NATIONAL LIPID ASSOCIATION

SCIENTIFIC SESSIONS

May 16-19

MIAMI

MAY 16-19

PRE-CONFERENCE COURSES

MAY 15-16

HOSTED BY THE SOUTHEAST LIPID ASSOCIATION

MEDIA PARTNERS OF THE NLA

Healio MD

RDR

REGISTER AT:

LIPID.ORG/MIAMI

#NLASESSIONS

This activity is sponsored by the National Lipid Association.
SAVE THE DATE!

2019 Gala

Saturday, May 18 • 7:30 - 10:30 PM
Turnberry Isle Miami • $165 per Person

Join the Foundation of the National Lipid Association (NLA) for our annual fundraiser Gala during the NLA’s 2019 Scientific Sessions.

We are looking forward to hosting you in Miami for an evening of dinner, cocktails, live music, dancing, prizes, and comradery. Your presence and dedication to the Foundation will be in support of our work in 2019 and beyond, including health screenings in underserved populations, resources for rare disease patients, health awareness campaigns, and much more.

We have also partnered with the Miami Rescue Mission to demonstrate care for our host community. The Foundation will provide heart-healthy eating-on-a-budget informational flyers for the homeless Miami citizens served by the Rescue Mission programs, but they need your help too! Bring any of the following donation items to the Gala and be entered into a prize raffle:

- Deodorant (for both Men and Women)
- Shaving Cream
- Razors
- Anti-Bacterial Soap
- Bars of Soap
- Men’s Clothing

Visit Lipid.org/Miami to purchase your ticket today!
NATIONAL LIPID ASSOCIATION

SCIENTIFIC SESSIONS

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MIAMI 2019

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NLA MEMBERS $645
($695 after 3/21/2019)
NON-MEMBERS $1,150
TRAINEES* $75

Save By Becoming A Member!
Sign up to become an NLA member
at checkout to get the NLA member rate!

*Available for those individuals actively enrolled in a graduate or postgraduate
training program for the treatment or investigation of lipid disorders and in pursuit
of full credentialing in their specialized area of medical study. A letter from the
program director or the school registrar must accompany the application.

Pre-Conference Courses

Foundations of Lipidology
Wednesday, May 15 & Thursday, May 16
$350 NLA Members | $950 Non-Members | $0 Trainees
Attend Foundations of Lipidology, perfect for first-time
attendees of the Scientific Sessions.
• In-depth indoctrination to lipid science
• Development of core competencies in diagnosis and
treatment of dyslipemias
• Interactive course design
For more information, visit lipid.org/foundations.

Masters in Lipidology
Wednesday, May 15 & Thursday, May 16
$750 NLA Members | $1,250 Non-Members | $395 Trainees
Register for the Masters in Lipidology course today. The new
case-based, interactive agenda will improve your clinical
decision-making skills and help prepare you for certification
in clinical lipidology.
• Intensive two-day training course
• In-depth review of the core curriculum in clinical lipidology
• Ideal for the advanced-level practitioner
For more information, visit lipid.org/masters.

Register early and save at LIPID.ORG/MIAMI
EARLY SCREENING AND PREVENTION STRATEGIES
FRIDAY, MAY 17 • 1:30-1:50 PM
Coronary heart disease remains the biggest killer of adults in the Western world, and has an even larger share amongst South Asians living in the US. Many factors are responsible for this, including adoption of a Western diet, less physical activity, higher prevalence of insulin resistance, diabetes and atherogenic dyslipidemia, more adiposity and other socioeconomic factors. Screening and early prevention strategies for this vulnerable, high-risk group should be individualized based on the recognition that this is a very high-risk group and has not received special attention in the guidelines until now. Dr. Kalra's presentation will cover emerging data indicating best strategies for such screening (including coronary calcium scanning), and preventive methods tailored to target the sociodemographic features unique to this population.

Dinesh Kalra, MD
Director, Advanced Cardiac Imaging
Rush University Medical Center
Chicago, IL

SESSION IV
MYTHBUSTERS IN CLINICAL LIPIDOLOGY - PHARMACOTHERAPY DEBUNKED
SATURDAY, MAY 18 • 9:45-11:10 AM
Joseph J. Saseen, PharmD, CLS, FNLA • Mark J. Czaraky, PharmD, CLS, FNLA • Barbara S. Wiggins, PharmD, CLS, FNLA
Have you faced a challenging patient presentation related to pharmacotherapy that you are just not certain about? Ever been told something outlandish about the harms of a medication that you think is folklore and it just makes you irritated because it impedes quality patient care? How about that clinical situation where you know a treatment is not appropriate to use, but a provider or patient swears by it? These can all be categorized as MYTHS. This session will address several myths related to pharmacotherapy for lipid disorders. The speakers of this program will take a deep dive into available evidence related to six different to myths and “urban legends.” We will lay out the evidence, provide insight and let you determine whether the myth is busted or confirmed.

SESSION V
REDUCE-IT TO PRACTICE - DEBATE
SATURDAY, MAY 18 • 11:40 AM-12:45 PM
Nihar R. Desai, MD, MPH • Pamela B. Morris, MD, FNLA • Vera A. Bittner, MD, MSPH, FNLA • Donald M. Lloyd-Jones, MD, ScM
The combined dyslipidemia of insulin resistance and diabetes, namely elevated triglyceride (TG) with depressed HDL-C levels, has long been recognized as “atherogenic,” and therefore a contributing factor to coronary risk. However, it has been impossible to demonstrate without doubt that maneuvers aimed at reducing TG or increasing HDL-C convey some degree of protection against CVD, as trials of fibrates, niacins, CETP inhibitors, and fish oil formulations have only offered glimpses of modest effects. The REDUCE-IT trial has changed all that, providing a clear answer to the question “Can a TG-lowering medication reduce CVD risk in the patient on statin and residual hypertriglyceridemia?” While the answer was a resounding yes, the action item linked to that knowledge is not so obvious for the practitioner. The study design was unique in two ways: 1. Nearly all patients had residual hypertriglyceridemia; and 2. The drug used was pure EPA. The study results show that the benefits of treatment are large but not related either to baseline TG levels or TG reduction. This debate will address the different facets of this complex story. What have we learned from REDUCE-IT? What drives cardioprotection, TG lowering in general, fish oils derivatives in particular, or EPA exclusively?

W. VIRGIL BROWN DISTINGUISHED ACHIEVEMENT AWARD & LECTURESHIP
FRIDAY, MAY 17 • 11:15-11:45 AM
The Foundation of the NLA is proud to announce Vera A. Bittner, MD, MSPH, FNLA as the 2019 recipient of the W. Virgil Brown Distinguished Achievement Award & Lectureship. The award and lectureship program were established to honor its namesake, a founder of the NLA whose contributions to the field of lipidology and the presenting organizations are unparalleled. Since the award’s inception in 2017, the NLA and the Foundation of the NLA have annually recognized one exemplary clinician in the field of lipidology who has made outstanding contributions in the diagnosis and treatment of lipid disorders.

Supported by the Dyslipidemia Foundation of Boston
# SCHEDULE at a Glance

## GENERAL

<table>
<thead>
<tr>
<th>Wednesday, May 15</th>
<th>Thursday, May 16</th>
<th>Friday, May 17</th>
<th>Saturday, May 18</th>
<th>Sunday, May 19</th>
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<tbody>
<tr>
<td>Masters in Lipidology Registration</td>
<td>Sessions Registration</td>
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<td>Sessions Registration</td>
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<td>7:00-7:30 AM</td>
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</tr>
<tr>
<td>Foundations of Lipidology Registration</td>
<td>NELA Business Meeting</td>
<td>MWLA Business Meeting</td>
<td>NLA, SELA, and Foundation of the NLA Business Meetings</td>
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## SESSIONS

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<thead>
<tr>
<th>Masters in Lipidology</th>
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<th>Session I</th>
<th>Keynote Presentation</th>
<th>Session VIII</th>
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<tr>
<td>Foundations of Lipidology</td>
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<td>W. Virgil Brown Distinguished Achievement Award &amp; Lectureship</td>
<td>Session IV</td>
<td>Session IX</td>
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<td>11:10-11:45 AM</td>
<td>9:45-11:10 AM</td>
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<td>Session V</td>
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<td>Session III</td>
<td>Session VI Track 1</td>
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<td>Junior Faculty Research Award Presentations</td>
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## EXHIBIT & POSTER HALL

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<thead>
<tr>
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<td>Breakfast</td>
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<td>Expert Theater</td>
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<td>8:00-8:50 AM</td>
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<td>11:55 AM-12:55 PM</td>
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<td>11:55 AM-1:05 PM</td>
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<td>New Member</td>
<td>Expert Theater</td>
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<td>Game Night</td>
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<td>7:45-8:45 PM</td>
<td>Late Breakers</td>
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<td>Women in Lipidology</td>
<td>11:30-11:45 PM</td>
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<td>7:45-8:43 PM</td>
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<td>Honors &amp; Awards Ceremony</td>
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<td>Foundation of the NLA Gala</td>
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## SPECIAL EVENTS

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<td>7:00-9:00 AM</td>
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<td>Expert Theater</td>
<td>11:55 AM-12:55 PM</td>
<td>Expert Theater</td>
<td>1:15-2:15 PM</td>
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<tr>
<td>5:30-7:30 PM</td>
<td>Satellite Symposium</td>
<td>Late Breakers</td>
<td>VIP Fellows of the NLA Reception</td>
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<td>7:45-8:45 PM</td>
<td>New Member</td>
<td>11:30-11:45 PM</td>
<td>5:15-5:45 PM</td>
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<tr>
<td>Women in Lipidology</td>
<td>Game Night</td>
<td>Honors &amp; Awards Ceremony</td>
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<td>Sponsored Event</td>
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<td></td>
<td></td>
<td>Foundation of the NLA Gala</td>
<td>7:30-10:30 PM</td>
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## MEMORIAL WALL

While attending Scientific Sessions, please check out the Foundation of the NLA’s Memorial Wall posthumously honoring past leaders and pioneers in the field of lipidology.

Sponsored by Amgen

E.H. “Pete” Ahrens, MD
Peter Aloupov, PhD
Edwin L. Bierman, MD
John D. Brunzell, MD
William E. Connor, MD
Donald S. Fredrickson, MD
John W. Gofman, PhD
Dewitt S. Goodman, MD
Richard Havel, MD
Jeffrey M. Hoeg, MD
Donald B. Hunninghake, MD
Roger Illingworth, MD, PhD
William B. Kannel, MD, MPH
Ancel Keys, PhD
Robert H. Knopp, MD
Peter O. Kwiterovich, Jr., MD
Robert I. Levy, MD
Frank T. Lindgren, PhD
Gustav Shonfeld, MD
Daniel Steinberg, MD
Roger R. Williams, MD
Donald B. Zilversmit, PhD
## Thursday, May 16, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>4:00-6:00 PM</td>
<td>NLA Opening Session</td>
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<tr>
<td>6:00-7:00 PM</td>
<td>Welcome Reception in Exhibit Hall</td>
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<tr>
<td>7:00-9:00 PM</td>
<td>Satellite Symposium</td>
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## Friday, May 17, 2019

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>7:00-9:00 AM</td>
<td>Satellite Symposium</td>
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<td>8:00-8:50 AM</td>
<td>Breakfast in Exhibit Hall</td>
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<tr>
<td>8:50-9:00 AM</td>
<td>NELA Business Meeting</td>
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<tr>
<td>9:00-10:45 AM</td>
<td>SESSION I: So Many Guidelines – What’s a Lipidologist to Do?</td>
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<tr>
<td>9:00-9:05 AM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>9:05-9:25 AM</td>
<td>Refining ASCVD Risk Assessment to Individualize Therapy in Primary Prevention</td>
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<tr>
<td>9:25-9:45 AM</td>
<td>Prevention Guidelines</td>
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<tr>
<td>9:45-10:05 AM</td>
<td>Physical Exercise Guidelines: Updates, Primary Prevention of CVD, and Exercise Prescription</td>
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<tr>
<td>10:05-10:25 AM</td>
<td>International Perspective on 2018-2019 Guidelines</td>
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<tr>
<td>10:25-10:45 AM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<td>10:45-11:10 AM</td>
<td>Intermission</td>
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<tr>
<td>11:10-11:15 AM</td>
<td>NLA President’s Address</td>
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<td>11:15-11:35 AM</td>
<td>W. Virgil Brown Distinguished Achievement Award</td>
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<td>11:35-11:45 AM</td>
<td>W. Virgil Brown Lectureship</td>
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<td>11:45-11:55 AM</td>
<td>Q&amp;A</td>
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<td>11:55 AM-1:05 PM</td>
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<td>11:55 AM-12:55 PM</td>
<td>Expert Theaters</td>
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<tr>
<td>1:05-2:50 PM</td>
<td>SESSION II: South Asians and Risk for ASCVD: Increasing Awareness in Medical and Non-Medical Communities</td>
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<tr>
<td>1:05-1:10 PM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>1:10-1:30 PM</td>
<td>Dyslipidemia, Diabetes and ASCVD Connectome</td>
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<td>1:30-1:50 PM</td>
<td>Early Screening and Prevention Strategies</td>
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## AGENDA

### 2019 Annual Scientific Sessions

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Presenter(s)</th>
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<tbody>
<tr>
<td>1:50-2:10 PM</td>
<td>Impact of Diet and Lifestyle Modification as Primary Intervention</td>
<td>Geeta Sikand, RDN, MA, CLS, FNLA</td>
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<td>2:10-2:30 PM</td>
<td>Opportunity to Increase Awareness through Social Media</td>
<td>Shoeb J. Sitafalwalla, MD</td>
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<tr>
<td>2:30-2:50 PM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<tr>
<td>2:50-4:15 PM</td>
<td>SESSION III: 2019 Manuscripts for the Clinical Setting</td>
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<td>2:50-2:55 PM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>2:55-3:15 PM</td>
<td>Demystifying Lipid Laboratory Measurement</td>
<td>Alan T. Remaley, MD, PhD</td>
</tr>
<tr>
<td>3:15-3:35 PM</td>
<td>Role of Genetic Testing in Clinical Lipidology and CV Prevention – a Primer for the Busy Clinician</td>
<td>Seth S. Martin, MD, MHS</td>
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<tr>
<td>3:35-3:55 PM</td>
<td>Update on the Use of Lp(a) in the Clinical Setting</td>
<td>Marlys L. Koschinsky, PhD, FNLA</td>
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<td>3:55-4:15 PM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<td>4:15-4:25 PM</td>
<td>SWLA Business Meeting</td>
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<td>5:30-7:30 PM</td>
<td>Satellite Symposium</td>
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<td>7:45-8:45 PM</td>
<td>New Member Game Night</td>
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<td>7:45-8:45 PM</td>
<td>Work/Life Integration Hosted by the Women in Lipidology</td>
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### Saturday, May 18, 2019

<table>
<thead>
<tr>
<th>Time</th>
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<tr>
<td>7:00-9:00 AM</td>
<td>Satellite Symposium</td>
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<td>8:00-8:50 AM</td>
<td>Breakfast in Exhibit Hall</td>
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<td>8:50-9:00 AM</td>
<td>MWLA Business Meeting</td>
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<tr>
<td>9:00-9:45 AM</td>
<td>Keynote: What Do We Know About Low LDL?</td>
<td>Robert P. Giugliano, MD, SM</td>
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<tr>
<td>9:45-11:10 AM</td>
<td>SESSION IV: MythBusters in Clinical Lipidology – Pharmacotherapy Debunked</td>
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<td>9:45-9:50 AM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>9:50-10:10 AM</td>
<td>Statin Allergy &amp; Statin Therapy in Type 1 Diabetes</td>
<td>Joseph J. Saseen, PharmD, CLS, FNLA</td>
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<tr>
<td>10:10-10:30 AM</td>
<td>Skin Cancer with Statins &amp; CoQ10 for SAMS</td>
<td>Mark J. Cziraky, PharmD, CLS, FNLA</td>
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<tr>
<td>10:30-10:50 AM</td>
<td>Hyperglycemia &amp; Kidney Function Dysfunction with Lipid-Lowering Medications</td>
<td>Barbara S. Wiggins, PharmD, CLS, FNLA</td>
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<td>10:50-11:10 AM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<td>11:10-11:40 AM</td>
<td>Break in Exhibit Hall</td>
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<td>Time</td>
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<tr>
<td>11:40 AM-12:45 PM</td>
<td>SESSION V: REDUCE-IT to Practice – Debate</td>
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<td>11:40-11:45 AM</td>
<td>Pre-Assessment Questions</td>
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<td>11:45-11:55 AM</td>
<td>Triglyceride Lowering Nihar R. Desai, MD, MPH</td>
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<td>11:55 AM-12:05 PM</td>
<td>Fish Oils Pamela B. Morris, MD, FNLA*</td>
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<td>12:05-12:15 PM</td>
<td>EPA Vera A. Bittner, MD, MSPH, FNLA*</td>
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<tr>
<td>12:15-12:25 PM</td>
<td>Is it the Dose? Donald M. Lloyd-Jones, MD, ScM</td>
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<td>12:25-12:45 PM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<tr>
<td>12:45-1:15 PM</td>
<td>NLA, SELA, and Foundation of the NLA Business Meetings and Poster Winners Announced</td>
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<tr>
<td>1:15-2:15 PM</td>
<td>Lunch in Exhibit Hall</td>
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<td>1:15-2:15 PM</td>
<td>Expert Theater</td>
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<tr>
<td>2:15-4:00 PM</td>
<td>SESSION VI: Women’s Health Session</td>
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<tr>
<td>2:15-2:20 PM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>2:20-2:40 PM</td>
<td>Selection of Contraceptive Therapy in the Dyslipidemic Patient Melissa F. Wellons, MD</td>
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<tr>
<td>2:40-2:50 PM</td>
<td>Young Investigator Winner</td>
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<tr>
<td>2:50-3:10 PM</td>
<td>Update on Postmenopausal Hormone Replacement Therapy Ekta Kapoor, MBBS</td>
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<tr>
<td>3:10-3:20 PM</td>
<td>Donald Hunninghake, MD, Familial Hypercholesterolemia Abstract Award Winner Presentation</td>
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<tr>
<td>3:20-3:40 PM</td>
<td>PCOS in Adolescence and Risk for Reproductive Metabolic Disease Anuja Dokras, MD, PhD</td>
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<tr>
<td>3:40-4:00 PM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<tr>
<td>2:15-3:45 PM</td>
<td>SESSION VII: Clinical Pearls</td>
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<td>2:15-2:20 PM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>2:20-2:30 PM</td>
<td>Oral Poster Winner</td>
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<tr>
<td>2:30-2:50 PM</td>
<td>Managing ASCVD Risk in Diabetes: How Do I Choose – SGLT2 Inhibitor or GLP-RA? Valentina Rodriguez, MD</td>
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<td>2:50-3:00 PM</td>
<td>Oral Poster Winner</td>
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<td>3:00-3:20 PM</td>
<td>Nutraceuticals in Statin Intolerance Maciej Banach, MD, PhD, FNLA</td>
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<td>3:20-3:30 PM</td>
<td>Oral Poster Winner</td>
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<tr>
<td>3:30-3:45 PM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<tr>
<td>4:00-4:05 PM</td>
<td>Break</td>
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<tr>
<td>4:05-4:35 PM</td>
<td>Special Session: Junior Faculty Research Award Presentations</td>
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<tr>
<td>Time</td>
<td>Session Title</td>
<td>Speaker(s)</td>
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<tr>
<td>4:05-4:15 PM</td>
<td>Genome Interpretation for Risk of Heart Attack</td>
<td>Amit V. Khera, MD, MSc</td>
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<tr>
<td>4:15-4:25 PM</td>
<td>Mechanisms of Lipoprotein Lipase Folding</td>
<td>Saskia Neher, PhD</td>
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<tr>
<td>4:25-4:35 PM</td>
<td>Q&amp;A Panel</td>
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<tr>
<td>4:35-4:40 PM</td>
<td>Break</td>
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<tr>
<td>4:40-5:10 PM</td>
<td>Late Breakers</td>
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<tr>
<td>5:15-5:40 PM</td>
<td>VIP Mixer (Fellows of the NLA Only)</td>
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<tr>
<td>5:40-5:50 PM</td>
<td>Honors and Awards Ceremony</td>
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<tr>
<td>7:30-10:30 PM</td>
<td>Foundation of the NLA Gala (ticket required)</td>
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</table>

**Sunday, May 19, 2019**

<table>
<thead>
<tr>
<th>Time</th>
<th>Session Title</th>
<th>Speaker(s)</th>
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</thead>
<tbody>
<tr>
<td>7:00-8:00 AM</td>
<td>Breakfast</td>
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<tr>
<td>8:00-9:45 AM</td>
<td>SESSION VIII: Heart Healthy Eating and Cultural Differences</td>
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<tr>
<td>8:00-8:05 AM</td>
<td>Pre-Assessment Questions</td>
<td>Ginnie Barringer, MS, LDN, CDE, BCADM</td>
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<tr>
<td>8:05-8:25 AM</td>
<td>Southern Diet</td>
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<tr>
<td>8:25-8:45 AM</td>
<td>Latino/Hispanic Diet</td>
<td>Heather E. Rasmussen, PhD, RDN</td>
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<tr>
<td>8:45-9:05 AM</td>
<td>South Asian Diet</td>
<td>Wahida Karmally, PhD, DrPH, RDN, CDE, CLS, FNLA</td>
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<tr>
<td>9:05-9:25 AM</td>
<td>Mediterranean Diet</td>
<td>Mary N. Felando, MS, RDN, FNLA</td>
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<tr>
<td>9:25-9:45 AM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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<tr>
<td>9:45-9:55 AM</td>
<td>Break</td>
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<tr>
<td>9:55-11:40 AM</td>
<td>SESSION IX: Top Three Countdown</td>
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<td>9:55-10:00 AM</td>
<td>Pre-Assessment Questions</td>
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<tr>
<td>10:00-10:20 AM</td>
<td>Top 3 Potentially Practice-Changing Clinical Trials</td>
<td>Antonio M. Gotta, Jr, MD, PhD, FNLA*</td>
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<tr>
<td>10:20-10:40 AM</td>
<td>Top 3 Publications on Novel Mechanisms of Lipid Lowering</td>
<td>Harold E. Bays, MD, FNLA*</td>
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<tr>
<td>10:40-11:00 AM</td>
<td>Top 3 Gaps in Knowledge in Management of Dyslipidemia</td>
<td>Kim K. Birtcher, PharmD, CLS, FNLA</td>
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<tr>
<td>11:00-11:20 AM</td>
<td>Top 3 Publications in JCL 2018-2019</td>
<td>John R. Guyton, MD, FNLA*</td>
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<tr>
<td>11:20-11:40 AM</td>
<td>Q&amp;A Panel &amp; Post-Assessment Questions</td>
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</tr>
<tr>
<td>11:40 AM</td>
<td>Adjourn</td>
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</tbody>
</table>
PLANNING Committee

Alan S. Brown, MD, FNLA*
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President, National Lipid Association
Director, Division of Cardiology
Advocate Lutheran General Hospital
Co-Director, Cardiology Service Line
Advocate Medical Group
Clinical Associate Professor
Loyola Stritch School of Medicine
Park Ridge, IL

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Past President, National Lipid Association
Professor of Medicine
Washington University School of Medicine
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Oregon Health and Science University
Portland, OR

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Professor of Medicine
Division of Cardiology
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Aurora, CO

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Dean Emeritus
Weill Cornell Medicine
New York, NY

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Cardio Texas
St. David’s Medical Center
Austin, TX

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Chief Science Officer, National Lipid Association
Past President, National Lipid Association
Associate Professor of Medicine
Baylor College of Medicine
Houston, TX

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Director, Wellness Center
Idaho State University
Kasiska Division of Health Sciences
Pocatello, ID

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President, Southeast Lipid Association
Co-Director, Women’s Heart Care
Medical University of South Carolina
Mt. Pleasant, SC

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Past President, National Lipid Association
Associate Professor of Medicine
University of Miami Miller School of Medicine
Miami, FL

Joseph J. Saseen, PharmD, CLS, FNLA∗
Secretary/Treasurer, National Lipid Association
Professor and Vice Chair
University of Colorado
Anschutz Medical Campus
Aurora, CO

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President, Northeast Lipid Association
University of Pennsylvania Health System
Internal Medicine/Clinical Lipidology
Perelman Center for Advanced Medicine
Philadelphia, PA

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+ Denotes Program Faculty
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Polish Mother’s Memorial Hospital Research Institute (PMMHRI)
Lodz, Poland

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Registered Dietitian and Chef
Novant Health Heart & Vascular Institute
Charlotte, NC

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Louisville Metabolic and Atherosclerosis Research Center
Louisville, KY

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University of Houston College of Pharmacy
Houston, TX

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Professor of Medicine
Section Head, General Cardiology, Prevention, and Imaging
University of Alabama at Birmingham
Birmingham, AL

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HealthCore Inc.
Wilmington, DE

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Yale School of Medicine
Haven, CT

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Director, PENN PCOS Center
Medical Director, HUP Reproductive Surgical Facility
The Perelman School of Medicine
University of Pennsylvania
Philadelphia, PA

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Nutrition Consultant
Seal Beach, CA

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Executive Committee, FOURIER Trial
Senior Investigator, TIMI Study Group
Physician, Cardiovascular Medicine
Brigham and Women’s Hospital
Associate Professor
Harvard Medical School
Boston, MA

John R. Guyton, MD, FNLA*
Editor-in-Chief, Journal of Clinical Lipidology
Past President, National Lipid Association
Professor of Medicine
Assistant Professor of Pathology
Department of Medicine
Duke University School of Medicine
Durham, NC

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Director, Advanced Cardiac Imaging
Rush University Medical Center
Chicago, IL

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Assistant Professor of Medicine
Women’s Health Clinic (Division of General Internal Medicine) and Division of Endocrinology, Metabolism and Nutrition
Mayo Clinic
Rochester, MN

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Special Research Scientist
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Research Chair, Diabetes Care and Education
Academy of Nutrition and Dietetics
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Massachusetts General Hospital
Broad Institute of MIT and Harvard
Boston, MA

Marlys L. Koschinsky, PhD, FNLA
Scientific & Executive Director
Robarts Research Institute
London, Ontario

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Chair, Department of Preventive Medicine  
Director, Northwestern University Clinical and  
Translational Sciences Institute (NUCATS)  
Eileen M. Foell Professor  
Professor, Preventive Medicine (Epidemiology)  
and Medicine (Cardiology)  
Chicago, IL

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Director of Nutrition Preventive Cardiology Program  
Associate Clinical Professor of Medicine  
University of California Irvine School of Medicine  
Irvine, CA

Shoeb J. Sitafalwalla, MD  
Advocate Health Care  
Advocate Lutheran General Hospital  
Park Ridge, IL

Beth A. Taylor, PhD  
Associate Professor of Kinesiology  
University of Connecticut  
Director, Exercise Physiology Research  
Hartford Hospital  
Storrs, CT

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Medical Director, CHF Program  
Abrazo Health Network and Arizona Heart Hospital  
Phoenix, AZ

Melissa F. Wellons, MD  
Associate Professor of Medicine  
Division of Diabetes, Endocrinology, and Metabolism  
Department of Medicine  
Vanderbilt University Medical Center  
Nashville, TN

Barbara S. Wiggins, PharmD, CLS, FNLA  
Pharmacy Clinical Specialist – Cardiology  
Medical University of South Carolina  
Charleston, SC

* Diplomate, American Board of Clinical Lipidology

The NLA invites speakers and guests to provide scientific medical opinion, which do not necessarily reflect the policy of the NLA. The schedule and faculty are subject to change.
SPECIAL Events

WELCOME RECEPTION
Thursday, May 16 • 6:00-7:00 PM
Join your fellow colleagues and exhibitors for an opening reception on Thursday evening in the exhibit hall. Visit with exhibiting companies and mingle, while enjoying tasty hors d’oeuvres and cocktails.
This reception is included in the attendee registration fee. Guests are welcome to attend; please see lipid.org/sessions for details on guest ticket pricing.

SATELLITE SYMPOSIUM
Clinicians Live: New Opportunities to Reduce Residual Risk Beyond Statin Therapy
Thursday, May 16 • 7:00-9:00 PM
This two-hour, highly interactive CME-certified symposium will feature a faculty of five leading international experts who will address the recent cardiovascular outcomes trials beyond LDL-C lowering with statins. The landmark REDUCE-IT trial will be examined. The intersection of lipids, inflammatory pathways and vascular pathways in atherogenesis will be discussed in an attempt to individualize management based on risk factor assessment. This educational activity will provide the opportunity for the multidisciplinary faculty and symposium participants to work through complex issues that challenge healthcare providers in caring for patients with elevated atherogenic cholesterol and triglycerides, many (or most) of whom have been sub-optimally managed.
Hosted by Medtelligence. Dinner Provided by the NLA.

NEW MEMBER GAME NIGHT
Friday, May 17 • 7:45-8:45 PM
New NLA members who have joined within the past year are invited to attend this fantastically fun event designed to test your gaming abilities, as well as spark your social sensibilities. Come mix and mingle with NLA leadership and learn how the NLA will be a dedicated pillar as you advance your career in lipids!

WORK/LIFE INTEGRATION
HOSTED BY WOMEN IN LIPIDOLOGY
Friday, May 17 • 7:45-8:45 PM
Attendees are invited to a special lecture on “Work/Life integration.” This event will be hosted by the Women in Lipidology group and is open for all who wish to attend.

HONORS & AWARDS CEREMONY
Saturday, May 18 • 5:45-7:15 PM
The National Lipid Association, in cooperation with the certification bodies of the American Board of Clinical Lipidology (ABCL) and the Accreditation Council for Clinical Lipidology (ACCL) will host its annual Honors and Awards Ceremony. The NLA will present the W. Virgil Brown Distinguished Achievement Award, Honorary Lifetime Member Award, President’s Service Award and the NLA 2019 Jr. Faculty Research Award Winners, as well as induct the 2018 class of Fellows of the NLA. The ABCL and ACCL will recognize the achievements of those who successfully passed the ABCL or Clinical Lipid Specialist exams.
ABSTRACTS

YOUNG INVESTIGATOR AWARDS CEREMONY
Saturday, May 18
12:45-1:15 PM

ORAL POSTER PRESENTATIONS
Saturday, May 18
2:15-4:00 PM

POSTER HALL AUTHOR Q&A
Saturday, May 18
8:00-9:00 AM &
1:15-2:15 PM

PRESENTATION METHOD:
All accepted abstracts will be displayed from Thursday evening to Saturday afternoon in the NLA’s interactive abstract Poster Hall, featuring large format, flat panel monitors with touchscreen tablets on double-sided stands. This allows abstract presenters to display interactive and dynamic presentations with convenience and savvy. Researchers can now embed video clips, graphics, animations, and 3D models into their poster presentations. Presenters also have the option to split their poster into multiple pages on PowerPoint. The utilization of e-Poster Boards supports the NLA’s go-green efforts.

During the designated hours on Saturday, authors will be available for a Q&A about their abstracts in the Poster Hall. In addition, selected abstracts will be identified for live oral presentations during the sessions.

FOUNDATION OF THE NLA YOUNG INVESTIGATOR AWARD
Lead presenters with accepted abstracts who are Young Investigators (in-training students, residents, and fellows or members in practice for <5 years) compete for the Foundation of the NLA’s Young Investigator Award. The top three finalists receive a cash prize of $1,000, $750, and $500, respectively, as well as a $1,000 travel grant. The 4th and 5th place finalists receive $1,000 travel grants. The award winners will receive recognition at a special ceremony on Saturday, May 18. In addition, the first-place winner will present his/her abstract during the Oral Poster Presentations and have their poster printed in the LipidSpin following the meeting.

This award is supported by a donation from Amgen Inc.

FOUNDATION OF THE NLA DONALD HUNNINGHAKE, MD, FAMILIAL HYPERCHOLESTEROLEMIA ABSTRACT AWARD
For the sixth-straight year, the Foundation of the NLA is happy to present the Hunninghake FH Abstract Award for the best submitted abstract in familial hypercholesterolemia research. The winner will be determined by the Foundation of the NLA Board of Directors and will receive a $1,500 prize with an additional $1,000 travel grant. The winner will present their abstract during the Oral Poster Presentations.

This award is supported by a donation from Amgen Inc.
**FOUNDATIONS OF LIPIDOLOGY**  
**PRE-CONFERENCE COURSE**

**Wednesday, May 15 * 8:00 AM-5:35 PM & Thursday, May 16 * 8:00 AM-2:30 PM**

$550 NLA Members  +  $950 Non-Members  +  $0 Trainees

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**Overview**
The NLA’s Foundations of Lipidology course, provides an introductory review of the core curriculum in clinical lipidology. This course is designed for any healthcare professional seeking to learn the fundamentals of Lipidology. Experts in lipidology will lecture on basic concepts and guide participants through interactive learning scenarios that provide the knowledge and tools necessary to work effectively in a lipid practice and prepare for advanced training.

This course is particularly useful to review core elements of clinical lipidology and is appropriate for clinicians from the full spectrum of clinical experience including physicians, physician assistants, nurse practitioners, pharmacist, exercise physiologists, and dietitians who are in any phase of training, or even experienced physicians who are looking to take a deeper dive into Lipidology.

The Foundations of Lipidology is offered as a 2-day course prior to NLA meetings (Clinical Lipid Updates [CLU] and Scientific Sessions).

**Target Audience**
This activity is designed to meet the needs of physicians, physician assistants, pharmacists, registered nurses, advance practice registered nurses, nurse practitioners and registered dietitians seeking to develop an expertise in clinical lipidology.

**Type of Activity**
Live Activity, Application

---

**COURSE FACULTY**

- **Lori Alexander, MSHS, RD, CCRC, CLS, FNLA**
  Site Manager
  St. Johns Center for Clinical Research
  Ponte Vedra, FL

- **Ann Liebeskind, MD, FNLA**
  Founder, Complex Lipids Clinic
  Mobile Health Team
  Neenah & Wauwatosa, WI

- **Joseph J. Saseen, PharmD, CLS, FNLA**
  Course Co-Chair
  Secretary/Treasurer, National Lipid Association
  President and Vice Chair
  University of Colorado
  Anschutz Medical Campus
  Aurora, CO

- **Daniel E. Soffer, MD, FNLA**
  Course Co-Chair
  President, Northeast Lipid Association
  University of Pennsylvania Health System Internal Medicine/Clinical Lipidology
  Perelman Center for Advanced Medicine
  Philadelphia, PA

---

**MASTERS IN LIPIDOLOGY**  
**PRE-CONFERENCE COURSE**

**Wednesday, May 15 * 7:30 AM-5:40 PM & Thursday, May 16 * 7:30 AM-2:20 PM**

$750 NLA Members  +  $1,250 Non-Members  +  $395 Trainees

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**Overview**
The NLA’s Masters in Lipidology course provides an advanced examination of the core curriculum in clinical lipidology. This course is designed for any health care professional with experience in lipidology who desires advanced training. Experts in the field of lipidology will lecture on advanced concepts and guide participants through interactive learning scenarios that provide tools and skills to further advance personal standards of practice. It is recommended that attendees have already completed preparatory coursework (e.g. Foundations of Lipidology or similar core curriculum training).

This course is particularly useful to explore the details of clinical lipidology and is appropriate for clinicians from the full spectrum of clinical experience including physicians, physician assistants, nurse practitioners, pharmacist, exercise physiologists, and dietitians who are in any phase of training, or even experienced physicians who are looking to take a deeper dive into lipidology.

Masters in Lipidology is offered as a 2-day course prior to NLA meetings (Clinical Lipid Updates [CLU] and Scientific Sessions).

**Target Audience**
This activity is designed to meet the needs of physicians, physician assistants, pharmacists, registered nurses, advance practice registered nurses, nurse practitioners and registered dietitians with expertise in lipidology looking for further advanced training.

**Type of Activity**
Live Activity, Application

---

**COURSE FACULTY**

- **Harold E. Bays, MD, FNLA**
  Course Co-Chair
  Medical Director/President
  Louisville Metabolic and Atherosclerosis Research Center
  Louisville, KY

- **Alan S. Brown, MD, FNLA**
  President, National Lipid Association
  Director, Division of Cardiology
  Advocate Lutheran General Hospital
  Co-Director, Cardiology Service Line
  Advocate Medical Group
  Clinical Associate Professor
  Loyola Stritch School of Medicine
  Park Ridge, IL

- **Anne C. Goldberg, MD, FNLA**
  Past President, National Lipid Association
  President, Foundation of the NLA
  Professor of Medicine
  Washington University School of Medicine
  St. Louis, MO

- **Terry A. Jacobson, MD, FNLA**
  Course Co-Chair
  Past President, National Lipid Association
  Professor of Medicine
  Director, Office of Health Promotion and Disease Prevention
  Emory University
  Atlanta, GA

- **Pamela B. Morris, MD, FNLA**
  Course Co-Chair
  President, Southeast Lipid Association
  Director, Preventive Cardiology
  Co-Director, Women’s Heart Care
  Medical University of South Carolina
  Mt. Pleasant, SC

- **Kevin C. Maki, PhD, CLS, FNLA**
  Chief Scientist
  MB Clinical Research
  Glen Ellyn and Chicago, IL

- **Carl E. Orringer, MD, FNLA**
  Past President, National Lipid Association
  Associate Professor of Medicine
  University of Miami Miller School of Medicine
  Miami, FL
SCIENTIFIC SESSIONS
Thursday, May 16 • 4:00-6:00 PM & Friday, May 17 • 9:00 AM-4:15 PM
Saturday, May 18 • 9:00 AM-4:35 PM & Sunday, May 19 • 8:00-11:40 AM
$645/$695 NLA Members • $1,150 Non-Members • $75 Trainees

Target Audience
This activity is designed to meet the needs of physicians, physician assistants, pharmacists, registered nurses, nurse practitioners, advance practice registered nurses, and registered dietitians with an interest in lipid management.

Type of Activity
Live Activity, Application

Educational Objectives
At the conclusion of this activity, all participants should be able to:
• Discuss strategies to improve the knowledge, skills or performance of the healthcare team.

Session I: So Many Guidelines – What’s a Lipidologist to Do?
• Review the 2018 cholesterol guidelines for the diagnosis, management and treatment of at-risk patients.
• Evaluate the clinical implications of the 2018 physical exercise guidelines.
• Compare the international guidelines for the management of dyslipidemia.

W. Virgil Brown Lecture
• Evaluate the management of patients with dyslipidemia.

Session II: South Asians and Risk for ASCVD: Increasing Awareness in Medical and Non-Medical Communities
• Recognize the risk factors and interconnection of early onset diabetes and CAD in South Asians.
• Discuss practical strategies for diet and physical activity interventions in South Asians.
• Describe the role of social media in disease awareness and patient education.

Session III: 2019 Manuscripts for the Clinical Setting
• Explain the issues related to accurate measurement of lipids and lipoproteins in laboratory testing.
• Recognize the potential of genetic testing in clinical practice.
• Discuss the clinical recommendations for measuring Lipoprotein(a) (Lp(a)) to manage dyslipidemia and risk.

Saturday Morning Keynote
• Determine potential health risks and benefits associated with low LDL.

Session IV: MythBusters in Clinical Lipidology – Pharmacotherapy Debunked
• Analyze common misconceptions regarding pharmacotherapy in the management of patients with dyslipidemia.

Session V: REDUCE-IT to Practice
• Interpret the evidence and clinical implications of recent outcomes trials of omega-3 fatty acids.

Track 1 – Session VI: Women’s Health Session
• Identify the appropriate contraceptive options for patients with dyslipidemia.
• Critically appraise emerging research and its applications to daily clinical practice.
• Explain the impact that hormone replacement therapy can have on postmenopausal patients.
• Discuss the risks associated with Polycystic Ovary Syndrome (PCOS) and its potential impact on metabolic disease.

Track 2 – Session VII: Clinical Pearls
• Critically appraise emerging research and its applications to daily clinical practice.
• Compare therapeutic options for the treatment of diabetes.
• Explore evidence for the management of statin intolerance through the use of nutraceuticals.

Special Session: Junior Faculty Research Award Presentations
• Discuss the recent research impacting future management of patients with dyslipidemia.

Session VIII: Heart Healthy Eating and Cultural Differences
• Identify the impact of specific diet patterns for the management of dyslipidemia.

Session IX: Top Three Countdown
• Discuss the implications of lipid treatment outcomes trials for the clinical management of patients with dyslipidemia.
• Review the publications of new lipid therapies and the application to the management of patients with dyslipidemia.
• Identify gaps in the management of dyslipidemia.
• Review the practical application of recent publications to the clinical evaluation and management of patients with dyslipidemia.
2019 ANNUAL SCIENTIFIC SESSIONS ACCREDITATION:
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 16.50 AMA PRA Category 1 Credits™ MOC points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

In support of improving patient care, this activity has been planned and implemented by the National Lipid Association. The National Lipid Association is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACP), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician Credit Designation Statement**
The National Lipid Association designates this live activity for a maximum of 16.50 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in this activity.

**Physician Assistants**
NCCPA accepts AMA PRA Category 1 Credits™ from organizations accredited by the ACCME.

**Dietitians**
The National Lipid Association is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 16.50 continuing professional education units (CPEUs) for completion of this program/materials. CDR Accredited Provider #NL002.

**Pharmacist Accreditation Statement**
Universal Activity Number: JA00079192-0000-19-009-L01-P (Application)
This Activity has been approved for 16.50 contact hour(s) (1.650 CEUs) of the Accreditation Council for Pharmacy Education

**Nursing**
The maximum number of hours awarded for this CE activity is 16.4 contact hours.
Pharmacotherapy contact hours for Advance Practice Registered Nurses to be determined.

**FOUNDATIONS OF LIPIDOLOGY:**
In support of improving patient care, this activity has been planned and implemented by the National Lipid Association. The National Lipid Association is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician Credit Designation Statement**
The National Lipid Association designates this live activity for a maximum of 13.25 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**Physician Assistants**
NCCPA accepts AMA PRA Category 1 Credits™ from organizations accredited by ACCME.

**Dietitians**
The National Lipid Association is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 13 continuing professional education units (CPEUs) for completion of this program/materials. CDR Accredited Provider #NL002.

**Pharmacists**
Universal Activity Number – JA00079192-0000-19-004-L01-P (Application)
This Activity has been approved for 13.25 contact hour(s) (1.325 CEUs) of the Accreditation Council for Pharmacy Education

**Nursing**
The maximum number of hours awarded for this CE activity is 13.3 contact hours.
Pharmacotherapy contact hours for Advance Practice Registered Nurses to be determined.

**MASTERS IN LIPIDOLOGY:**
In support of improving patient care, this activity has been planned and implemented by the National Lipid Association. The National Lipid Association is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

**Physician Credit Designation Statement**
The National Lipid Association designates this live activity for a maximum of 14.75 AMA PRA Category 1 Credits™. Physicians should claim only credit commensurate with the extent of their participation in the activity.

**Physician Assistants**
NCCPA accepts AMA PRA Category 1 Credits™ from organizations accredited by ACCME.

**Dietitians**
The National Lipid Association is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 14.50 continuing professional education units (CPEUs) for completion of this program/materials. CDR Accredited Provider #NL002.

**Pharmacists**
Universal Activity Number – JA00079192-0000-19-006-L01-P (Application)
This Activity has been approved for 14.75 contact hour(s) (1.475 CEUs) of the Accreditation Council for Pharmacy Education

**Nursing**
The maximum number of hours awarded for this CE activity is 14.8 contact hours.
Pharmacotherapy contact hours for Advance Practice Registered Nurses to be determined.

**CRITERIA FOR SUCCESS:**
Statements of credit will be awarded based on the participant’s attendance and submission of the activity evaluation form. A statement of credit will be available upon completion of an online evaluation/claimed credit form at lipid.org/cme.

For Pharmacists: Upon successfully completing the activity evaluation form, transcript information will be sent to the NABP CPE Monitor Service within 4 weeks.

**DISCLOSURE STATEMENT:**
It is the policy of NLA to ensure independence, balance, objectivity, scientific rigor, and integrity in all of its continuing education activities. The faculty must disclose to the participants any significant relationships with commercial interests whose products or devices may be mentioned in the activity or with the commercial supporter of this continuing education activity. Identified conflict of interest is resolved by NLA prior to accreditation of the activity. NLA planners and reviewers have no relevant financial relationships to disclose.

**COMMERCIAL SUPPORT:**
Full notification of commercial support will be provided in the activity syllabus.
GET Engaged

Be part of the conversation and get the latest news and announcements from the Scientific Sessions. Follow the NLA on Twitter, Instagram, LinkedIn, and Facebook. Use the hashtag #NLASessions when posting about the meeting.

NLA MEMBERS SAVE UP TO $505

Not yet a member? Become a member of the National Lipid Association today and take advantage of the member discounts. Save up to $505 on registration. For only $150, you can enjoy a multitude of member benefits, including discounts on other educational resources. Learn more about NLA membership by visiting lipid.org/join.

NLA’S TRAINEE TRAVEL GRANT PROGRAM

Are you an in-training practitioner with a focus in lipid management? Learn about the NLA’s Trainee Travel Grant Program! A limited number of grants are available for the NLA’s Foundations of Lipidology course, each including a $500 travel grant and complimentary attendance for Foundations of Lipidology — plus NLA membership for lipid focused trainees is always complimentary. Due to the popularity of this program, please act quickly. For more information, contact cme@lipid.org. For additional trainee opportunities, visit lipid.org/education/trainees.

VENUE Information

TURNBERRY ISLE MIAMI
19999 W. Country Club Dr., Aventura, FL 33180

Group Rate: $229/night plus tax
Room Reservation Cut-Off-Date: April 14, 2019

A landmark of luxury and a tradition of expertly curated service come together at JW Marriott Miami Turnberry Resort & Spa. Elegantly designed, the hotel’s spacious rooms and suites provide relaxing comfort with marble bathrooms and private balconies overlooking the resort’s tropical grounds.

For reservations, please call 305-932-6200 and ask for the NLA room rate or visit: TINYURL.COM/NLAMIAMI2019
Mark your calendar and join us in the Land of 10,000 Lakes September 13-15 for the Fall Clinical Lipid Update, hosted by the Midwest and Northeast Chapters, at the Renaissance Minneapolis Hotel, the Depot.

VENUE INFORMATION:
Renaissance Minneapolis Hotel, the Depot
225 Third Avenue South Minneapolis, MN 55401

GROUP RATE:
$179/night plus tax

ROOM RESERVATION CUT-OFF-DATE:
August 14, 2019

Visit lipid.org/fallclu for more information!

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NATIONAL LIPID ASSOCIATION
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FEBRUARY 28 – MARCH 1, 2020
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JUNE 4 – JUNE 7, 2020
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