D. Wong, PhD</b>	
2:55 PM	Imaging Strategies for Early Detection and Prevention of Cardiovascular Disease	Matthew Budoff, MD
3:20 PM	Value of Cardiac Rehabilitation for Improving Patient Outcomes	Pam Taub, MD
3:45 PM	Women and Heart Disease: Is There Really a Sex Difference?	Martha Gulati, MD
4:10 PM	Panel Discussion	Speakers above
<b>4:30 PM</b>	<b>Closing Remarks</b>	Nathan D. Wong, PhD