

Advancing South Asian Cardiovascular Health

Understanding Unique Risk Factors and Health Needs
to Promote Shared Decision-Making

An International Conference To Focus On South Asian Heart Health

This conference is designed for healthcare professionals, patients, families, and community leaders.

 **Friday, September 16, 2022**
Saturday, September 17, 2022

 **Hyatt Regency, New Brunswick,
New Jersey**

To register, visit:
www.sknfoundation.org/conference-2022/



For more information, contact:

info@sknfoundation.org
call 908-671-1344

Education partners for this conference

KEYNOTE SPEAKER



**Salim Yusuf, D.Phil,
FRCPC, FRSC, O.C**

Heart and Stroke Foundation/Marion W. Burke
Chair in Cardiovascular Disease
Distinguished University Professor of Medicine
McMaster University, Ontario, Canada



**Raj Bhopal, CBE, DSc (hon), MD, BSc,
MBChB, MPH, FRCP(E), FFPH**

Emeritus Professor of Public Health
Edinburgh Migration, Ethnicity and Health
Research Group, Usher Institute, Medical
School, University of Edinburgh

SPECIAL GUEST SPEAKERS



**Guillermo Umpierrez,
MD, CDCES, FACE, MACP**

President, Medicine & Science, American Diabetes Association
Professor of Medicine, Emory University School of Medicine
Division of Endocrinology, Metabolism
Chief of Diabetes and Endocrinology, Grady Health Systems,
Emory University School of Medicine, GA



**Donald Lloyd-Jones,
MD, ScM, FACC, FAHA**

President, American Heart Association
Chair, Department of Preventive Medicine
Eileen M. Foell Professor, Professor of Preventive Medicine
(Epidemiology), Medicine (Cardiology) and Pediatrics
Northwestern University Feinberg School of Medicine, IL

Conference Speakers



Arun Chockalingam, MS, PhD, FACC, FAHA

Professor of Medicine and Global Health, University of Toronto
Professor and Advisor to the Dean on Global Health, Faculty of Health, York University, Toronto, Canada
Founding Director, Office of Global Health, NHLBI, NIH



Yuling Hong, MD, MSc, PhD, FAHA

Chief, Epidemiology Branch, Division of Cardiovascular Sciences, NHLBI, NIH



Alka Kanaya, MD

Professor of Medicine, Epidemiology and Biostatistics, Division of General Internal Medicine, University of California, San Francisco (UCSF), CA.
Co-Leader, Mediators of Atherosclerosis in South Asians Living in America (MASALA) Study



Ashish Mathur, B.Tech, MS

Co- Founder & Executive Director, South Asian Heart Center, El Camino Hospital, Mountain View, CA



V. Mohan, MD, FRCP

(London, Edinburgh, Glasgow & Ireland), PhD, DSc, D.c (Hon. Causa),
FNASc, FASc, FNA, FACE, FACP, FTWAS, MACP, FRS (Edinburgh)

Chairman, Dr. Mohan's Diabetes Specialities Centre of Excellence in Diabetes Care, Southern India
President and Director, Madras Diabetes Research Foundation, Chennai, India



Latha Palaniappan, MD, MS

Professor of Medicine (Primary Care and Population Health), Stanford University School of Medicine, CA
Scientific Director, Precision Genomics and Pharmacogenomics in Primary Care, Stanford Division of
Primary Care and Population Health. Faculty Co-Director, Stanford Biobank
Co-Founder and Co-Director, Center for Asian Health Research and Education (CARE), Stanford Medicine



Daniel J. Rader, M.D., FAHA

Chief, Division of Translational Medicine and Human Genetics; Associate Director, Institute for
Translational Medicine and Therapeutics; Director, Preventive Cardiovascular Program. Seymour Gray
Professor of Molecular Medicine, Perelman School of Medicine, University of Pennsylvania, PA



Salim Virani, MD, PhD, FACC, FAHA, FASPC

Professor in Cardiology and Cardiovascular Research
Director, Cardiovascular Disease Fellowship Training Program, Baylor College of Medicine, Houston, TX
Co-Director, VA Advanced Fellowship Program in Health Services Research & Development

**Advancing South Asian Cardiovascular Health:
Understanding Unique Risk Factors and Health Needs to Promote Shared Decision-Making**
September 16-17, 2022 | Hybrid Event: Hyatt Regency, New Brunswick, New Jersey
+ Virtual Option

DAY 1 – Friday, September 16, 2022

TIME	TOPIC	SPEAKERS & PANELISTS
8:00 AM – 8:45 AM	Registration/Breakfast/Exhibits	N/A
8:45 AM – 9:00 AM	Welcome/Introduction	Dr. Sunita Dodani & Dr. Naveen Mehrotra
9:00 AM – 9:30 AM	Keynote Speaker CVD Epidemic in South Asians: An Introduction to Mysteries and Hypotheses, Old and New	Dr. Raj Bhopal
9.35 AM – 10.05 AM	NIH Perspective: CV Health of South Asians in the United States	Dr. Yuling Hong
10.10 AM – 10.40AM	Impact of Large South Asian Community-Based Studies: Diabetes as a Risk Factor for CVD	Dr. V. Mohan
10:40 AM – 10:55 AM Break/Exhibits		
11:00 AM – 12:30 PM	Panel: South Asian Patient & Family Voices	Moderator: Dr. Aparna Kalbag
12:30 PM – 1:30 PM Lunch/Networking/Exhibits		
1:30 PM – 2.00 PM	ADA Perspective: CVD Health of South Asians	Dr. Guillermo Umpierrez
2:05 PM – 2:35 PM	Lipids and CVD Risk in South Asians	Dr. Daniel Rader
2:35 PM – 2:50 PM Break/Exhibits		
2:50 PM – 3:20 PM	South Asian Diet and Hypertension	Dr. Arun Chockalingam
3:25 PM – 3:55 PM	Relationship of Genetics & Obesity to CVD in South Asians	Dr. Alka Kanaya
4:00 PM – 4:30 PM	Q & A with Closing Remarks	Dr. Sunita Dodani & Dr. Naveen Mehrotra

6:00 PM - Gala Reception Dinner (separate ticketed event)

DAY 2 – Saturday, September 17, 2022

TIME	TOPIC	SPEAKERS & PANELISTS
8:00 AM – 8:45 AM	Breakfast/Exhibits	N/A
8:45 AM – 9:00 AM	Welcome / Introduction	Dr. Sunita Dodani & Dr. Naveen Mehrotra
9:00 AM – 9:40 AM	Keynote Speaker An International Approach to the Prevention of CVD in South Asians	Dr. Salim Yusuf
9.45 AM – 10.15 AM	AHA Perspective: CVD Health of South Asians	Dr. Donald Lloyd-Jones
10:15 AM – 10:30 AM Break/Exhibits		
10:30 AM – 12:00 PM	Barriers to CVD management in South Asian community	Providers-led Panel moderated by Dr. Meena Murthy
12:00 PM – 1:00 PM Lunch/Networking/Exhibits		
1:00 PM – 1.30 PM	Use of Big Data & CVD Prevention in South Asians	Dr. Latha Palaniappan
1:35 PM – 2:05 PM	Heterogeneity of Risk Among Asians and South Asians and the Role of Imaging for SACVD Risk Assessment in South Asians	Dr. Salim Virani
2:10 PM – 2: 40 PM	Prevention of CVD: Lessons from a Community-based Screening Program for South Asians	Ashish Mathur
2:40 PM – 2:55 PM Break/Exhibits		
2:55 PM – 3:30 PM	Summary of Unique Health Needs and Shared Decision-Making for Improved CVD Outcomes	Dr. Sunita Dodani & Naveen Mehrotra
DEPARTURE		

The relevant financial relationships of all individuals who affect the content of continuing education activities and any discussion of off-label/investigational uses will be disclosed to the audience at the time of the activity.

Conference Overview

This international conference will bring together the voices of world-renowned experts in the field as well as patients and community members who live with heart disease in an effort to understand how collaborative decision-making can help improve heart health outcomes in South Asians in the United States. South Asians are among the fastest growing ethnic groups in the US, and show high rates of heart disease, as compared to other populations. There is not enough research to examine their unique risks and develop effective ways to manage and care for their disease.

South Asians (SAs) are among the fastest growing racial/ethnic groups in the US and bear a highly disproportionate burden of cardiovascular disease (CVD). SAs have the highest CVD rates among all racial/ethnic groups in the US, with a significantly higher prevalence of coronary artery disease (CAD), type 2 diabetes, hypertension, and a higher percentage of body fat than other immigrant groups and whites. Also, SAs tend to develop CAD at a younger age, often before 40 in men, and are more likely to die from CAD than other ethnic groups.

South Asians in the US have few established resources related to their high risk for CVD, with significant implications for their health and well-being. Poor CVD outcomes management in SAs may be due to a lack of culturally and linguistically appropriate education materials for patients, inadequate patient knowledge of the healthcare system, lack of health insurance, and other social determinants - an area of further research. This diverse population also often faces tremendous cultural, socioeconomic, linguistic, and structural obstacles to achieving good health. Compounding these challenges, there is a dearth of detailed data on the unique risks, etiologic mechanisms, and effective interventions for CVD in first- and second-generation SAs in the US. This can lead to sub-optimal management of CVD, its risk factor modification, and thus increased recurrent CAD events, exacerbating racial/ethnic disparities and increasing the economic burden of CVD in the US.

In order to begin reversing this knowledge deficit, providers, patients, and shareholders need to be able to 1) identify unique risk factors for cardiovascular disease in South Asians and 2) understand the need for patient-provider dialogue in promoting best practice guidelines and research to improve South Asian cardiovascular health outcomes. This international conference on South Asian cardiovascular health is designed to provide a high-quality scientific forum in a collaborative environment, which will include patients and providers. Internationally renowned researchers and clinicians will lead sessions addressing CVD risk factors, barriers to management, the role of Big Data, community prevention strategies, and the state of South Asian cardiovascular health in the United States from the AHA, ADA, and NIH perspectives.

Conference Goals and Objectives:

- Improve identification of risk factors, including social determinants, of cardiovascular disease in South Asians to create a framework for strategies for prevention, early diagnosis, and targeted treatment
- Exchange information from worldwide programs to understand and enhance cardiovascular disease management and post-acute care in South Asians
- Establish a list of priorities for future work on managing cardiovascular disease in South Asians

Target Audience

This activity is designed for healthcare professionals, trainees, and students involved with or interested in the healthcare of South Asians. In addition, this activity will be beneficial for patients, families/caretakers, community leaders and members, and social institutions so they can learn how they can assist with promoting optimal health for this diverse population.



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

CE Accreditation:

In support of improving patient care, this activity has been planned and implemented by Rutgers Biomedical and Health Sciences, SKN Foundation, Eastern Virginia Medical School and Saint Peter's University Hospital. Rutgers Biomedical and Health Sciences 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.

Physicians: Rutgers Biomedical and Health Sciences designates this live activity for a maximum of 10.25 AMA PRA

Conference Overview

Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: This activity is awarded 10.25 ANCC contact hours. Nurses should claim only those contact hours actually spent participating in the activity.

Physician Assistants: NCCPA accepts certificates of participation for educational activities approved for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME.

Method of Participation

In order to meet the learning objectives and receive continuing education credits, participants are expected to formally register for the symposium, check in at the registration desk and attend the program each day (in-person)/watch the webcast, and complete an online evaluation at the conclusion of the program. A CE certificate will be emailed to participants upon completion of the online evaluation.

Registration Fees (in USD)

IN PERSON	USD	VIRTUAL	USD
Healthcare Professional (Include CE credits)	\$250	With CE Credits	\$100
Healthcare Trainees (Students, Residents, Fellows) With CE credits	\$125	No CE Credits	\$25
Community Member	\$125		

Registration fee includes continuing education credits and course material; in-person registration also includes continental breakfasts, refreshment breaks and lunches. Registration can only be accepted through our secure on-line website through September 15, 2022. Registration will not be confirmed until payment is received. If payment is not received in timfortactivity, SKN Foundation reserves the right to cancel the registration. Reduced, one-day tuition rates are not available.

To register, visit: <https://sknfoundation.org/conference-2022/>

Cancellation Fee/Refund

A full refund, less a \$25 cancellation fee, will be granted if notice is received no later than September 1, 2022. Refunds will not be issued for any cancellations received after September 1, 2022 and cannot be given for no shows. To cancel, please contact Sabuha by email at info@sknfoundation.org.

Venue

Hyatt Regency, 2 Albany St, New Brunswick, NJ 08901

Parking/Transportation

Parking and transportation info can be found at www.tinyurl.com/HyattParking. A discounted parking rate will be available for conference attendees.

Accommodations:

Reservations at Hyatt Regency in New Brunswick, New Jersey can be made by calling (732) 873-1234 or visiting the Hyatt's website online. Conference Room rates: \$119 per night plus tax and fees can be found through our room block link www.tinyurl.com/HyattCode.

For additional program information, questions, or concerns, or if you require special arrangements to attend this activity, please contact Sabuha Qureshi-Din by phone at 908-671-1344 or by email at info@sknfoundation.org

The SKN Foundation reserves the right to modify the activity content, faculty and activities, and reserves the right to cancel this activity, if necessary. If the activity is canceled, liability is limited to the registration fee.

Conference Leadership Team



Sunita Dodani, MBBS (MD), FCPS, MSc, PhD, FAHA

Professor of Medicine, Department of Internal Medicine & Professor, School of Health Professions (SHP) Eastern Virginia Medical School (EVMS), & Founding Director, EVMS-Sentara Healthcare Analytics and Delivery Science Institute (HADSI), Founder and Chair, Health Equity Collaborative of Virginia, Board Member, American Heart Association- National Research Committee, Board Director, American Heart Association- Hampton Roads Chapter

Naveen Mehrotra, MD, MPH

Director, My Whole Child Pediatrics
Founder and Executive Director, SKN Foundation
Clinical Assistant Professor of Pediatrics, Rutgers-RWJ Medical School
Adjunct Assistant Professor, Rutgers-RWJ School of Public Health



Meena S. Murthy, MD, FACE

Chief, Division of Endocrinology, Nutrition and Metabolism
Director, Thyroid and Diabetes Center
Director, South Asian Institute and SKN South Asian Diabetes Center
Saint Peter's University Hospital
New Brunswick, New Jersey, USA
Clinical associate Professor of Medicine, Rutgers Robert Wood Johnson Medical School

Conference Organizing Committee



Sunitha Banda

Mrs. Sunitha Banda is a management consultant and a South Asian community member, a CVD patient caretaker with personal experience of losing several family members to CVD complications.

Puneet Bhargava

Mr. Puneet Bhargava is a Pharmaceutical Alliance Management Director and a South Asian community spokesperson who advocates for a healthier lifestyle as a means of reversing Diabetes as he has done!



Amanda Clarke, MS

Amanda Clarke works with Dr. Dodani as the Research and Community Outreach Manager at HADSI(Healthcare Analytics and Delivery Science Institute). She is working with the entire team closely on conference organization and implementation.

Renee DiMarzio

Renee DiMarzio is Executive Director of Departments of Medicine and Family Practice at Saint Peter's University Hospital, with over 30 years of health care experience in academic, clinical and community settings. She is highly regarded as an enthusiastic, creative, transformational leader dedicated to develop services that deliver the highest quality patient care in a compassionate environment.





Patrick Dwyer

Patrick Dwyer is the Director of Continuing Medical Education at Rutgers Biomedical and Health Sciences Center for Continuing and Outreach Education (CCOE). Patrick is responsible for the overall continuing education program for Rutgers New Jersey Medical School and Rutgers Robert Wood Johnson Medical School, and external stakeholders and partners.

Aparna Kalbag, PhD

Dr. Aparna Kalbag is a health research psychologist who serves as the Research Director at SKN. She earned her doctorate in clinical psychology from the University of Colorado, Boulder.



Nayan K. Kothari, MD, MACP, FACR, FRCP, (Edin)

Dr. Nayan Kothari, is Chair of Department of Medicine and is the Chief Academic Officer and is the Founder and Director of Institute for Bedside Medicine at Saint Peter's University Hospital. He is Program Director of Internal Medicine Residency and hold the titles of Clinical Professor of Medicine and Associate Dean for Academic Affiliate at Rutgers Robert Wood Johnson Medical School. He is honored Visiting Adjunct Distinguished Professor at Rutgers University and is currently the Governor of American College of Physicians - NJ Southern Chapter.

Annah Kuriakose, MD, MA

Dr. Annah Kuriakose is the Program Director of SKN Foundation and SKN South Asian Diabetes Center at Saint Peter's University Hospital in New Brunswick, NJ. She received her medical degree from New York Medical College and her Master's in Curriculum and Instruction from the University of Mississippi.



Joan C. Lynn, APN, FNP-BC, MSN

Joanie Lynn, FNP-BC, MSN is a pioneer in developing the role of the Advanced Practice Nurse at Saint Peter's University Hospital over 17 years. She has diverse experience in Performance Improvements with the Internal Medicine Residency. Mentored by and in collaboration with Dr. Nayan Kothari, she is most proud of their Clergy Health Practice, Clinical Bedside skills program and Bedside Integrated Observership Program.

Sunil Parikh, MBBS, CPM

Dr. Sunil Parikh is an Outreach Director and Health Navigator at the SKN South Asian Diabetes Center at Saint Peter's University Hospital. He also serves as the President of Sight Saving Academy of India (SSAI). He worked with the NJ State Commission for the Blind for over 30 years, through which he helped to develop Project BEST ("Better Eye-Health Services and Treatment").



Sabuha Qureshi-Din, RPh

Ms. Sabuha Qureshi-Din, SKN Director of Administrative Services, is a licensed pharmacist specializing in organization management. She coordinates all SKN Foundation activities, including the SA health events.

Jagdish Talreja

Mr. Jagdish Talreja is a technology entrepreneur and a South Asian community spokesman as a diabetes patient with personal expertise in managing lipid abnormalities and metabolic syndrome.



Conference Partners



SKN Foundation is a 501(c) (3) non-profit organization with a mission to promote the total wellness of the person and community through education. Given the radical health disparities in access to care, service utilization and quality, and outcomes in the South Asian diaspora, SKN aims to limit risk factor development through education and increase health literacy and access for all South Asians.



Eastern Virginia Medical School (EVMS) is an academic health center dedicated to achieving excellence in medical and health professions education, research, and patient care. EVMS enjoys a unique relationship with the people of southeastern Virginia. The school's clinical and research missions are tailored to address the health issues that confront the people of Hampton Roads. The vision of EVMS is to be recognized as the most community-oriented school of medicine and health professions in the United States. Our School of Health Professions offers more than 30 graduate and post-graduate level programs in public health and related fields.

Education Partners



Saint Peter's University Hospital, a member of Saint Peter's Healthcare System, is a 478-bed acute-care teaching hospital sponsored by the Roman Catholic Diocese of Metuchen. Saint Peter's, which received its sixth consecutive designation as a Magnet® hospital for nursing excellence by the American Nurses Credentialing Center in 2020, is a state-designated children's hospital and a regional perinatal center and is a regional specialist in diabetes, gastroenterology, head and neck surgery, oncology, orthopedics, and women's services.



Rutgers Biomedical and Health Sciences (RBHS) is the health care education, research, and clinical division at Rutgers, The State University of New Jersey. The nine schools of RBHS collectively comprise New Jersey's largest and most influential constellation of academic institutions devoted to medicine, dentistry, advanced health-related sciences, pharmacy, public health, nursing, and the full spectrum of allied health professions. As New Jersey's premier, university-based provider of health care, RBHS offers excellence in care while advancing health sciences education and research across a range of disciplines. Through basic, translational, and clinical research - spanning the life sciences, physical sciences, and social sciences - RBHS advances knowledge and technology that drive education, medical breakthroughs, and economic development while improving lives throughout New Jersey and in the global community. RBHS plans and provides a continuing education program with the goal of improving the skills, strategies, and performance of healthcare team members and its individual members.