

29th Annual Cardiovascular Symposium

Current Perspectives in Cardiovascular Disease

September 26 to 28, 2019
Saint John, New Brunswick



**NEW BRUNSWICK
HEART CENTRE
CENTRE CARDIAQUE
DU NOUVEAU-BRUNSWICK**





New Brunswick Heart Centre Cardiovascular Symposium

A Message from the Chairman



The New Brunswick Heart Centre's Twenty-Ninth Annual Cardiovascular Symposium will be held September 26 - 28, 2019 in Saint John, New Brunswick.

This year's program has been broadened to give the participant exposure in key areas of cardiovascular medicine. The overall objective of this annual symposium is to provide a comprehensive review in general cardiology, in addition to focused sessions on selected areas of current interest.

On Thursday morning there will be an interactive arrhythmia workshop with a session on interpretive electrocardiography in the afternoon. The Thursday afternoon session will highlight stress echocardiography, with the evening session focusing on challenges facing clinicians in the contemporary management of severe aortic stenosis in the era of TAVI. These sessions are intended for cardiologists, internists, cardiac surgeons and other allied health care personnel, offering an integrative approach to commonly encountered management issues. In addition, there will be sessions in cardiac rehabilitation, a heart failure workshop and a sonographers' echocardiography workshop.

Friday has been allocated to specific sessions, including Friday morning, "Primary Prevention" with an innovative and contemporary approach to cardiovascular risk stratification, emerging evidence in nutrition, management of risk factors in the elderly, women and advances in heart along with the contemporary approach to the cardiovascular effects of marijuana use. In addition, practical solutions to common problems will be reviewed on Friday afternoon, in "Office-Based Cardiology", an all-day session in Echocardiography, a Cardiovascular Nursing session and an afternoon Resident Trainee forum in the management of acute cardiac emergencies.

Friday evening, our annual dinner, will include the public and NB Heart symposium attendees. This will be a relaxing and informative evening celebrating Canadian icons in comedy, with our locally renowned comedian, James Mullinger entertaining you with his charming humour followed by our featured guest, Rick Mercer, a national figurehead known for CBC's "Rick Mercer Report" and author of the national best seller, "A nation worth ranting about."

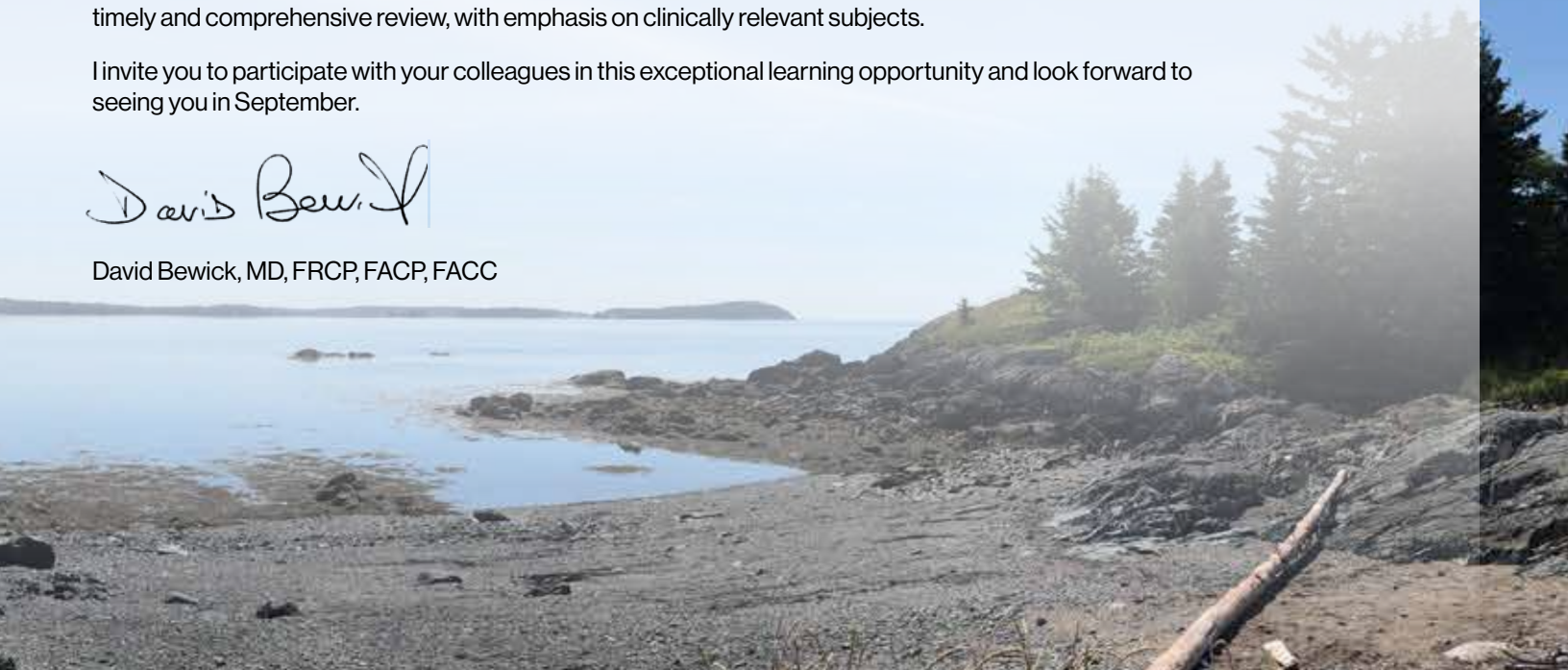
Saturday's plenary program is co-sponsored with the Canadian Cardiovascular Society and will review clinically relevant cardiovascular topics, providing the participants with the latest trends in diagnosing and managing patients with heart disease.

The New Brunswick Heart Centre's Annual Symposium has become a forum for clinicians and health care personnel to enhance their knowledge in the field of cardiovascular medicine. This event is recognized throughout Canada as providing a timely and comprehensive review, with emphasis on clinically relevant subjects.

I invite you to participate with your colleagues in this exceptional learning opportunity and look forward to seeing you in September.

A handwritten signature in blue ink that reads "David Bewick". The signature is stylized with a large, looped "B" and a long, sweeping underline.

David Bewick, MD, FRCP, FACP, FACC



Thursday, September 26, 2019

All Day

0825 – 1630 Cardiovascular Health, Wellness and Rehabilitation

Morning

0830 – 1200 Sonographers' Echocardiography Workshop

0830 – 1200 Device/Arrhythmia

0830 – 1200 Heart Function Session

Afternoon

1300 – 1600 ECG Workshop

1300 – 1600 Stress Echocardiography

Evening

1830 – 2030 Challenges in Cardiology

Friday, September 27, 2019

All Day

0830 – 1600 Current Concepts in Echocardiography

Morning

0830 – 1200 Primary Prevention

0800 – 1200 Cardiovascular Nursing

Afternoon

1300 – 1600 Office-Based Cardiology

1300 – 1600 NB Heart Resident Trainee Session

Evening

1730 – 2115 NB Heart Centre Gala Evening

Saturday, September 28, 2019

Morning

0830 – 1300 Current Perspectives in Cardiovascular Disease

New Brunswick Heart Centre 29th Annual Symposium Current Perspectives in Cardiovascular Disease

Through participation in the NB Heart Centre's 29th Annual Symposium, attendees will:

- Increase their recognition and comprehension of current advances in the diagnosis and management of disorders of the cardiovascular system.
- Integrate new information, through discussion with cardiovascular experts and colleagues, enhancing their existing expertise and practices related to diagnosis and management of cardiovascular disease.
- Recognize the appropriateness of their current expertise and practices related to diagnosis and management of cardiovascular disease.
- Gain exposure to a wide array of cardiovascular disorders encompassing prevention, acute and chronic management, diagnostic and imaging modalities and rehabilitation.

CONTINUING MEDICAL EDUCATION CREDITS:

This Group Learning program has been certified by the College of Family Physicians of Canada and the New Brunswick Chapter for up to **18 Mainpro+** credits.

This event is an accredited group learning activity under Section 1 as defined by the Royal College of Physicians & Surgeons of Canada for the Maintenance of Certification program. This program is approved for a maximum of **18** credits by the



Canadian Cardiovascular Society
Leadership. Knowledge. Community.



**This program is endorsed by the
Canadian Society of Echocardiography**

Device/Arrhythmia Workshop

Thursday morning, September 26, 2019

Saint John Regional Hospital – Amphitheatre, Level 1D

Challenges and Controversies in Arrhythmias and Devices

Moderator: Michel D`Astous, MD

At the end of this session, participants will be able to:

- Evaluate and incorporate contemporary approaches, treatment and management strategies in patients with atrial and ventricular arrhythmias
- Identify the challenges and controversies in the management of patients with cardiac devices
- Review assessment and controversies in the evaluation of sudden death
- Discuss the assessment and management of patients with clinically important arrhythmias using a case-based format

Target Audience:

Registered Nurses
Physicians
Cardiology Technologists

0730 – 0825

Registration – Level 1, Amphitheatre

0820 – 0825

David Bewick, MD

Welcome and Introduction

Learning Track – Devices

0825 – 0850

Sean Connors, MD

Controversies in Device Technology

1. Who should get:
 - a. Leadless cardiac pacing – role in dialysis patients, lead related severe tricuspid regurgitation or lead infection
 - b. Subcutaneous defibrillator in 2019
 - c. Should patients with mid-range LVEF (35-50%) receive RV pacing, His bundle pacing, or CRT?
2. Dealing with recalls and cybersecurity vulnerabilities – a nightmare for patients and clinicians

0850 – 0915

Adrian Baranchuk, MD

“Hey Doc, My Wristband Says I Have AF. What Do I Do Now?”

- How reliable and clinically significant are wearables and device detected AF?
- Managing existing arrhythmias
- Does AF burden affect your decision?

Case 1: Marathon athlete noted after 4 hours of running – rapid increase in rate on Apple Watch from 100 to 180 and brings in downloaded event – what would you do? Ignore, use data to support monitoring, ILR or EPS?

Case 2: 44-year-old hypertensive, T2D obese lawyer advised to get in shape and buys a device to track his progress; notes a fast-irregular rate at times and downloads rhythm – shows a run of “Possible AF” at 160/min. Now what – advise ASA, A/C, ignore, or exercise with holter?

Learning Track – Sudden Death

0915 – 0940

Ciorsti MacIntyre, MD

41-year-old healthy female suffers an unprovoked cardiac arrest and successfully resuscitated with no structural or coronary disease

- Investigation and management of family members
- Can genetic profiling inform the decision to implant or withhold an ICD with arrhythmic heart disease?
- Personal perspective on the interpretation of genetic testing in the contemporary evaluation of sudden death

Learning Track – Controversies in the Management of Atrial Fibrillation

0940 – 1005
John Sapp, MD

“Doc, I am tired, short of breath and have occasional flutters – I want an ablation!”

57-year-old obese female on CPAP with 2 years of recurrent PAF – Rx Atenolol 50 mg uid; Flecainide 50 mg bid; perindopril 8 mg & NOAC. ECG/echo/stress normal

What to Expect With Ablation from Your EP Doc?

- What is expected 1 yr. success with PVI?
- Antiarrhythmic drugs are a lost cause?
- “Is there a point of no return” – concern of PAF progressing to persistent AF?
- Contemporary role of MRI predicting success
- Catheter ablation as first line therapy – any indication?

1005 – 1030

Nutrition Break – Please visit our exhibitors in the Light Court.

1030 – 1200
Expert Panel:
Dr. Adrian Baranchuk
Dr. Sean Connors
Dr. Ciorsti MacIntyre
Dr. John Sapp

Case Discussions Moderator: Dr. Martin Green

1. Syncope – Benign or Malignant?

- 49-year-old male with complete heart block
- 61-year-old female in ER with atypical chest pain, borderline TnT and severe NTG induced migraine with vomiting followed by 30 sec. of asystole
- 19-year-old has syncope during hockey game

2. Dilemmas in Atrial fibrillation

- 64-year-old neurosurgeon with pacemaker detected asymptomatic irregular rhythm
- 54-year-old runner with annoying palpitations and holter resting HR 48/min with PAF

1200 – 1300

Lunch – Please visit our exhibitors in the Light Court.

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Sonographers' Echocardiography Workshop

Thursday morning, September 26, 2019

Saint John Regional Hospital – Amphitheatre 5D

Moderator: Susan Fagan, MD

At the end of this session, participants will be able to:

- Review concepts in achieving accurate measurements of cardiac structures
- Recognize strengths and limitations in assessment of pulmonary hypertension
- Identify current methods in the assessment of diastolic function
- Review pearls and pitfalls in the assessment of prosthetic valve function, strain and aortic stenosis
- Demonstrate in a live and interactive session how to perform a transthoracic exam

Target Audience:

Sonographers
Cardiologists & Internists
Cardiology Technologists

0730-0830

Registration – Level 1, Amphitheatre

0815 – 0820

Susan Fagan, MD

Welcome and Introduction

Challenges in Echo Exam

0820 – 0840

Susan Fagan, MD

Diastolic Function – Following the Guidelines

- Straightforward situations
- Complex situations

0840 – 0900

Stéphanie Thébeau, MD

Basic Assessment of Prosthetic Valve Function

- Approach to prosthetic valve
- Normal and abnormal function
- Avoiding common errors

0900 – 0920

Sabe De, MD

“Taking the Strain Out of Strain”

- Technical tips
- What do the numbers mean?

0920 – 0940

Brad Hayley, MD

Confronting Aortic Stenosis in 2019-Pearls & Pitfalls

- LVOT
- Vmax 1&2, dimensionless index, stroke volume
- AVA

0940-100

David McFarlane

“R/O Pulmonary Hypertension”

- Assessment of IVC to estimate RA pressure
- Echo features of pulmonary hypertension
- TR Doppler envelope is “incomplete” – what now?

1000 – 1030

Nutrition Break – Please visit our exhibitors in the Light Court.

Sonographers Boot Camp

1030 – 1200

Anthony Sanfilippo, MD
Colleen Londry, RDCS, RN

Providing A Quality Transthoracic Echocardiographic Exam – Part 1

Achieving high quality images & measurements are critical to diagnosis and management in patient care. This session will review appropriate and inappropriate measurements and techniques using multiple real life examples to achieve a high quality report.

- Caliper placement (appropriate & inappropriate) measuring LA & aortic dimensions
- The challenge with Simpson`s EF calculation – foreshortening, tracing LV size, systolic/diastolic dimensions
- Common mistakes on assessment of the right sided study (focused RV,TAPSE, TR,PASP,IVC)
- Colour flow doppler – avoiding errors

1200 – 1240

Robert Stewart, MD
Jan Ainslie, RDCS

Providing A Quality Transthoracic Echocardiographic Exam – Part 2

“Putting it all together” on performing a comprehensive examination
Live hands-on examination

1230 – 1300

Lunch – Please visit our exhibitors in the Light Court.

Please note that 25% question/answer time is included in each lecture/presentation time allotment.

Stress Echocardiography

Thursday afternoon, September 26, 2019
Saint John Regional Hospital – Amphitheatre Level 5D

Moderator: David Bewick, MD

At the end of this session, participants will be able to:

- Discuss the utility of stress echocardiography and role of invasive assessment in the evaluation and management of patients with stable CAD
- Discuss the role of stress echocardiography in low flow aortic stenosis
- Review the potential etiologies of an abnormal stress echo and normal cardiac cath
- Demonstrate the practical application of stress echocardiography utilizing a case presentation format

Target Audience:

Cardiologists
Internists
Sonographers
Cardiology Technologists

1200 – 1250

Registration – Level 1, Amphitheatre

1255 – 1300

David Bewick, MD

Introduction

1300 – 1340

David Bewick, MD

Brent McGrath, MD

The “Borderline” Coronary Lesion in Stable Coronary Artery Disease

- Role of non-invasive evaluation with stress echo
- Invasive assessment of coronary disease (iFR, FFR, OCT, IVUS)
- How to manage discordant results (+SE but negative FFR??)

1340 – 1405

Howard Leong-Poi, MD

Low Gradient and Severe Aortic Stenosis – Dobutamine Stress Echo to the Rescue

- Low flow, low gradient, low EF
- Low flow, low gradient, normal EF

1405 – 1430

Sarah Ramer, MD

The “Normal” Cath And “Abnormal” Stress Echo

- Exercise induced LV dysfunction with normal coronaries – What does it mean?

1430 – 1450

Nutrition Break – Please visit our exhibitors in the Light Court.

1450 – 1600

Ron Bourgeois, MD

Michel D'Astous, MD

Sherief Kamel, MD

Alex MacLean, MD

David Bewick, MD

“Don’t Get Stressed Out – Challenging Stress Echo Cases

Stress Echo Quiz Technology for Self-Evaluation

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Electrocardiography (ECG) Workshop

Thursday afternoon, September 26, 2019

Saint John Regional Hospital – Amphitheatre 1D

Moderators: Dr Fred Paulin & Dr Samuel Wang

At the end of this session, participants will be able to:

- Interpret the ECG in a variety of cardiovascular disorders including ACS, conduction abnormalities and tachyarrhythmias
- Discuss management strategies with pacemaker & ICD issues
- Review early repolarization and long QT abnormalities
- ECG abnormalities with pulmonary embolism
- Perform a practical exam on ECG abnormalities

Target Audience:

Physicians
Cardiology Technologists
Registered Nurses

1200 – 1300	Registration – Level 1, Amphitheatre
1300 – 1315 Fred Paulin, MD	10 ECGs Every ER DOC & ECG Tech Should Recognize
1315 – 1330 John Sapp, MD	Is This Pacemaker Working?
1330 – 1345 Satish Toal, MD	Recognizing Common Issues with ICDs
1345 – 1400 Adrian Baranchuk, MD	Pulmonary Embolism – Know the ECG Signposts
1400 – 1415 Samuel Wang, MD	Early Repolarization Versus Brugada Syndrome
1415 – 1430 Ciorsti MacIntyre, MD	Torsades de Pointes & Long QT
1430 – 1450	Nutrition Break – Please visit our exhibitors in the Light Court.
1450 – 1600 Adrien Baranchuk, MD Kieran Quinn, MD	“Reading ECGs – Testing Your Knowledge” On line ECG exam

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Cardiovascular Health, Wellness and Rehabilitation

Thursday, September 26, 2019

Saint John Regional Hospital – Level 5D Classroom

Moderator: J. Stephen Mundle

At the end of this session, participants will be able to:

- Discuss role of cardiac rehab in the management of patients with hypertension, psychological disorders and aging
- Incorporate current and emerging clinical evidence in the comprehensive assessment, treatment and management of patients with cardiovascular disease
- Review innovative technologies in cardiovascular disorders

Target Audience:

Cardiovascular Nurses
Physicians
Physiotherapists
Dietitians
Allied Healthcare

0730 – 0830

Registration – Level 1, Amphitheatre

Learning Track: Hypertension

0830 – 1000

Martin MacKinnon, MD
Shelley Nairn, RN
Sarah Melville, BSc (Hons)
CRA

Prescribing Exercise for Hypertension Management: the Good, the Bad, & the Ugly

We will explore the clinical prescribing practices of exercise as a part of the treatment regimen for blood pressure control, including the possible implications on medications. We will provide a brief overview of the Canadian clinical hypertension guidelines as well as an update on the mitigation of the inaccuracy of blood pressure and “wearable” devices and the potential effect on patient care. Finally we will explore blood pressure variability during exercise outlining potential implications for rehabilitation effort. This will be a multidisciplinary team presentation by a physician, a nurse, and a clinical research associate.

1000 – 1030

Nutrition Break – Please visit our exhibitors in the Light Court.

Learning Track: Psychology

1030 – 1100

Bruce Webster, Psych

Why Would I Need to Hear What A Psychologist Has to Say?

Learning Track: Program Networking

1100 – 1200

CRNB AGM – Monique Dufour & Billie-Jo Mabey

1200 – 1300

Lunch – Please visit our exhibitors in the Light Court.

Learning Track: Physiology

1300 – 1400

Martin Sénéchal, PhD, CEP

Exercise is Medicine: Is this Inexpensive Medicine Well Understood?

Learning Track: Interventional Cardiology

1400 – 1430

Sohrab Lutchmedial, MD

Advances in Invasive Coronary Testing – Beyond the Angiogram

Learning Track: Functional Assessment

1430 – 1500

J Stephen Mundle, PT

Accelerometers ... Useful Tool or Expensive Toy?

1500 – 1530

Nutrition Break – Please visit our exhibitors in the Light Court.

Learning Track: Electrophysiology

1530 – 1630

Satish C. Toal, MBBS, MD

“Shocking” Devices – The benefits and limitations of ICDs

Please note that 25% question/answer time is included in each lecture/presentation time allotment.

Heart Function Session

Thursday, September 26, 2019

Saint John Regional Hospital – Cafeteria AB

Moderator: Miroslav Rajda, MD

At the end of this session, participants will be able to:

- Discuss the challenges in the management of heart failure in an outpatient setting and in preserved LV function
- Approach the evaluation and management of pulmonary hypertension
- Interpret the indications and guidelines with device therapies in the patient with cardiovascular disorders
- Approach the diagnosis and surgical management of an ischemic cardiomyopathy

Target Audience:

Cardiovascular Nurses
Physicians
Dietitians
Allied Healthcare

0730 – 0830	Registration – Level 1, Amphitheatre
0825 – 0830	Welcome and Introduction
0830 – 0900 Jeffrey Marr, MD	Does Every Swollen, Dyspneic Patient Have Heart Failure? Building a clinical diagnosis
0900 – 0930 Robert Teskey, MD	Approach to the Newly Diagnosed Dilated Cardiomyopathy
0930 – 1000 Joffre Munro, MD	Approach to Severe Electrolyte Disturbances <ul style="list-style-type: none"> • Severe hyponatremia • Severe hyperkalemia
1000 – 1030	Nutrition Break – Please visit our exhibitors in the Light Court.
1030 – 1100 Charles Smith, MD	Common Issues in the Heart Function Clinic <ul style="list-style-type: none"> • My Patient's Hypotension is Interfering with My Ability to Manage Them Medically! • The Other Ventricle: Managing Right-Sided Heart Failure
1100 – 1130 Miroslav Rajda, MD	MitraClip, Cardiac Transplant and LVAD <ul style="list-style-type: none"> • When to refer? • Recognizing common and not so common problems
1130 – 1200 Emily Love, MD	Prolonging the Inevitable: Incorporating Palliative Care in the Dying Process <ul style="list-style-type: none"> • Approach to end of life discussions in CHF
1200 – 1300	Lunch – Please visit our exhibitors in the Light Court.

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Challenges in Cardiology

Thursday evening, September 26, 2019

Royal Ballroom, Delta Brunswick Hotel, 39 King Street

Moderated by: David Bewick, MD & Vernon Paddock, MD

The Contemporary TAVI Patient in 2019 TAVI versus SAVR: Threshold for Intervention is Changing

At the end of this session, participants will be able to:

- Incorporate current and emerging clinical evidence in the evaluation and management of severe aortic stenosis
- Evaluate and employ contemporary percutaneous and surgical approaches to severe aortic stenosis
- Review the current and future role of echo and multimodality imaging in the evaluation of aortic stenosis
- Describe trends in transcatheter versus surgical aortic valve replacement

Target Audience:

Cardiologists
Internists
Cardiac Surgeons
Vascular Surgeons
Allied Healthcare

1730 – 1820	Buffet Supper – Delta Brunswick Hotel
1825 – 1830 David Bewick, MD Vernon Paddock, MD	Welcome and Introduction
1830 – 1850 Sam Radhakrishnan, MD	“My 89-Year-Old Patient Has Severe Aortic Stenosis” The conundrum of case selection for TAVI <ul style="list-style-type: none"> • Assessing risk, comorbid conditions & importance of measuring frailty • Approach to patients with: <ul style="list-style-type: none"> • “Severe AS” on echo but “moderate” AS by cath – who is right? • Low gradient “critical” aortic stenosis
1850 – 1910 Arsène Basmadjian, MD	Management of the Post-TAVI Patient <ul style="list-style-type: none"> • Optimal antiplatelet and anticoagulant strategies after TAVI • Prosthesis-patient mismatch and elevated gradients after TAVI: neither rare or benign • 3+ aortic regurgitation
1910 – 1930 Marc Ruel, MD	A Surgeon’s Perspective <ul style="list-style-type: none"> • Bioprosthetic AVR in the low risk non-elderly – Is the mechanical valve obsolete? • Are We Ready for Low-Risk TAVI? • TAVI is the treatment of choice for moderate AS and CHF?
1930 – 2030 Co-Moderators: Arsène Basmadjian, MD David Bewick, MD Panel Vernon Paddock, MD Sam Radhakrishnan, MD Marc Ruel, MD	The Masters’ Class – Challenging Cases <ol style="list-style-type: none"> 1. TAVI “valve-in-valve” for degenerative bioprosthetic valve 2. Any role for emergency TAVI? 3. Critical aortic stenosis with severe mitral annular calcification 4. Remote CABG, AVA 0.5 cm and EF 25%

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Current Concepts in Echocardiography

Friday, September 27, 2019

Saint John Regional Hospital – Amphitheatre, Level 5D

Moderator: David Bewick, MD

At the end of this session, participants will be able to:

- Evaluate and employ contemporary approaches utilizing echocardiography in patients with congestive heart failure and complex valvular heart disease
- Discuss the approach to the adult with congenital heart disease
- Review both typical and unusual echocardiographic abnormalities in endocarditis
- Evaluate the contemporary utility of POCUS
- Approach to the assessment of LVOT abnormalities, devices and LVH
- Discuss the practical utility of echocardiography using a case based format

Target Audience:

Cardiologists
Internists
Cardiac Surgeons
Sonographers
Allied Healthcare

0730 – 0830

Registration – Level 1, Amphitheatre

Learning Track – My Patient has Heart Failure

0830 – 0900

Anthony Sanfilippo, MD

Contemporary Assessment of LV Systolic & Diastolic Function in 2019

- Accurate measurements are STILL important
- Overcoming the pitfalls in quantification
- Is strain imaging better than ejection fraction?
- Diastolic dysfunction – dealing with discrepancies and indeterminates

Learning Track – Congenital Heart Disease

0900 – 0930

Candice Silversides, MD

“No Longer A Problem of Childhood”

Assessing the Repaired and Unrepaired Adult

- Tetralogy of Fallot with severe pulmonary regurgitation and dilated RV – when is right time to replace pulmonary valve & role of transcatheter valve replacement?
- ASD – repair, device or not?
- Aortic Coarctation – what the cardiologist needs to know

Learning Track – Aortic Stenosis

0930 – 1000

Ian Burwash, MD

Aortic Valve Stenosis Cases: When the Numbers Don't Match

- Discordant values by echo and cath
- “Severe” aortic stenosis with mean AVG 18 mmHg
- Severe dyspnea with AVA 1.1 mmHg & normal or abnormal LV function

1000 – 1030

Nutrition Break – Please visit our exhibitors in the Light Court.

1030 – 1100

Howard Leong-Poi, MD

Mitral Valve Challenges

- Pitfalls in quantification of the emerging disorder of calcific degenerative mitral stenosis
- “Secondary” mitral regurgitation has outlived its usefulness in clinical decision making
 - Proportionate vs. disproportionate mitral regurgitation – why you need to know what this means before referring for a Mitraclip!
 - Discordance in MR severity between echo, MRI and cath

POCUS – It Is Here to Stay

1100 – 1120

Sharon Mulvagh, MD

- What is it and when should I use?
- How good is POCUS?
- POCUS in the unstable patient (hypoxemia, hypotension, cardiac arrest)

Learning Track – Valvular Heart Disease

1120 – 1200	Endocarditis in 2019 is a Multi-Faceted Disease – A Personal Perspective
Kwan Leung Chan, MD	The top 10 echo images you should not miss

1200-1300 Lunch

Learning Track – My Patient has Disabling Dyspnea Integral Role of Echocardiography

1300 – 1325	Challenges with Disorders of the LVOT
Robert Stewart, MD	<ul style="list-style-type: none"> • Dynamic LVOT gradient • Localized septal versus concentric hypertrophy • Role of multimodality imaging • Management
1325 – 1350	Contemporary Approach to the “Thick Heart” – What Every Cardiologist Needs to Know
David Bewick, MD	<ul style="list-style-type: none"> • Role of echo • Role of multimodality imaging • Management
1350 – 1410	Percutaneous Mitral Valve Therapies in 2019
Jennifer Cloutier, MD	“A unique perspective” - Peri-operative echocardiography
1410 – 1430	Echo Approach to Mechanical Circulatory Support
Sabe De, MD	ECMO, IABC, LVAD & Role of Imaging

1430 – 1450 Nutrition Break – Please visit our exhibitors in the Light Court.

1450 – 1600 Case Presentations

Sabe De, MD
Susan Fagan, MD
Brad Hayley, MD
David McFarlane, MD
Ian Burwash, MD
Kwan-Leung Chan, MD

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Primary Prevention

Friday morning, September 27, 2019

Saint John Regional Hospital – Amphitheatre, Level 1D

Moderator: Barry Rose, MD

At the end of this session, participants will be able to:

- Incorporate current and emerging clinical evidence in the comprehensive assessment, treatment and management of patients at increased risk of cardiovascular disease
- Evaluate new evidence in prevention of CVD in women
- Interpret the impact the new Canada Food Guidelines in 2019
- Identify the challenges and management of the elderly in “reducing” cardiovascular risk
- Evaluate the controversies with smoking and marijuana use in 2019

Target Audience:

Family Physicians
Nurse Practitioners
Internists/Cardiologists
Registered Nurses
Allied Healthcare

0730 – 0825

Registration – Level 1, Amphitheatre

0825 – 0830

Welcome and Introduction

Barry Rose, MD

Learning Track – Smoking, Cannabis and CVD

0830 – 0900

Cannabis & Vaping – Truths, Risks & “Fake News”

Andrew Pipe, MD

- Vaping and CVD/stroke
- Cannabis products – intoxication, psychosis, hyperemesis syndrome and risks of accidental exposure
- Hard and soft indications – what the physician really needs to know

Learning Track – Nutrition and CVD

0900 – 0930

The New Canada Food Guidelines – “I Need More than Generalized Recommendations”

Yoni Freedhoff, MD

- Why the change?
- Separating facts from fads for improved CV health?
- The “Keto diet” – What is science behind protein diets and weight loss?
- Does weight still equal “calories in minus calories out”?

Learning Track – Elderly, CVD Prevention and Polypharmacy

0930 – 1000

Primary Prevention in the Very Elderly – “What Does This Mean?”

Iqbal Bata, MD

The elderly take the most medications and have the most issues with medications

- Updated Beers criteria 2019 – What you need to know!
- Is it ever too late to start or stop statin therapy?
- What is a realistic BP goal in my 89-year-old patient?
- “De-prescribing” in the elderly – My personal perspective

1000 – 1030

Nutrition Break – Please visit our exhibitors in the Light Court.

Learning Track – Women & CVD

1030 – 1100

The Top 10 Advances in CV Medicine and Women – What the Physician Needs to Know

Helen Bishop, MD

Learning Track – Controversies in CV Prevention

1100 – 1130

The “Optimal” Medicines for Healthy Aging – “Cure All or Put to Rest?”

Sarah Ramer, MD

- Does an aspirin keep the doctor away? “It’s complicated!”
- My 50-year-old active female takes Vitamin D and Omega 3 – Is it really cardioprotective?
- Coenzyme Q10 reduces statin-induced myalgias – Yea or Nay?

Learning Track – Cardiovascular Risk Assessment

1130 – 1200

Use and Misuse of Risk Calculators in 2019 – “The Needle Continues to Move...”

Paul Oh, MD

- Risk “enhancers” – what are they?
- Under 40 years old – use “lifetime risk”
- What to do with intermediate risk?
- Role of hsCRP and non-traditional risk factors
- Role of pregnancy related medical complications and future CV risk

1200 – 1300

Lunch – Please visit our exhibitors in the Light Court.

Please note that 25% question/answer time is included in each lecture/presentation time allotment.

Office-Based Cardiology

Friday afternoon, September 27, 2019
Saint John Regional Hospital – Amphitheatre, Level 1D
Moderator: David Marr, MD

At the end of this session, participants will be able to:

- Evaluate contemporary approaches to stroke reduction in patients with atrial fibrillation
- Identify common medication errors in patients with CVD
- Discuss controversies in the management of hypertension
- Evaluate and management in the patient with PVD and ED
- Review approach and management of CHF with normal systolic function
- Discuss approach to syncope

Target Audience:

Family Physicians
Nurse Practitioners
Internists/Cardiologists
Registered Nurses
Allied Healthcare

1230 – 1300

Registration – Level 1, Amphitheatre

Learning Track – Atrial Fibrillation & Stroke Prevention

1300 – 1320

Sean Connors, MD

My Patient has Asymptomatic AF – Practical Approach to Assessing Stroke Risk and Bleeding

- What is “non-valvular AF?”
- 59-year-old healthy active female
- 89-year-old hypertensive man with Parkinson’s, fall risk and uses a walker
- 66-year-old female with rheumatoid arthritis and “cannot live without NSAID”

Learning Track – Hypertension

1320 – 1340

Barry Rose, MD

Controversies in Hypertension Management

- What is actual target BP in 2019?
- ACEI/ARB & B Blockers – not useful as initial Rx?
- High BP, low GFR – managing hypertension in CRF
- Home monitoring – fluctuating numbers, what device, role of wrist BP monitor

Learning Track – Therapeutics

1340 – 1400

Milan Gupta, MD

Top 10 CV Medication Blunders Made in the Office – How to Avoid Them

Learning Track – Congestive Heart Failure

1400 – 1420

Jeff Moore, MD

CHF – What Is New

- Treating CHF with normal EF – where are we in 2019?
- My patient with CHF and sleep apnea – is there a risk with CPAP?
- What is role of digoxin in 2019?

1420-1450

Nutrition Break – Please visit our exhibitors in the Light Court.

Learning Track – Peripheral Arterial Disease

1450 – 1515

Jeffrey Marr, MD

My Patient Has Blue Toes!

- Role of ABI, ultrasound and CT angiogram
- Approach and implementation of anti-platelet and contemporary role of a NOAC

Learning Track – Syncope

1515 – 1540

Ciorsti MacIntyre, MD

The 10 Minute Office Approach to Syncope

- When should I be worried?
- Diagnosis and management of postural hypotension
- When should I advise to stop and resume driving?

Learning Track – Male ED Disorders with CVD

1540 – 1600

John Dornan, MD

- Management of ED
- Role of measuring, interpreting and treating testosterone deficiency

1600

Concluding Remarks

Please note that 25% question/answer time is included in each lecture/presentation time allotment.

Cardiovascular Nursing

Friday, September 27, 2019
Saint John Regional Hospital
Facilitator: Sue Morris, RN

Please join the New Brunswick Heart Centre and the Canadian Council of Cardiovascular Nurses – New Brunswick Chapter as they explore “Women and Heart Disease.” Dr. Sheila O’Keefe McCarthy, Brock University, Ontario will lead us through an interactive workshop.

The **objectives** of this interactive workshop are to:

1. Explore gender differences
2. Examine Art as an expression of the female journey through cardiac pain.
3. Understand the research behind development of the Prodromal Symptom-Screening Scale.
4. Describe the rationale for annual screening and gender-related differences in risk factor profile screening.
5. Learn how to use the on-line tool with direct access to the URL, with stepwise instructions.
6. Take home educational information on the PS-SS to incorporate into clinical practice.

Participants: bring your lap tops, iPad or phones!

0730 – 0815	Registration – Level 1, Amphitheatre
0800 – 0815 Sue Morris, RN	Welcome and Introduction
0815 – 1000 Dr. Sheila O’Keefe-McCarthy	Heart Disease Women <ul style="list-style-type: none"> • Art as a methodology for examining cardiac pain
1000 – 1030	Nutrition Break – Please visit our exhibitors in the Light Court.
1030 – 1200 Dr. Sheila O’Keefe-McCarthy	What are prodromal symptoms? Are women unique? How do we screen women? Using technology to translate knowledge.

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



NB Heart Resident Trainee Session

Friday, September 27, 2019
Saint John Regional Hospital
Moderator: Brent McGrath, MD

At the end of this session, participants will be able to:

- Discuss the approach to a patient who has a GI bleed or atrial fibrillation post PCI
- Evaluate the role of ARNI in severe heart failure
- Incorporate approaches to the emergency management of shock and hypothermia
- Discuss the approach and management of wide QRS tachycardia
- Approach to acute stroke
- Review the current assessment of embolic phenomena in SBE

Target Audience:

Nurses
Emergency Physicians Cardiologists/Internists
Cardiac Surgeons
Family Medicine Residents

1230 – 1255	Registration – Level 1, Amphitheatre
1255 – 1300	Introduction
1300 – 1320 Najaf Nadeem, MD	54-year-old female had ACS with proximal LAD DES 2 weeks ago on ASA + clopidogrel & presents to ER with melena & Hgb 70 <ul style="list-style-type: none"> • Initial management
1320 – 1340 Sam Radhakrishnan, MD	43-year-old with acute MI post-thrombolysis <ul style="list-style-type: none"> • SBP 70 mmHg • Critical care management in 1st hour
1340 – 1400 Miroslaw Rajda, MD	70-year-old hospitalized with severe CHF, EF 20%, and normal coronaries <ul style="list-style-type: none"> • Contemporary role of initiating ARNI
1400 – 1415 Fred Paulin, MD	50-year-old female presents to ER with wide QRS tachycardia 190/min <ul style="list-style-type: none"> • The 1st 15 minutes
1415 – 1430 Ansar Hassan, MD	47-year-old female with stable aortic valve endocarditis and recurrent peripheral emboli <ul style="list-style-type: none"> • Management
1430 – 1500	Nutrition Break – Please visit our exhibitors in the Light Court.
1500 – 1520 Iqbal Bata, MD	My patient had a PCI 3 weeks ago and presents to ER with atrial fibrillation <ul style="list-style-type: none"> • What do I stop and what do I start? • Anticoagulant and antiplatelet management
1520 – 1540 Barry Rose, MD	35-year-old has resuscitated cardiac arrest in peripheral hospital <ul style="list-style-type: none"> • Therapeutic hypothermia locally, on transfer and in tertiary hospital
1540 – 1600 Mark Tutschka, MD	50-year-old female with stroke due to acute left MCA occlusion <ul style="list-style-type: none"> • Investigation and management in the 1st 24 hours

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Rick Mercer

chronicles, satirizes, and ultimately celebrates all that is great and irreverent about this country. A #1 bestselling author, Governor General's Award-winner for Lifetime Artistic Achievement, and "Canada's Unofficial Opposition," Mercer is our most popular comic; a political satirist who knows exactly what matters to regular Canadians and what makes them laugh.

NB Heart Centre Symposium Gala Evening

New Brunswick Heart Centre Celebrating Three Decades of First-Rate Cardiac Care

Friday evening, September 27, 2019

Royal Ballroom, Delta Brunswick Hotel, 39 King Street

Chairman: David Bewick, MD

Cash Bar & Seating 1730 – 1820

Master of Ceremonies

Sohrab Lutchmedial, MD

Welcome and Introduction

Please take a seat, relax and enjoy the presentations.

During the sessions, dinner will be served to your table.

Jeff McAloon

CEO Saint John Hospital Foundation

James Mullinger, Comedian

James Mullinger was one of the UK's top comedians and the Comedy Editor for GQ magazine when he moved to Canada five years ago. Since his arrival, he has taken the country by storm. Sold out shows across the country, appearances on CBC's The Debaters, movies, TV shows, festivals, awards, stand up specials – he's done it all. His latest stand up special, Almost Canadian, shot straight to #1 on the iTunes charts and was nominated for a Canadian Comedy Award for Best Taped Live Performance. James has also raised more than \$150,000 for Canadian children's charities.



Current Perspectives in Cardiovascular Disease

Saturday, September 28, 2019

Saint John Regional Hospital – Amphitheatre, Level 1D

Moderator: David Bewick, MD

Co-Moderator: Iqbal Bata, MD

At the end of this session, participants will be able to:

- Evaluate and employ contemporary approaches, treatment and management strategies in patients with ACS and stable CAD
- Identify new approaches to managing diabetes and dyslipidemia and impact on CV mortality
- Incorporate new options in the management of dyslipidemia and congestive heart failure
- Identify the mechanisms and management strategies of ACS syndromes in young women
- Interpret the impact of recent clinical trials and discuss optimal strategies in the assessment and management of patients with cardiovascular disorders
- Discuss the contemporary role of cardiac surgery and innovative care

Target Audience:

Family Physicians
Cardiologists
Internists
Cardiac Surgeons
Nurses
Allied Healthcare

0730 – 0815

Registration – Level 1, Amphitheatre

0825 – 0830

Iqbal Bata, MD

Introduction

Learning Track: Contemporary Management of STEMI

0830 – 0900

Najaf Nadeem, MD

What's New in the 2018 STEMI CCS Guidelines

- Fibrinolysis – who gets it?
- The first hour post fibrinolytic therapy
 - Antiplatelets & Anticoagulants
 - “Drip and Ship”
- Cardiac arrest, hypothermia on transport and emergent coronary angiography – useful or not?

Learning Track: Non-Atherosclerotic MI in Women

0900 – 0930

Sharon Mulvagh, MD

“Dr - What Happened to Me?”

1. SCAD – More common than you think
 - What you need to know!
 - Conservative vs. invasive management
 - Post-SCAD management
2. Takotsubo – not so benign, not always self-healing...
3. Enigma of MINOCA – Treatment of open-artery ischemia

Learning Track: Shifting Focus From the Vulnerable Plaque to the “Vulnerable Patient”

0930 – 1000

Paul Oh, MD

Secondary Prevention Post Discharge – “State of the Art”

- Contemporary role of B Blockers and ACEI
- Antiplatelets – which one, how long?
- Cardiac rehab – what actually is it and do I really need to go?
- The emerging role of DOAC in the high risk vascular patient with PVD and CKD

1000 – 1020

Nutrition Break – Please visit our exhibitors in the Light Court.

Learning Track: Stroke Prevention in Atrial Fibrillation

1020 – 1050
Sean Connors, MD

Challenging Situations in Anticoagulant Management

- “My patient has 3 minutes of asymptomatic AF on Apple watch – How much AF is “safe” without OAC
- My AF patient has a Cr of 300 – DOAC, warfarin, ASA or nothing?
- 92-year-old active lady with asymptomatic AF and recurrent epistaxis
- 75-year-old male with PCI last month presents with AF

Learning Track: Rethinking CV Risk Reduction: Primary and Secondary Prevention

1050 – 1120
Kim Connelly, MD

Diabetes and CVD Risk Reduction

- How to use GLP-1 agonists & SGLT-2 Inhibitors for the prevention and treatment of cardiovascular disease
- Who should NOT get SGLT 2 inhibitors or GLP-1 agonists
- Is there still a role for metformin, sulfonylureas and gliptins?

1120 – 1150
Milan Gupta, MD

Dyslipidemia – Resolving the Controversial Issues

Primary Prevention and Statins

- Thresholds should be raised in elderly and healthy females?
- My high-risk patient does not want to take “pills!” – role of vascular calcification as tie breaker?

Secondary Prevention

- My 40-year-old patient had an MI
 - A. How low can I go with LDL?
 - B. Current role of non-statin drugs
- Renaissance on treating high TAG to lower CVD risk

Learning Track: Advances in Cardiac Surgery

1150 – 1215
Jean-Françoise Légaré,
MD

Promoting Innovative Care for the Entire NBHC – Evolving Role of the Cardiac Surgeon “A Personal Perspective”

- A. No longer about simply who needs or does not need surgery
- B. Heart Team is the centre for decision making
- C. Increasing role for hybrid interventions
- D. Are we moving towards “cardiovascular specialists” rather than surgeons

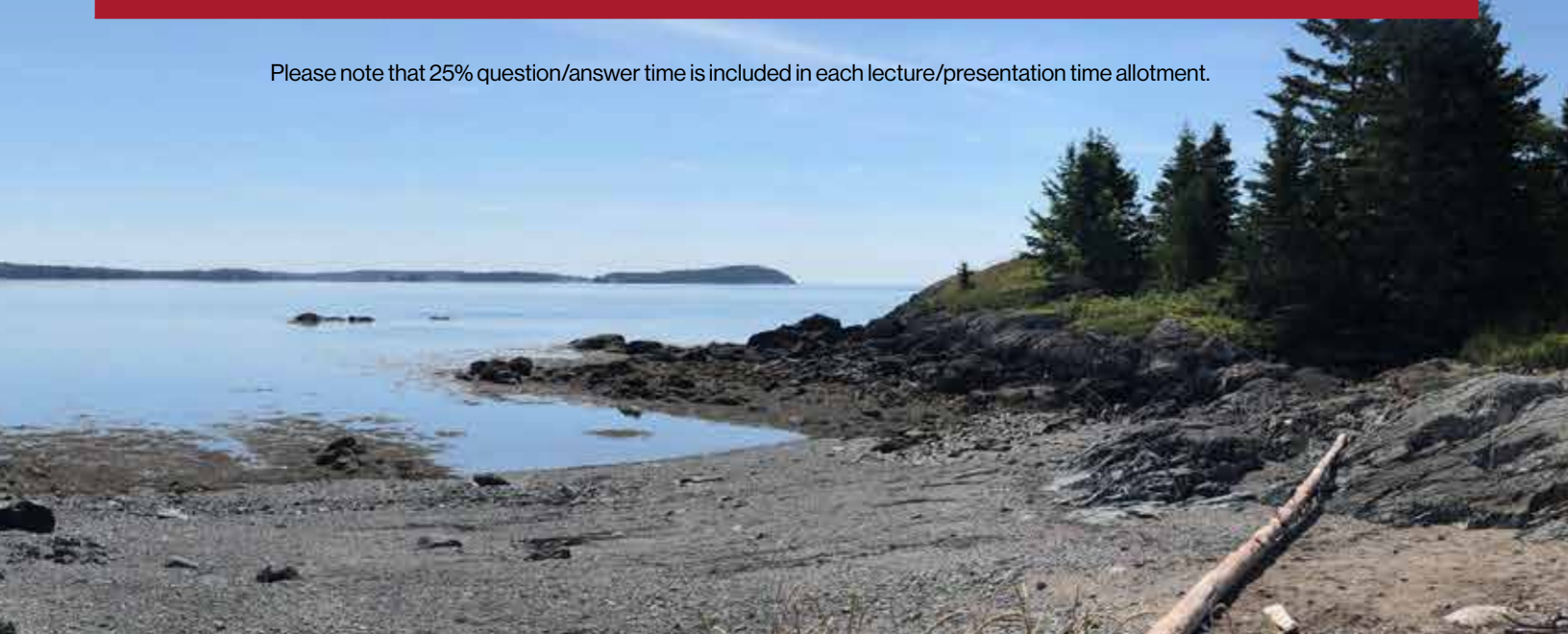
1215 – 1230
David Bewick, MD

Questions and Answers/Closing Remarks

1230

“Grab & Go” – Bagged lunch in the Light Court to take with you.

Please note that 25% question/answer time is included in each lecture/presentation time allotment.



Planning Committee

David Bewick, MD, FRCPC, FACC, FACP
Chairman

Judy Melanson, BA, RN, RCVT, MN
Managing Director / Coordinator

Elaine Gilchrist, RN
Assistant Coordinator

Brenda McNamara
Administrative Assistant

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Ansar Hassan, MD PhD FRCSC
Mary Jarratt, MD CFP
Jean-François Légaré, MD MSc FRCSC
Sohrab Lutchmedial, BA MD CM FRCPC
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Michael Simon, MD CCFP
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Faculty

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Satish Toal, MD
Mark Tutschka, MD FRCPC
Samuel Wang, MD FRCPC
Bruce Webster, Psych

DISCLOSURE OF POTENTIAL CONFLICTS OF INTEREST

In keeping with accreditation guidelines, committee members and faculty participating in this event have been asked to disclose to the audience any involvement with industry or other organizations that may potentially influence the presentation of the educational material.

CME CREDIT

CME application forms will be included in your registration package when you arrive at the conference. After the conference, confirmation of educational credit will be provided four to six weeks after we receive your **completed CME Application Form**, and will only be given for those sessions for which you have registered and attended.

Accommodations

Please reserve rooms directly with the hotel prior to the reservation deadline:

Delta Brunswick

39 King Street
Saint John, NB E2L 4W3
Tel: (506) 648-1981 or (888) 236-2427

By September 1, 2019:

(Ask for NB Heart Centre
Symposium block.)
Rooms: \$169 + taxes

Château Saint John

369 Rockland Road
Saint John, NB E2K 3W3
Tel: (506) 644-4444 or (877) 772-4040

By August 16, 2019:

(Ask for NB Heart Centre
Symposium block.)
Rooms: \$139.99 + taxes
(includes breakfast)

Transportation

Please use the shuttle service.
Vehicle Parking Passes Are Not Provided.

Check hotel/hospital lobbies for schedule updates.

	Time	From	To
THURSDAY	0700 – 0845	Delta/Château SJ	Regional Hospital
	1115 – 1330	Regional Hospital	Delta/Château SJ and return
	1500 – 1700	Regional Hospital	Delta/Château SJ
	1700 – 1815	Château SJ	Delta
	2100 – 2300	Delta	Château SJ
FRIDAY	0700 – 0900	Delta/Château SJ	Regional Hospital
	1130 – 1330	Regional Hospital	Delta/Château SJ and return
	1500 – 1730	Regional Hospital	Delta /Château SJ
	1700 – 1815	Château SJ	Delta
	2100 – 2300	Delta	Château SJ
SATURDAY	0700 – 1300	Delta/Château SJ	Regional Hospital and return

Space for all sessions is limited, so register early!

☐ **REGISTRATION with payment** (All amounts are payable to the **SJRHF – NB Heart Centre Symposium.**)

☐ **ONLINE** with your credit card by visiting <https://thegive.ca/nbhc-symposium2019/>

or ☐ **IN PERSON** at the **Saint John Regional Hospital Foundation Office: Cash, Cheque, Credit or Debit Card**
(Monday – Friday 8:30 a.m. – 4:00 p.m.) (Please include your completed registration form with your payment.)

or ☐ **BY MAIL** Send your completed registration form with Cheque or Money Order to

NB Heart Centre Symposium

c/o Judy Melanson, Symposium Coordinator

Saint John Regional Hospital

PO Box 2100, Saint John, NB E2L 4L2

The following registration fees include all program materials, refreshments during conference breaks and lunch. Thursday evening's session and the Friday evening gala will include complimentary supper.

	3-Day	2-Day	1-Day	Thurs Eve Only	Subtotals
Physician	400	350	300	50	
Other Health Professional	275	225	180	50	
Thurs Evening Guest (1 only) – add \$50					
Fri Evening Guest (1 only) – add \$75					
TOTAL AMOUNT:					

CANCELLATION FEE: If you cancel, your registration fee will be refunded minus a \$50.00 processing fee.

<input type="checkbox"/> Dr <input type="checkbox"/> Mr <input type="checkbox"/> Ms <input type="checkbox"/> Mrs		
First Name	Last Name	
Address: If work address, please include Facility/Dept:		
Street Address		
City	Province/State	Postal/Zip Code
Telephone	Fax	Email

Thursday, Sept 26	Morning Sessions (Please check one box only)	L U N C H	Afternoon Sessions (Please check one box only)
Amphitheatre 1D	<input type="checkbox"/> Device/Arrhythmia		<input type="checkbox"/> ECG Workshop
Amphitheatre 5D	<input type="checkbox"/> Sonographers Workshop		<input type="checkbox"/> Stress Echocardiography
Classroom 5D	<input type="checkbox"/> CV Health Wellness & Rehabilitation		<input type="checkbox"/> CV Health Wellness & Rehabilitation
Cafeteria AB	<input type="checkbox"/> Heart Failure Sessions CV H/W/Rehab		

Thursday Evening Delta Hotel 5:30 – 8:30 ☐ **Challenges in Cardiology**
COMPLIMENTARY FOR THURSDAY'S SYMPOSIUM ATTENDEES ONLY – PLEASE CHECK BOX(ES) IF YOU PLAN TO ATTEND/BRING A GUEST ☐ I plan to attend supper ☐ Guest (1 only, \$50)

Friday, Sept 27	Morning Sessions (Please check one box only)	L U N C H	Afternoon Sessions (Please check one box only)
Amphitheatre 1D	<input type="checkbox"/> Primary Prevention		<input type="checkbox"/> Office-Based Cardiology
Amphitheatre 5D	<input type="checkbox"/> Current Concepts in Echocardiography		<input type="checkbox"/> Current Concepts in Echocardiography
Classroom 5D	<input type="checkbox"/> Cardiovascular Nursing		<input type="checkbox"/> NB Heart Resident Trainee

Friday Evening Delta Hotel 5:30 – 8:30 ☐ **NB Heart Centre Gala**
COMPLIMENTARY FOR FRIDAY'S SYMPOSIUM ATTENDEES ONLY – PLEASE CHECK BOX(ES) IF YOU PLAN TO ATTEND/BRING A GUEST ☐ I plan to attend the supper. ☐ Guest (1 only, \$75)

Saturday, Sept 28	Morning Session	BAGGED LUNCH – GRAB & GO! <input type="checkbox"/> Yes! I plan to take a bagged lunch.
Amphitheatre 1D	<input type="checkbox"/> Current Perspectives in Cardiovascular Disease	

The New Brunswick Heart Centre gratefully acknowledges
the educational grants provided for the support
of this conference by the following:

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