



CLINICAL HIGHLIGHTS:

## WHO BEST TO STEM THE CARDIOMETABOLIC TSUNAMI:

Cardiology, Endocrinology and Primary Care



To address the need for continuous education, which is growing with the emerging therapies and evolving guidelines, CMHC held its first masterclass, a 2-day live online conference allowing HCPs to stay informed on the latest scientific and clinical developments in these overlapping disease areas through a comprehensive and integrated agenda, all viewed through a multidisciplinary lens. The conference, titled "**Who Best to Stem the Cardiometabolic Tsunami: Cardiology, Endocrinology, and Primary Care**", was held on November 19th and 20th. Through an innovative and user-friendly virtual platform, participants interacted with faculty members, participated in audience polls, and more, all from the setting of their own choosing. Chaired by esteemed expert faculty **Dr. Keith C. Ferdinand**, this conference provided the actionable insights and practical strategies to unravel the cardiometabolic health complexities and explored unique issues in the multidisciplinary management of the cardiometabolic disease.

Dr. Ferdinand kick-started the conference by discussing who would be taking care of cardiometabolic patients in the coming future. He highlighted that as the understanding of cardiometabolic diseases is increasing, it is becoming evident that most diseases are interconnected more than we believed and cannot be addressed in isolation. Therefore, there is a need of the development of a new subspecialty dedicated to cardiometabolic care. He also emphasized on the need of a multidisciplinary as well as team-based approach for tackling and extending cardiometabolic care among the patients. Following this talk, **Drs. Robert Eckel, Darren McGuire, and Katherine Tuttle** presented their thoughts on the application of SGLT-2 Inhibitors and GLP-1 RAs across specialties and who should recommend them based on the evidence. The second-day topics highlighted the enigma of obesity and how to control it through various lifestyle and pharmacological interventions. The question of who should take care of obesity was deliberated and discussed passionately by **Drs. Harold Bays and Donna Ryan**. Next, talks by **Dr. Ileana Piña and Karol Harshaw-Ellis** emphasized the significance of team-based care while managing patients with or at risk with heart failure. As COVID-19 has technically reshuffled the health care system by literally forcing HCPs to opt for telemedicine, **Drs. Erin Michos, Anne Peters and Daichi Shimbo** shared their insights of the implications in terms of benefits as well as shortcomings of telemedicine on cardiometabolic health and strategies to improve the health outcomes through this medium. Last, but not least, **Dr. Ahmed Soliman** shared his valuable opinions about the very much needed about the very much needed: reimbursement for telemedicine to help HCPs maximize its utility. Each day was ended with very engaging panel discussions with active participation from the audience.