The 14th International American Lebanese Medical Association Congress Hosted by the American University of Beirut Medical Center

Vascular Health and Medicine

June 20 - 21, 2014
AUBMC - Issam Fares Lecture Hall
Beirut, Lebanon
Organizing Committee

Ray Y Hachem, MD / Issam Raad, MD - ALMA Program Chairs
Ghassan Hamadeh, MD - AUBMC Program Chair
Claude Afif, MD (Balamand) – 2015 Program Co-Chair
Role Husni-Samaha, MD (LAU) – 2013 Program Co-Chair

Scientific Committee

ALMA: Ray Hachem, MD
Balamand: Jihad Irani, MD
AUBMC: Samir Arnaout, MD, Sami Azar, MD, Kamal Badr, MD, Hussein Ismail, MD
CME planning: Miguel Abboud, MD, Abdo Freim, MD, Ali Taher, MD, PhD

Educational Objectives

1. Discuss the pathophysiologic and epidemiologic bases of the concept of Total Cardiovascular Risk reduction
2. Describe important lifestyle changes to reduce vascular risk
3. Explain the advantages of combination therapy in hypertension and hyperlipidemia
4. Describe the current evidence-based strategies for the management of patients with hypertension including the J NC and the UK-NICE evidence-based guidelines
5. Discuss the use of antiplatelet agents in high risk patients
6. List infectious processes that are potential risk factors for cardiovascular disease

Target Audience

Public Health and Medical Professionals: Nutritionists, Dietitians, General Practitioners, Family Physicians, Pediatricians, Endocrinologists, Cardiologists, Nephrologists and Infectious Diseases Specialists.

Accreditation

This activity has been planned and implemented in accordance with Essential Areas and Policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the American Lebanese Medical Association and the American University of Beirut.

AMA PRA and LOP CME credits applied for.

Each physician should claim only those credits based on actual time spent in the activity.
## Program

**Friday, June 20, 2014**

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<th>Session/Activity</th>
<th>Presenter</th>
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<td>13:00 – 14:00</td>
<td>Registration</td>
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<tr>
<td>14:00 – 14:30</td>
<td>Welcome &amp; Introduction</td>
<td>Dr. Issam Raad</td>
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<tr>
<td>14:30 – 15:00</td>
<td>Session 1 - Vascular Risk Reduction</td>
<td>Moderator: Dr. Kamal Badr</td>
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<tr>
<td>14:30 – 15:00</td>
<td>Epidemiological basis for comprehensive cardiovascular risk reduction</td>
<td>Dr. Samir Arnaout</td>
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<tr>
<td>15:00 – 15:30</td>
<td>What is a comprehensive vascular risk reduction care plan</td>
<td>Dr. Assaad Maalouf</td>
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<td>15:30 – 16:00</td>
<td>Combination strategies for hypertension management</td>
<td>Dr. George Ghanem</td>
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<td>16:00 – 16:30</td>
<td>Coffee Break</td>
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<tr>
<td>16:30 – 17:00</td>
<td>Session 2 – The Heart &amp; Vessels</td>
<td>Moderator: Dr. Jamal Hoballah</td>
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<td>16:30 – 17:00</td>
<td>New insights in the management of atherosclerotic carotid artery diseases.</td>
<td>Dr. Elie Mouhayer</td>
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<td>17:00 – 17:30</td>
<td>The role of surgery in ischemic mitral regurgitation</td>
<td>Dr. Sabet Hashim</td>
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<td>17:30 – 18:00</td>
<td>Paradigm change in the diagnosis and management of descending thoracic aortic dissections</td>
<td>Dr. Joseph Naoum</td>
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<tr>
<td>18:00 – 19:00</td>
<td>Special Symposium</td>
<td>Advances in Understanding Atherosclerosis</td>
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<td>19:00</td>
<td>Adjourn</td>
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**Saturday, June 21, 2014**

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<td>09:00 – 09:30</td>
<td>Session 3 – Prevention of Associated Healthcare Infections</td>
<td>Moderator: Dr. Claude Afif</td>
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<td>09:00 – 09:30</td>
<td>Prevention and management of CLABSI</td>
<td>Dr. Issam Raad</td>
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<tr>
<td>09:30 – 10:00</td>
<td>Hand hygiene, bundle and isolation: New insights</td>
<td>Dr. Souha Kanj</td>
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<td>10:00 – 10:15</td>
<td>Break</td>
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<td>10:15 – 10:45</td>
<td>Session 4 – Life Style Changes</td>
<td>Moderator: Dr. Abdo Ephrem</td>
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<td>10:15 – 10:45</td>
<td>The smoking gun: How we target tobacco?</td>
<td>Dr. Maher Karam</td>
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<td>10:45 – 11:15</td>
<td>What is optimal exercise prescription?</td>
<td>Dr. Mansour Dib</td>
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<td>11:15 – 11:45</td>
<td>Medical vs. surgical management of obesity</td>
<td>Dr. Basem Safadi</td>
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<tr>
<td>11:45 – 13:00</td>
<td>Special Symposium</td>
<td>GLP – 1 Agonist Therapy</td>
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<td>13:00</td>
<td>Scholarships Presentations</td>
<td>Dr. Ray Hachem</td>
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<td>14:00</td>
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ALMA – USA Speakers

Joe M Chehade M.D.
Associate Professor of Medicine
Division of Endocrinology
University of Florida, Jacksonville

Ray Hachem, MD, FIDSA
Associate Professor
Director, Infectious Diseases Trainee and Observership Program
Department of Infectious Diseases, Infection Control & Employee Health
The University of Texas M. D. Anderson Cancer Center

Sabet W. Hashim, M.D.
Associate Professor of Surgery
Director, Cardiac Valve Surgery
Yale University School of Medicine

Elie N. Mouhayar, M.D., FACC
Associate Professor
Medical Director, Cardiopulmonary Center
Department of Cardiology
The University of Texas M. D. Anderson Cancer Center

Maher A. Karam, MD
Associate Professor, Addiction Psychiatrist
Associate Medical Director, Tobacco Treatment Program
Department of Behavioral Science
The University of Texas M. D. Anderson Cancer Center

Issam Raad, MD, FACP, FIDSA, FSHEA
G. P. Bodey, Sr. Distinguished Professor and Chairman
Department of Infectious Diseases, Infection Control and Employee Health
The University of Texas M. D. Anderson Cancer Center
Adjunct Professor, Baylor College of Medicine
Adjunct Professor, University of Texas School of Public Health

Lebanon Speakers & Moderators

Claude Afif, M.D.
Associate Dean, Faculty of Medicine
Professor & Chair of Infectious Diseases
University of Balamand & Saint George Hospital

Samir Alam, M.D.
Professor & Head of Division of Cardiology
American University of Beirut Medical Center

Samir Arnaout, M.D.
Associate Professor of Cardiology
Vascular Medicine Program Council member
American University of Beirut Medical Center

Kamal Badr, M.D.
Associate Dean, Faculty of Medicine
Professor of Nephrology & Vascular Medicine Program Director
American University of Beirut Medical Center

Mansour Dib, M.D.
Instructor in Physical Medicine
Universite St Joseph & Hotel Dieu de France

Abdo Ephrem, M.D.
CME coordinator
Society of General Practitioners

George Ghanem, M.D.
Associate Professor of Cardiology
Lebanese American University Medical Center

Jamal Hoballah, M.D.
Professor & Chair, Department of Surgery
Head of Division of Vascular Surgery
American University of Beirut Medical Center

Souha Kanj, M.D.
Professor & Head of Division of Infectious Diseases
American University of Beirut Medical Center

Assaad Maalouf, M.D.
Assistant Professor of Cardiology
University of Balamand & Saint George Hospital

Joseph Naoum, M.D.
Assistant Professor of Vascular Surgery
Lebanese American University Medical Center

Bassem Safadi, M.D.
Associate Professor of Bariatric Surgery
American University of Beirut Medical Center