DRIVING MILLIONS TO BETTER CHOLESTEROL MANAGEMENT

CHOLESTEROL SUMMIT

APRIL 11, 2017 | DALLAS, TX

#UnderstandCholesterol
heart.org/cholesterol
heart.org/checkchangecontrolcholesterol
IT IS OUR PLEASURE to welcome you to the American Heart Association/American Stroke Association’s Cholesterol Summit. We’re pleased that you can join us in Dallas, Texas, and we hope you’ll enjoy being engaged in the conversation that should advance cholesterol care for the next three years. We’ve planned a series of presentations and panel discussions with patients and distinguished experts in the field who will share their insights on barriers of cholesterol management, including communication challenges, treatment, and lifestyle compliance. We are looking for actionable strategies, leveraging our evidence-based approaches for diagnosis, treatment, and long-term management of cholesterol. We’ve planned a networking breakfast and group discussions where all attendees will be tasked to help develop an action plan.

Thank you for being part of this important endeavor.

EDUARDO SANCHEZ, MD, MPH, FAAFP
Chief Prevention and Medical Officer
American Heart Association/American Stroke Association

MARY ANN BAUMAN, MD
AHA National Board Member, Member of the AHA Cholesterol Advisory Group, AHA Chairperson for Communications and Marketing Coordinating Committee

AHA/ASA’S 2020 IMPACT GOAL
Help Americans achieve better cholesterol management by supporting the AHA/ASA 2020 Impact Goal to improve the cardiovascular health of ALL AMERICANS by 20% by 2020.

SUMMIT OBJECTIVES
The goal of the Cholesterol Summit is to develop tangible, actionable solutions for cholesterol management. During the Summit, participants will:

> Discuss gaps and barriers for healthcare providers in providing high-quality cholesterol management
> Identify innovative and actionable strategies to improve prevention, diagnosis, treatment, and coordination of care
> Understand the role of the healthcare system in supporting guidelines-based management
> Address the patient’s role in self-management and how to offer support to address real-world barriers
> Help to determine how the AHA should prioritize activities/approaches to cholesterol management to ensure the patients we serve are receiving optimal care

As an outcome of the meeting, we will develop an action plan for the American Heart Association and other organizations to advance as we move forward.

WHY A CHOLESTEROL SUMMIT?
HIGH CHOLESTEROL is a major risk factor for cardiovascular disease and stroke, the No. 1 and No. 5 killers in the U.S. With support from Sanofi and Regeneron, the American Heart Association/American Stroke Association is launching Check. Change. Control. Cholesterol™, a comprehensive cholesterol initiative focused on improving cholesterol control.

The Cholesterol Summit provides an opportunity to gather healthcare professionals, organizations, and patients in one room to discuss gaps and potential solutions in cholesterol management — from diagnosis to treatment to adherence.

ABOUT CHECK. CHANGE. CONTROL. CHOLESTEROL
Check. Change. Control. Cholesterol aims to improve awareness, detection, and management of high cholesterol by educating and empowering consumers, healthcare professionals, and patients with evidence-based information and tools, while also improving quality of care for patients via the AHA’s quality improvement programs.

heart.org/cholesterol
AGENDA

2017 CHOLESTEROL SUMMIT

TUESDAY, APRIL 11

7:15 am  Networking Breakfast

8:00 am  Welcome / AHA’S 2020 Impact Goal
         Meighan Girgus, AHA Chief
         Marketing and Program Officer

8:10 am  The State of Cholesterol/
         Summit Overview
         Eduardo Sanchez, MD, MPH, FAAFP
         AHA Chief Medical Officer Prevention
         and Chief of the Center for Health
         Metrics & Evaluation

8:30 am  Million Hearts 2022 Plan
         Janet Wright, MD, FACC, Executive
         Director, Million Hearts

9:05 am  Patient Centeredness
         Panel Discussion
         Moderator:
         Stephen R. Daniels, MD, PhD

         Dennis Robbins, MPH, PhD
         Applying the concept of person-
         centricity™ to cholesterol care
         management: barriers and potential
         approaches

         Millie Henn
         Mended Hearts
         The dialogue with doctor and patient

         Anne Goldberg, MD, FACP
         Assessing risk, the unique challenges
         in treating cholesterol patients and
         the role of shared decision-making in
         the treatment plan

9:25 am  Question and Answer

10:05 am  Break

10:15 am  Lifestyle, Evaluation and Counseling
         Panel Discussion
         Moderator: John Osborne, MD, PhD

         Martha Daviglus, MD, PhD, FAHA
         Health disparities and confounding factors
         that affect lifestyle compliance

         Lilian Tsi Stielstra
         Real world challenges: Staying focused and
         motivated to lifestyle recommendations

10:25 am  Question and Answer

11:20 am  The National Forum for Heart
         Disease and Stroke Prevention
         John Clymer, CEO
         and
         Debbie Martinez, Program Manager
         Counter Cholesterol Initiative

11:30 am  Break Out Session

11:45 am  Networking Lunch

12:20 pm  Treatment and Adherence Barriers
         Panel Discussion
         Moderator: Mary Ann Bauman, MD

         Vera Bittner, MD, MSPH
         Barriers to treatment and statin use: clinical review

         Steven Dunn, PharmD, FAHA, BCPS
         Role of clinical pharmacists in addressing
         the barriers of treatment and adherence

12:40 pm  Taking Action — Electronic Voting
         Eduardo Sanchez, MD, MHP, FAAFP
         Mary Ann Bauman, MD
         Voting on recommended solutions to
         optimize shared decision-making among
         key stakeholders and compliance to lifestyle
         and treatment

1:20 pm  Break Out Session

1:40 pm  Voting Results, Next Steps & Recap
         Eduardo Sanchez, MD, MHP, FAAFP
         Mary Ann Bauman, MD
         Recap and review of the recommended
         actions from groups

2:15 pm  Adjourn
Mary Ann Bauman, MD is a board-certified, primary-care internist who practiced for 25 years at INTEGRIS Health in Oklahoma City. Prior to that, she spent nine years in a variety of clinical, teaching, and administrative roles on medical school faculties. While at INTEGRIS, Dr. Bauman served as an officer of INTEGRIS Physician Services from 1997 until 2012 and was actively involved in negotiating fee-for-service and pay-for-performance contracts. Cholesterol Advisory Group member.

Eduardo Sanchez, MD, MS, MPH, FAAFP serves as Chief Medical Officer for Prevention and Chief of the Center for Health Metrics and Evaluation for the American Heart Association (AHA). Prior to joining AHA, he served as Vice President and CMO for Blue Cross and Blue Shield of Texas, Director of the Institute for Health Policy at the University of Texas School of Public Health, and Commissioner of the Texas Department of State Health Services. He holds degrees in chemistry and biomedical engineering and is board-certified in family medicine.

Vera Bittner, MD, MSPH is a Professor of Medicine at the University of Alabama at Birmingham and Section Head of General Cardiology, Prevention, and Imaging in the Division of Cardiovascular Disease. She also serves as Medical Director of the Coronary Care Unit and the University Hospital Cardiac Rehabilitation Program. Most of her research has focused on secondary prevention of coronary artery disease with an emphasis on lipid-lowering therapy, cardiac rehabilitation, and heart disease in women. Cholesterol Advisory Group member.

Meighan Girgus is the Chief Marketing and Programs Officer of the American Heart Association (AHA). She oversees AHA efforts in integrated health programming and asset development, science operations, communications, brand content, stroke, peripheral vascular disease, multicultural markets, patient education, digital health technology and innovation, healthcare quality, and advocacy. Meighan has almost three decades of experience in healthcare marketing and administration and is recognized for her longstanding dedication to enhancing the healthcare delivery system.

Meighan Girgus

Eduardo Sanchez, MD, MS, MPH, FAAFP

Vera Bittner, MD, MSPH

Mary Ann Bauman, MD
Martha Daviglus, MD, PhD, FAHA is the Edmund Foley Professor of Medicine, Director of the Institute for Minority Health Research, and Associate Vice Chancellor for Research at the University of Illinois at Chicago (UIC). She is a bilingual and bicultural physician/epidemiologist of Hispanic origin (Bolivian) and the founding Director of the UIC Institute for Minority Health Research. She has received numerous grants and awards including the Established Investigator Award from the American Heart Association and has had continuous funding from the National Institutes of Health since 1995. Cholesterol Advisory Group member.

John Clymer is Executive Director of the National Forum for Heart Disease and Stroke Prevention, a Washington, D.C.-based non-profit that brings together the most dynamic and diverse organizations in cardiovascular health prevention to provide a forum and outlet for organizations to amplify their voices. He is also a Fellow of the Institute for Health Policy and Leadership and adjunct faculty member at Loma Linda University and has been a guest lecturer at Johns Hopkins Bloomberg School of Public Health since 2004.

Janet de Jesus, MS, RD is a nutritionist by training and a Program Officer at the Center for Translation Research and Implementation Science (CTRIS) at the National Heart, Lung, and Blood Institute, NIH. At CTRIS, she participates in systematic evidence reviews and supports the implementation science program on the prevention and management of heart disease risk factors. She was staff lead for the Lifestyle Interventions to Reduce Cardiovascular Risk Systematic Evidence Review that informed the AHA/ACC Lifestyle Management Guidelines.

Stephen R. Daniels, MD, PhD, FAHA held numerous academic and clinical appointments at the University of Cincinnati College of Medicine and Cincinnati Children’s Hospital before joining the University of Colorado School of Medicine in 2006 as Professor and the Chair of the Department of Pediatrics. Dr. Daniels is also Pediatrician-in-Chief and L. Joseph Butterfield Chair in Pediatrics at Children’s Hospital Colorado. His studies focus on better understanding the causes of blood pressure elevation and cholesterol abnormalities in children and adolescents, with interest in the role that obesity may play in these health issues. Cholesterol Advisory Group member.

Janet de Jesus, MS, RD is a nutritionist by training and a Program Officer at the Center for Translation Research and Implementation Science (CTRIS) at the National Heart, Lung, and Blood Institute, NIH. At CTRIS, she participates in systematic evidence reviews and supports the implementation science program on the prevention and management of heart disease risk factors. She was staff lead for the Lifestyle Interventions to Reduce Cardiovascular Risk Systematic Evidence Review that informed the AHA/ACC Lifestyle Management Guidelines.
Steve Dunn, PharmD, FAHA, BCPS is the Clinical Coordinator for Pharmacy Services at the University of Virginia Heart and Vascular Center. He is also an Assistant Professor of Medicine at the UVA School of Medicine and a Clinical Assistant Professor at the VCU School of Pharmacy in Richmond, Virginia. He is active in a variety of organizations including the American Heart Association, the American College of Cardiology, and the American College of Clinical Pharmacy.

Robert Eckel, MD is a Distinguished Alumnus of the University of Cincinnati College of Medicine and currently the Charles A. Boettcher II Endowed Chair in Atherosclerosis, Professor of Medicine and Professor of Physiology and Biophysics at the University of Colorado School of Medicine Anschutz Medical Campus, and Director of the Lipid Clinic at the University of Colorado Hospital. Dr. Eckel’s research focuses on how metabolic diseases such as diabetes relate to cardiovascular disease to gather data for more favorable diagnostics and therapeutics to follow. Dr. Eckel has mentored over 50 graduate students and post-doctoral fellows, many of whom are in full-time academic positions today. Cholesterol Advisory Group member.

Barbara Johnston Fletcher, RN, MSN, FAHA, FAAN, FPCNA, immediate past President of Preventative Cardiovascular Nursing Association, is currently Clinical Associate Professor in the School of Nursing, College of Health, at the University of North Florida in Jacksonville, Florida. As a clinician and researcher in the field of cardiovascular nursing, she has conducted seminal studies on activity for cardiac patients and has written more than 40 publications in peer-reviewed journals and books. She is a founding member of Us, a University of North Florida, College of Health program addressing female health in the greater Jacksonville area.

Anne Goldberg, MD, FACP is a Professor of Medicine in the Division of Endocrinology, Metabolism, and Lipid Research at Washington University School of Medicine in St. Louis, Missouri, where she does research and teaching as well as treating patients with lipid disorders. Dr. Goldberg’s research and clinical interests include dietary modifications and drug therapies for hyperlipidemia and the treatment of familial hypercholesterolemia (FH). She has a strong interest in FH, is involved in clinical trials in patients with FH, and conducts LDL apheresis at her medical school-based practice.
Ann Marie Navar, MD, PhD is an Assistant Professor of Medicine in the Division of Cardiology at Duke University and cardiovascular disease prevention researcher at the Duke Clinical Research Institute. She holds a PhD in Global Disease Epidemiology and Control from the Johns Hopkins School of Public Health. Her research seeks to improve treatment strategies for hypertension and cholesterol to prevent cardiovascular disease. She has more than 40 peer-reviewed publications in leading journals including NEJM, JAMA, JACC, and Circulation. Cholesterol Advisory Group member.

Millie Henn is a retired public school teacher and counselor from Temple, Texas. She had heart surgery in 2000 and since that time has been active in several heart health volunteer organizations. She is the National Executive Vice President on the Board of Directors for Mended Hearts, is a WomenHeart Champion, and served on the Bell County American Heart Association Board of Directors. She actively participates in American Heart Association education and fundraising campaigns and spends many volunteer hours talking with patients and community groups to encourage heart-healthy lifestyles.

Debbie Martinez, MA is the current program manager for the National Forum for Heart Disease and Stroke Prevention. In this capacity, she provides strategic planning, implementation, and management of the Stronger Hearts Helpline™, Move with the Mayor™, and the Counter Cholesterol initiative. Prior to her arrival at the National Forum, she managed Harvey Mudd’s Transnational Relationships Lab. She graduated from Claremont Graduate University with a Masters of Arts in health psychology and evaluation. She is a member of Psi Chi, the International Honor Society in Psychology.

John Osborne, MD, PhD obtained his B.S. with honors from Penn State University, his M.D. magna cum laude from Jefferson Medical College, and his Ph.D. in cardiovascular physiology from Thomas Jefferson University. Dr. Osborne has published many articles on atherosclerosis, vascular biology, and molecular genetics. His clinical training focused on non-invasive techniques, and he is board-certified in Cardiology and Internal Medicine, Lipidology, Clinical Hypertension, Cardiac CT Angiography, Echocardiography, and Nuclear Cardiology. He is the director of Preventive Cardiology and Lipidology at Denton Cardiology.
A stroke gave Lilian Tsi Stielstra the wake-up call she needed to change her diet, exercise regularly, and reduce stress. She encourages women to understand their family history and health factors and make lifestyle changes to reduce their risks. Lilian volunteers with the Chinese Community Cardiac Council and supports the American Heart Association and American Stroke Association efforts to promote American Stroke Month activities. Lilian also helps to raise awareness by sharing her story on behalf of Go Red For Women® in the local community.

Dennis Robbins, MPH, PhD

Dennis Robbins, MPH, PhD is a prominent health and healthcare steward, innovator, thought leader, and futurist. His distinguished career spans multiple sectors of health, healthcare, technology, innovation, and business best practices. Dr. Robbins was a National Fund for Medical Education Fellow in the Interfaculty Program for Medical Ethics and a Visiting Scholar and Research Fellow at Harvard. Dr. Robbins has authored and published eight books and over four hundred articles, chapters, and reviews on healthcare and health.

Janet Wright, MD, FACC

Janet S. Wright MD, FACC is the Executive Director of Million Hearts®, an HHS national initiative co-led by CDC and CMS with the explicit goal to prevent 1 million heart attacks and strokes in the U.S. by 2017. From 2008 to 2011, Dr. Wright served as Senior Vice President of Science and Quality at the American College of Cardiology. Her primary interests include the design and implementation of systems of care to achieve optimal outcomes for patients and the full deployment of hooks, tricks, and cues that help people to get and stay healthy.

THANK YOU!

We thank each of our esteemed presenters and participants for sharing our passion for improving awareness, detection, and management of high cholesterol. Together we can drive millions of Americans to better cholesterol management.