



OPEN MEDICAL INSTITUTE

SEMINAR REPORT

LIPID METABOLISM AND ATHEROSCLEROSIS

September 24-30, 2023

A Global Educational Initiative by the
American Austrian Foundation



Weill Cornell
Medicine



INTERNATIONAL
ATHEROSCLEROSIS
SOCIETY



F
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30 fellows
from **23** countries



23 fellows' case
presentations



7 faculty members
from the USA,
Czech Republic,
and Italy



7 excellent case
presentations



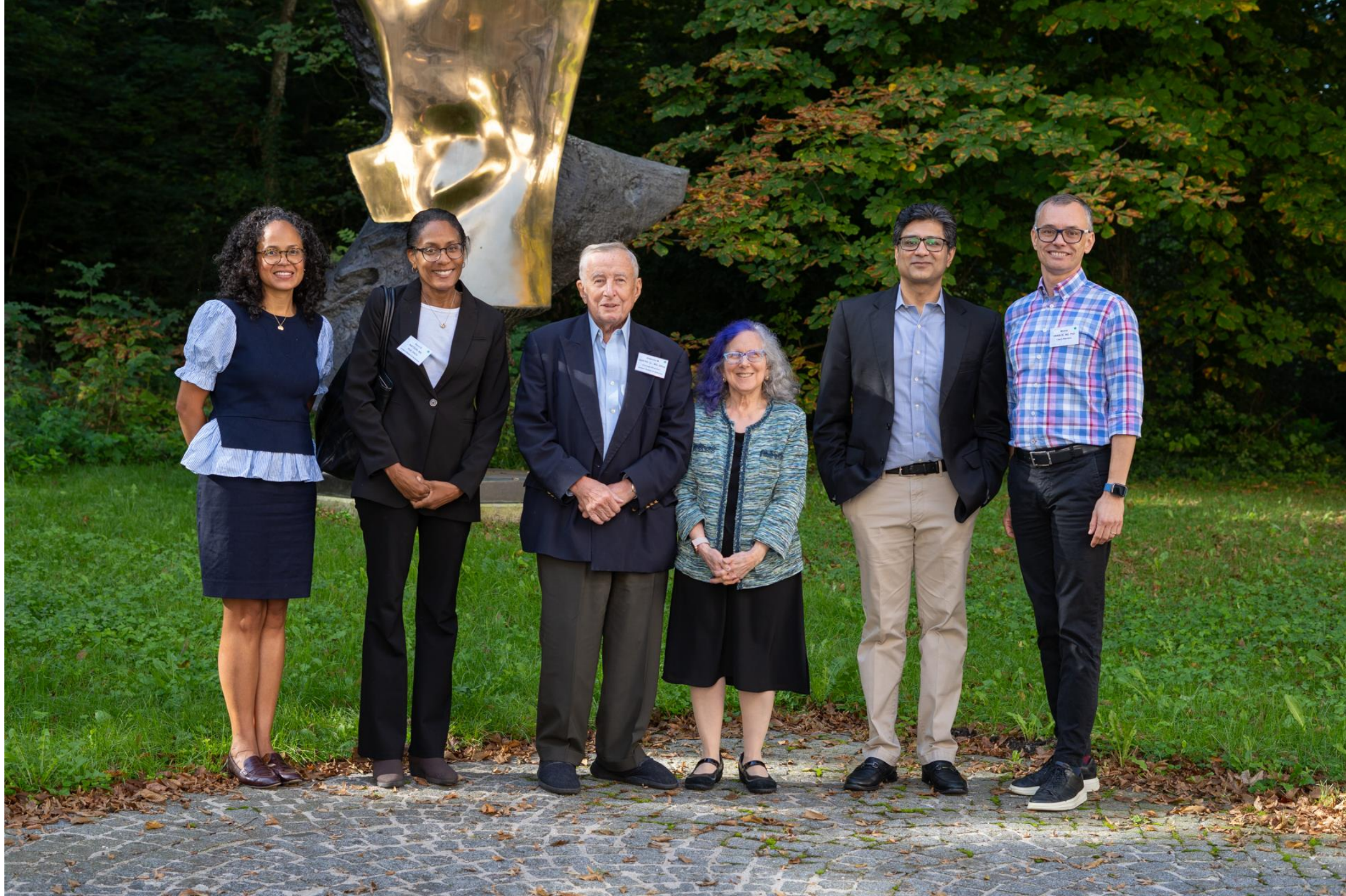
19 didactic lectures



1 workshop on identification
and management of patients
with FH

GROUP PHOTO





**Salzburg Weill Cornell/ IAS/ NLA Seminar in
Lipid Metabolism and Atherosclerosis
Sunday, September 24 – Saturday, September 30, 2023**

		Sunday 24.09.2023	Monday 25.09.2023	Tuesday 26.09.2023	Wednesday 27.09.2023	Thursday 28.09.2023	Friday 29.09.2023	Saturday 30.09.2023
07:00	08:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	DEPARTURES
08:00	09:00		Introductions Pre-Seminar Test	HDL Michal Vrablik, MD, PhD	Metabolic Syndrome and Obesity Michal Vrablik, MD, PhD	Roles of Imaging Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT	Secondary Dyslipidemia Antonio M. Gotto Jr., MD, Dphil	
09:00	10:00		Lipid Metabolism Overview Michal Vrablik, MD, PhD	Genetic Dyslipidemia Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT	SGLPT and GLP-1 Drugs and Applications Karol E. Watson, MD, PhD, FACC	LDL and CVD Epidemiology and Clinical Trials Antonio M. Gotto Jr., MD, Dphil	Statin Intolerance Jessica M. Pena, MD, MPH, FACC, FNLA	
10:00	10:30		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
10:30	11:30		Atherosclerosis, CVD, and Cholesterol Filippo Crea, MD	Dyslipidemia Post Statins Karol E. Watson, MD, PhD, FACC	Lifestyle Management of Dyslipidemia Anne Carol Goldberg, MD	Guidelines for Lipid Management Jessica M. Pena, MD, MPH, FACC, FNLA	Societal Determinants of Atherosclerosis and CVD Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT	
11:30	12:30		Hypertriglyceridemia Anne Carol Goldberg, MD	Managing Dyslipidemia in Women, Children, and Elderly Anne Carol Goldberg, MD	Lpa Jessica M. Pena, MD, MPH, FACC, FNLA	Future of Lipid Management: New Drugs, New Targets, and CRISPR Karol E. Watson, MD, PhD, FACC	Post-Seminar Test Evaluation & Discussion	
12:30	14:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14:00	15:00		Inflammation, Atherosclerosis, and CVD Filippo Crea, MD	Workshop Identification and Management of Patients with FH Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT Jessica M. Pena, MD, MPH, FACC, FNLA Anne Carol Goldberg, MD	Free Afternoon	Workshop Fellows' Case Presentations Jessica M. Pena, MD, MPH, FACC, FNLA Karol E. Watson, MD, PhD, FACC		
15:00	16:00	Case Management Presentation Anne Carol Goldberg, MD Michal Vrablik, MD, PhD						
16:00	17:00							
17:00	18:00		<i>17:00 - 17:15</i> OMI Presentation					
18:00	19:00	FACULTY MEETING TO REVIEW THE WEEK					FAREWELL RECEPTION	
19:00	20:00	WELCOME RECEPTION & DINNER	DINNER	DINNER	DINNER	DINNER	GRADUATION DINNER Certificates Awarded	
20:00	21:00					<i>20:30 - 21:30</i> CHAMBER MUSIC CONCERT		



**Antonio M. Gotto Jr., MD, DPhil
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Antonio M. Gotto Jr., MD, DPhil is Dean Emeritus of Weill Cornell Medicine in New York, New York, where he is also the Provost for Medical Affairs Emeritus of Cornell University. From 1997-2011, Dr. Gotto was the Stephen and Suzanne Weiss Dean at Weill Cornell and Provost for Medical Affairs at Cornell University. Dr. Gotto's postgraduate work included doctoral studies at Oxford University in England, as a Rhodes Scholar, and residency training at the Massachusetts General Hospital in Boston, Massachusetts. In the field of atherosclerosis, his basic science research interests include clinical disorders of lipid transport and the structure, metabolism, and function of lipoproteins and apolipoproteins. He and his associates were the first to achieve complete synthesis of a plasma apolipoprotein (apo C-I); they also determined the complete cDNA and amino acid sequence of apo B-100, one of the largest proteins ever sequenced and a key protein in atherosclerosis. Dr. Gotto has played a leading role in several landmark clinical trials demonstrating that cholesterol-lowering drug treatment can reduce the risk for heart disease. A lifelong supporter of educational efforts aimed at cardiovascular risk reduction, Dr. Gotto has been National President of the American Heart Association and President of the International Atherosclerosis Society, the Nation, Lipid Association. He is a member of the National Academy of Medicine and the American Academy of Arts and Sciences. Dr. Gotto has contributed more than 500 scholarly articles and books to the medical literature, and he is coauthor of the Living Heart series of books that explain the origins and treatment of cardiovascular disease to the general public.



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Filippo Crea, MD was born in Cosenza, Italy on September 19, 1953. He graduated from Pisa Medical School with full honors in 1977 and passed the Postgraduate Boards in both Pulmonary and Cardiovascular Diseases, again with full honors, at Pisa Medical School in 1980 and 1983 respectively. During the whole of 1984, he was a Research Fellow at the Division of Cardiology of the University of Florida, directed by Professor Richard C. Conti. From 1985 to 1991, he was Honorary Clinical Assistant and then Senior Lecturer and Honorary Consultant at the Cardiovascular Research Unit of the Hammersmith Hospital in London, directed by Professor Attilio Maseri. He returned to Italy upon his appointment as Chief of the Catheterization Laboratory at the Institute of Cardiology of the Catholic University in Rome. In 2000, he became an Associate Professor of Cardiology and Chief of the Intensive and Sub- Intensive Care Unit. In 2001, he became Professor of Cardiology, Director of the Institute of Cardiology, and Director of the Postgraduate School in Cardiology at the Catholic University in Rome. From October 2008 to January 2020, he was Director of the Department of Cardiovascular Sciences. Since February 2020, he has been the Director of the Cardiology Unit of Foundation Agostino Gemelli Hospital and Director of the University Department of Cardiovascular and Pneumological Sciences of the Catholic University of Rome. He is a Fellow of the American College of Cardiology and of the European Society of Cardiology, Past Chairman of the Working Group of Microcirculation and Past Member of the Congress Programme Committee of the European Society of Cardiology. He is Editor-in-Chief of the "European Heart Journal" (2020) and ESC Publications Committee Chair, past International Associate Editor of "the European Journal of Cardiology"; past member of the Editorial Board of "Circulation", "Clinical Cardiology" and "Revista Española de Cardiología", past Associate Editor of "Heart" and past Deputy Editor of the Italian Heart Journal. In 1992, he received the Newburg Prize from Professor Rita Levi Montalcini for his scientific contribution to the cardiovascular research. In 2013, he received the Arrigo Recordati International Prize for lifetime achievement in researching the pivotal role of microcirculation in systemic and organ diseases. In 2015, he delivered the 7th annual Robert L. Krakoff International Lecture in Cardiovascular Medicine at the Brigham and Women's Hospital, Harvard University Medical School, Boston USA. His main fields of interest are coronary microcirculation, acute coronary syndromes, and stem cells. He is the author of more than 1350 publications in peer reviewed journals with an H-Index of 95.



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Anne Carol Goldberg, MD is an endocrinologist and lipid specialist. Dr. Goldberg grew up in Maryland in the United States. She received her undergraduate degree from Harvard University in Boston, Massachusetts. She obtained her medical degree from the University of Maryland and completed internal medicine residency at Michael Reese Hospital in Chicago, Illinois. Her fellowship training in endocrinology was at Washington University School of Medicine in St. Louis, Missouri, where she worked with Dr. William Daughaday. She joined the faculty of Washington University School of Medicine, where she is a Professor of Medicine. Dr. Goldberg's research and clinical interests include dietary modifications and drug therapies for hyperlipidemia and the treatment of familial hypercholesterolemia. She has conducted many clinical trials involving lipid-modifying drugs. In her clinical practice, she treats adults and children with dyslipidemia and has an LDL apheresis program. Certified by the American Board of Internal Medicine with a subspecialty in endocrinology and metabolism, Dr. Goldberg is a Fellow of the American College of Physicians and the American Heart Association and is a Master of the National Lipid Association. Dr. Goldberg is a Diplomate of the American Board of Clinical Lipidology and a member of Alpha Omega Alpha, The Endocrine Society, and the National Lipid Association. Listed consecutively since 2003 in Best Doctors in America, Dr. Goldberg has received awards for clinical care and education. She is a past President of the National Lipid Association and is immediate past president of the Foundation of the National Lipid Association. She chaired the National Lipid Association Expert Panel on Familial Hypercholesterolemia and was a member of the American College of Cardiology / American Heart Association Blood Cholesterol Expert Panel that prepared the 2013 ACC / AHA Cholesterol Guidelines. She was a member of the Endocrine Society task force for the development of the Endocrine Society Clinical Practice Guideline on Evaluation and Treatment of Hypertriglyceridemia. She received the NLA's highest award, the W. Virgil Brown Distinguished Achievement Award.



Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT

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Director, Center for Outcomes Research
Professor of Medicine, Weill Cornell Medical College
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Khurram Nasir, MD, MPH, MSc, FACC, FAHA, FASPC, FSSCT is the Chief of Cardiovascular Disease Prevention and Wellness as well as serves as the Co-Director for Center for Outcomes Research at Houston Methodist. He is also the inaugural director for the newly founded Center for Cardiovascular Computational Health & Precision Medicine (C3-PH). His clinical and research interests lie in role of precision medicine and novel imaging tools for cardiovascular disease risk assessment and tailored management to prevent risk of heart disease. In addition, he also pursues health system approaches and leverages big data applications for implementing cost-efficient preventive strategies at population level. He has a PI on a recent NIH funded grants (2021-2026) for adjudicating differential types of myocardial infarcts using novel digital tools in a large NHLBI sponsored prospective cohort. Dr. Nasir received his MD from Pakistan, followed by a master's degree in public health at John Hopkins University. Dr. Nasir completed his internal medicine residency at Boston Medical Center and cardiology fellowship at Yale University. He also received postdoctoral research training at the division of cardiology at Johns Hopkins Hospital and was recipient of NIH T-32 fellowship at Massachusetts General Hospital, Harvard University. In 2017, he earned a master's degree in Health Economics and Policy Management from London School of Economics & Political Science. He has published more than 730 high impact articles published in top academic journals. He recently received the 2020 "*Arthur S. Agatston Cardiovascular Disease Prevention Award*". This prestigious award recognizes individuals whose pioneering efforts have saved lives from the leading killer throughout the world, coronary artery disease.



Jessica M. Pena, MD, MPH, FACC, FNLA

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Jessica M. Pena, MD, MPH, FACC, FNLA is a cardiologist with expertise in the prevention and treatment of cardiovascular disease, cardiovascular imaging, lipidology, and women's health. She is an Associate Professor of Clinical Medicine and Medicine in Clinical Radiology at Weill Cornell Medicine and Director of HeartHealth, the clinical cardiovascular prevention program of the Dalio Institute of Cardiovascular Imaging at New York Presbyterian Hospital / Weill Cornell Medicine. Dr. Pena completed her medical degree at Weill Cornell Medical College and residency in internal medicine at New York Presbyterian Hospital / Weill Cornell Medicine. She completed her clinical cardiovascular medicine and non-invasive cardiovascular imaging fellowships at Brigham and Women's Hospital / Harvard Medical School. Following her clinical training she also completed a research fellowship in the Center for Cardiovascular Disease Prevention at Brigham and Women's Hospital and earned a Master of Public Health degree from the Harvard School of Public Health. As faculty at Weill Cornell Medicine, she is active in teaching and mentoring students, residents and fellows, and serves as Assistant Dean for Admissions. She is a fellow of the American College of Cardiology and National Lipid Association. A native New Yorker, she lives in the city with her husband and two sons.



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Michal Vrablik, MD, PhD is currently a Professor of Internal Medicine at the 1st Faculty of Medicine, Charles University in Prague, the Czech Republic. His main interests include preventive cardiology, clinical lipidology, CVD risk reduction strategies with special focus on very high-risk group (e.g. type 2 diabetes), and genetics of lipoprotein metabolism disorders. After graduating from the 1st Faculty of Medicine of Charles University in Prague in 1997 he obtained his PhD in 2001 (thesis on “Familial Dyslipidemias – Clinical and Genetic Aspects”). In 2011 he successfully defended his habilitation work and was appointed an Associate Professor in Internal Medicine, becoming full Professor in 2018. He is most recently involved in studying cardiovascular prevention strategies in different population groups and pharmacogenetic studies. He is the chairman of the Czech Atherosclerosis Society, member of board of the Czech Society of Internal Medicine and the chairman of the Czech Association of Preventive Cardiology of the Czech Society of Cardiology. He participates in the FH screening MedPed program being a leader of the project’s national center. He served as a member of the Executive Committee of the European Atherosclerosis Society between 2012 and 2016, currently he continues cooperation with EAS as a member of its Educational Platform Committee. He is a member of the editorial board of PCSK9 Forum. In 2018 he joined the steering committee of the International Lipid Expert Panel. He closely cooperates with the International Atherosclerosis Society being the chair of IAS Regional Federation for Europe since January 2019. He has served as a principal investigator and investigator in more than fifty research projects on familial dyslipidemias and cardiovascular disease risk and has participated in a number of international clinical trials. Dr. Vrablik regularly presents at national as well as international scientific meetings. Dr. Vrablik served as a lecturer at the EAS Summer School between 2007 and 2009. Since 2010 he has co-organized International Atherosclerosis Research School endorsed by the EAS and IAS. He was a member of organizing committees of the 75th EAS congress in Prague in 2005 and the 12th Congress of European Federation of Internal Medicine in 2013. He served as the president of the 85th Congress of European Atherosclerosis Society held in Prague in 2017. In 2018 he served as a lecturer at an EASD organized postgraduate course in Beograd and got involved in the evaluation of novel CVOT in diabetes on the management of CVD risk in type 2 diabetes. In 2005-6 he received a research grant from the Czech Society of Cardiology and joined Healthy Heart Program of St. Paul’s Hospital, Vancouver, Canada. He worked at Cardiovascular Risk Reduction and Metabolic Syndrome Clinics with prof. Jiri Frohlich. Dr. Vrablik has authored and co-authored more than 400 papers in peer-reviewed scientific journals. He is the sole author of three monographs and of 25 book chapters. He is also a member of editorial board as well as a reviewer for several national and international journals.



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Karol E. Watson, MD, PhD, FACC is a Professor of Medicine/Cardiology and a board-certified, full-time cardiologist at the Geffen School of Medicine at UCLA. She holds the John C. Mazziotta Term Chair in Medicine and was honored to be named Cardiologist of the Year, by the California chapter of the American College of Cardiology (ACC) in 2017. Dr. Watson received her undergraduate degree from Stanford University, her Medical Degree from Harvard Medical School, magna cum laude, and her PhD in Physiology from UCLA. She completed a residency in Internal Medicine and a fellowship in Cardiology at UCLA, and continued there as part of the UCLA Specialty Training and Academic Research program and as Chief Fellow in Cardiovascular Diseases at UCLA. Currently, Dr. Watson is director of the UCLA Barbra Streisand Women's Heart Health Program at UCLA, Co-Director of the UCLA Program in Preventative Cardiology, and director of the UCLA Fellowship Program in Cardiovascular Diseases. Dr. Watson contributes nationally on a number of fronts as well. She is a Principal Investigator for several large NIH studies, and serves on several NIH Steering committees. She is currently chair of the Clinical Chemistry and Clinical Toxicology Devices Panel of the Food and Drug Administration. Dr. Watson is past Vice President for the Association of Black Cardiologists (ABC); and immediate past chairperson of the scientific advisory board for WomenHeart, the largest national organization for women living with heart disease. Dr. Watson has received many honors including "America's Top Physicians" designation from Black Enterprise magazine, a Super Doctors designation from "Tu Ciudad" and "Los Angeles" magazines, and in 2010 she was awarded a "Red Dress Award" from Women's Day magazine. Dr. Watson has been quoted in many papers, journals, and periodicals, including USA Today, the Los Angeles Times, Woman's Day, and Redbook magazines. She has appeared in interviews on Lifetime television, NBC News, and PBS, among others. Also, Dr. Watson was one of the physician hosts of the TLC television series "Guardian Angels, MD," as well as an advisor to, and featured in the Emmy award-winning PBS series "The Mysterious Human Heart." The American Society of Hypertension recognizes Dr. Watson as a Specialist in Hypertension, she chairs the Cholesterol committee of the Association of Black Cardiologists, and serves on several committees and panels of the National Institutes of Health including serving on the NIH Expert Panel for the Integrated Clinical Guideline for Cardiovascular Risk Reduction. She is currently chairperson of the national advisory board for WomenHeart (a national organization dedicated to women with heart disease), a former member of the advisory board for the California Heart Disease and Stroke Prevention program, and Chairperson of the FDA Clinical Chemistry and Clinical Toxicology Devices Panel. Dr. Watson's more than 100 publications and presentations have addressed many subjects including prevention of heart disease, vascular calcification, hormone replacement therapy, the metabolic syndrome, hypertension, hypercholesterolemia, and cardiovascular disease in African Americans.

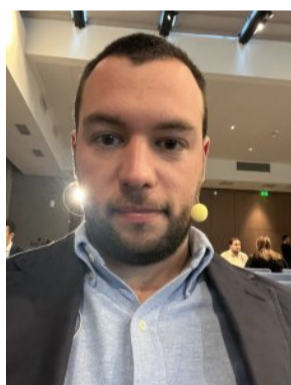
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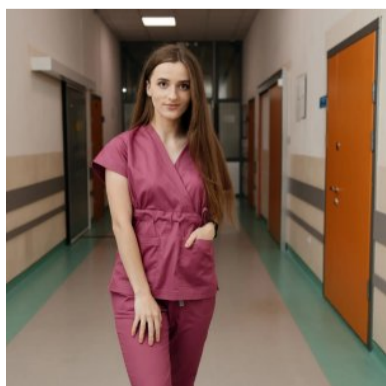
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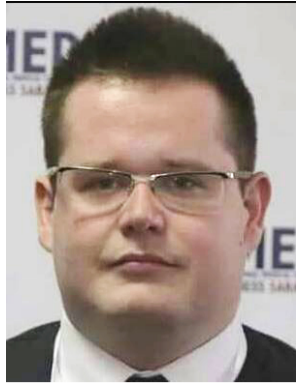
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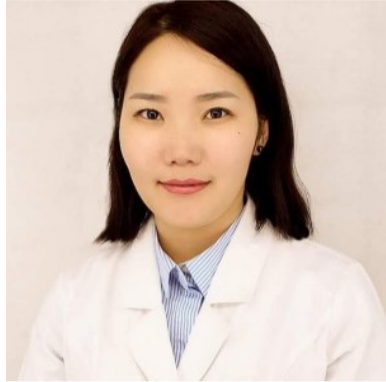
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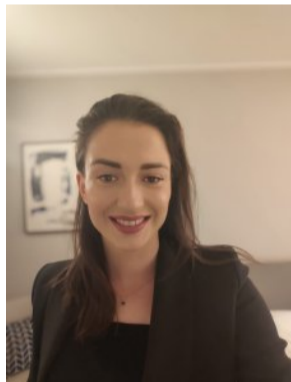
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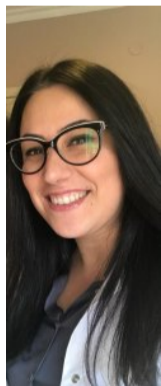
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OMI VOICES

Faculty Feedback

"Cardiovascular disease remains the major cause of death and disability in Europe and many parts of the world. The Salzburg seminar trains young physicians in the diagnosis and management of lipid and metabolic disorders that lead to atherosclerosis, heart attacks, and strokes. After the seminar, fellows apply what they have learned and become leaders in the medical profession in their countries."

Antonio M. Gotto Jr., MD, Dphil

Lipid Metabolism and Atherosclerosis



**Weill Cornell
Medicine**

OMI VOICES



“ Dr. Vrablik made the very complicated topic of lipid metabolism very interesting and easy to understand. I was really amazed by his expertise and the way he delivered the lecture to us.

Sura Markos, MD
OMI fellow from Ethiopia



“ As a future endocrinologist, patient treatment and dilemmas during treatment are faced by doctors throughout their entire careers, so it was precious to have the opportunity to learn from leading experts in the field. Their experience is worth gold.

Ivana Cekić, MD
OMI fellow from Serbia



“ Dr. Nasir's lecture about roles of imaging in lipid disorders was the best talk of the whole seminar for me. He is one of the leading researchers in lipid metabolism, and my admiration for his work is growing each day. He is an inspiration for me to expand this line of research back home in Mexico City.

Fernando Terrés-Torres, MD
OMI fellow from Mexico



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