

# Cardiometabolic Advanced Practice Module: Transforming the Assessment, Prevention, and Management of Chronic Metabolic, and Cardiovascular Disorders

January 19-21, 2024

Livestream, Program times are US Pacific time

TIMES	FRIDAY, JANUARY 19 (DAY ONE)	
7:00 am – 7:45 am	<p><b>The New Era of Managing Cardiometabolic Risk</b></p> <p>The twenty-first century has brought with it a rapid increase in the incidence of chronic diseases that are anchored to inflammation, metabolic dysfunction, ineffective energy generation, and accelerated oxidation and aging. The current trajectory of disease associated with metabolic disturbances has an underlying, unifying theme: altered signaling of insulin-related cellular interactions, inflammatory messages, metabolic interference, oxidative stress, and reduced cellular energy production. Nutrition, exercise, and stress management can no longer be considered alternative medicine. They are <i>essential</i> medicine.</p>	Dan Lukaczer, ND Shilpa P. Saxena, MD
7:45 am – 8:30 am	<p><b>Widening the Lens on Metabolic Syndrome: A Continuum of Causes and Effects</b></p> <p>This session will help clinicians identify the mechanistic interconnections among adiposity, insulin resistance, hyperinsulinemia, inflammation, and altered adipocytokine messaging. The mechanistic connections between insulin resistance, cardiovascular disease, and other associated conditions will also be discussed.</p>	Shilpa P. Saxena, MD
9:15 am – 10:30 am	<p><b>An Expanded Approach to Dyslipidemias</b></p> <p>Dr. Elyaman will guide participants in understanding the strengths and weaknesses of the current AHA/ACC guidelines and will distinguish how functional approaches to reducing cardiometabolic risk in individuals are different than conventional approaches. He will also discuss the underlying risk factors contributing to dyslipidemias and how they relate on the Functional Medicine matrix and the IFM Cardiometabolic Decision Tree.</p>	Yousef Elyaman, MD
10:35 am – 11:50 am	<p><b>Functional Considerations in Preventing and Reversing Dyslipidemias and Atherosclerosis</b></p> <p>Identification and tracking of patients with dyslipidemias and other risk factors related to atherosclerotic risk is essential and will be discussed, both via utilization of existing biomarkers as well as through knowledge gleaned through emerging biomarkers. In this presentation, the mechanism and mode of action for lifestyle, nutritional, and supplemental interventions to prevent and reverse dyslipidemia and atherosclerosis will be discussed, including how to design Functional Medicine personalized treatment plans for the purposes of preventing and reversing atherosclerotic heart disease.</p>	Mimi Guarneri, MD
11:50 am – 12:15 pm	<p><b>Dyslipidemia Roundtable</b></p> <p>This session will continue to explore the functional medicine approach to dyslipidemias and atherosclerosis. Panelists will discuss their approach to interpreting existing and advanced lipid tests to determine risk and compose a personalized treatment plan for patients.</p>	Yousef Elyaman, MD Mimi Guarneri, MD Shilpa Saxena, MD Dan Lukaczer, ND

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1:45 pm – 2:45 pm	<p><b>Exploring Dietary Choices for Cardiovascular Disease</b></p> <p>In this session, Dr. Stone will review dietary impacts on cardiometabolic health, focusing on specific therapeutic food interventions for addressing metabolic syndrome, hypertension, and dyslipidemias. He will present the IFM Cardiometabolic Food Plan and will outline how to modify the plan based on individual patient needs.</p>	P. Michael Stone, MD
2:45 pm – 3:15 pm	<p><b>Question and Answer Session</b></p> <ul style="list-style-type: none"> <li>• The New Era of Managing Cardiometabolic Risk</li> <li>• Widening the Lens on Metabolic Syndrome: A Continuum of Causes and Effects</li> <li>• An Expanded Approach to Dyslipidemias</li> <li>• Functional Considerations in Preventing and Reversing Dyslipidemias and Atherosclerosis</li> <li>• Dyslipidemia</li> <li>• Exploring Dietary Choices for Cardiovascular Disease</li> </ul>	Shilpa P. Saxena, MD Yousef Elyaman, MD P. Michael Stone, MD Mimi Guarneri, MD
4:00 pm – 5:15 pm	<p><b>Strength in the Storm: Enhancing Resiliency Impact the Effect of Stress</b></p> <p>Health is more than the absence of disease. Optimal health is a cohesive balance of body, mind, and spirit. How we live our lives and how we perceive and respond to challenges are crucial factors in determining whether we stay healthy and well. Improving resiliency requires proper sleep, micro- and macronutrients, and a connection to community and planet. Exploring the science of the mind-body connection and learning to actively transform how we perceive and respond to the world improves health and enhances longevity.</p>	Mimi Guarneri, MD
<b>TIMES</b>	<b>SATURDAY, JANUARY 20 (DAY TWO)</b>	
7:00 am – 8:30 am	<p><b>Fire in the Hole: The Metabolic Connecting Points Between Major Chronic Diseases</b></p> <p>Once participants can identify the core cardiometabolic dysfunctions, management of related metabolic disorders can be guided by a step-by-step integration of the Functional Medicine Timeline and Matrix to categorize, interconnect, and functionally address challenging metabolic conditions such as PCOS, NAFLD, and metabolic dyslipidemia.</p>	Shilpa P. Saxena, MD
9:15 am – 10:15 am	<p><b>Cardiometabolic Lifestyle Roundtable: Diet</b></p> <p>This lifestyle medicine session will focus on implementation of individualized dietary interventions. The panelists will discuss how to modify the cardiometabolic food plan considering several factors including caloric targets, APOE status, metabolic syndrome, dietary preferences or needs, and more. They will also</p>	Shilpa P. Saxena, MD Yousef Elyaman, MD P. Michael Stone, MD Mimi Guarneri, MD

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	share strategies for addressing common obstacles and challenges that patients encounter when initiating the food plan.	
10:15 am – 11:30 am	<p><b>A Functional Approach to Hypertension and Case Study Discussion</b></p> <p>This presentation will survey functional approaches to blood pressure, including the roles of exercise, body composition, stress reduction, and optimal sleep. Nutritional and supplemental research will be reviewed including vitamins, minerals, antioxidants, fats, proteins, and phytonutrients. Antihypertensive drug–nutrient interactions will be explored, as well as how new analyses of plasma renin activity and aldosterone can be used to guide optimal therapy. The <i>IFM Functional Nutrition Evaluation Blood Pressure Quick Reference Guide</i> and comprehensive <i>Companion Guide</i> will also be presented.</p> <p>At the end of this session, Dr. Stone and Dr. Lukaczer will review the hypertension decision tree. This presentation will include case vignettes illustrating the application of functional medicine in the treatment of hypertensive patients. Topics include navigating cardiovascular risk factors, specific treatment strategies, root cause investigation, pharmaceutical intervention, and supplemental needs.</p>	P. Michael Stone, MD Dan Lukaczer, ND
1:00 pm – 2:00 pm	<p><b>Case Studies and Implementation Strategies</b></p> <p>Dr. Saxena will illustrate how to put theory to practice by leading participants through case studies from her practice.</p>	Shilpa P. Saxena, MD Yousef Elyaman, MD P. Michael Stone, MD Mimi Guarneri, MD
2:00 pm – 2:30 pm	<p><b>Question and Answer Session</b></p> <ul style="list-style-type: none"> <li>• Fire in the Hole: The Metabolic Connecting Points Between Major Chronic Diseases</li> <li>• Cardiometabolic Lifestyle Roundtable: Diet</li> <li>• A Functional Approach to Hypertension and Case Study Discussion</li> <li>• Case Studies and Implementation Strategies</li> </ul>	Shilpa P. Saxena, MD P. Michael Stone, MD Yousef Elyaman Mimi Guarneri, MD
3:15 pm – 4:15 pm	<p><b>Maintaining the Heart in Medicine: The Art of Compassion in Health Care</b></p> <p>Medicine and the physician patient relationship has changed. What began as supportive hand holding at the bedside has morphed in some cases to technology and minimal physical contact. Medicine is an art as well as</p>	Mimi Guarneri, MD

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	a science. We will explore the art of healing, the role of health provider as healer and learn to bring back to medicine the essential ingredients of love and compassion.	
<b>TIMES</b>	<b>SUNDAY, JANUARY 21 (DAY THREE)</b>	
7:00 am – 8:15 am	<b>Putting Genetic Variation into the Cardiovascular Equation Part II and Interactive Q&amp;A</b> The integration of the ever-expanding field of genomic information is profoundly influencing clinical decision-making at multiple levels of clinical practice. In this session, Dr. Elyaman will identify the most important genetic variations that confer increased cardiovascular risk. The emphasis will be on single nucleotide polymorphisms (SNPs) that affect enzymatic function and their associated biomarkers. Lastly, Dr. Elyaman will explain how to design personalized functional medicine treatment plans to include gene variation analysis.	Yousef Elyaman, MD
8:15 am – 8:45 am	<b>The Exercise Prescription: Reducing Cardiometabolic Risk Through Movement</b> This session explores a critical area in prevention and treatment of cardiometabolic disease: physical exercise. Here, Dr. Saxena will review how exercise affects multiple areas of the functional medicine matrix to improve patient outcomes, as well as how sedentary behavior creates unique risks. She will outline how to design personalized exercise prescriptions using the FITT method and discuss a variety of implementation strategies for exercise counseling based on practice resources (e.g., health coach, personal trainer, no in-house support, etc.).	Shilpa P. Saxena, MD
9:30 am – 10:15 am	<b>Cardiometabolic Lifestyle Roundtable: Exercise</b> In this lifestyle medicine session, panelists will share strategies for designing personalized exercise and implementation of exercise counseling based on practice resources.	P. Michael Stone, MD Shilpa P. Saxena, MD Yousef Elyaman, MD Mimi Guarneri, MD
10:15 am – 11:45 am	<b>Tackling Common Cardiovascular Conundrums and Discussion</b> This case-based session will focus on the most common cardiovascular issues encountered in clinical practice. Topics include venous insufficiency, arrhythmia, atrial fibrillation, and congestive heart failure.	Yousef Elyaman, MD Mimi Guarneri, MD P. Michael Stone, MD Shilpa P. Saxena, MD
12:15pm – 1:15 pm	<b>Case Studies and Implementation Strategies</b> The final presentation will include case studies and practical clinical pearls from Drs. Elyaman, Stone, and Saxena leading into the final Q&A session before the closing. Topics include hyperhomocysteinemia, metabolic flexibility, and dysautonomia	Yousef Elyaman, MD P. Michael Stone, MD Shilpa P. Saxena, MD



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1:15 pm – 2:15 pm	<b>Question and Answer Session &amp; Reflections and Closing</b> <ul style="list-style-type: none"><li>• The Exercise Prescription: Reducing Cardiometabolic Risk Through Movement</li><li>• Cardiometabolic Lifestyle Roundtable: Exercise</li><li>• Tackling Common Cardiovascular Conundrums and Discussion</li><li>• Case Studies and Implementation Strategies</li></ul>	Yousef Elyaman, MD P. Michael Stone, MD Shilpa P. Saxena, MD Mimi Guarneri, MD
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