

## FRIDAY DECEMBER 6

<b>7:00 - 8:00</b>	<b>BREAKFAST</b>
<b>8:00 - 8:15</b>	<b>OPENING REMARKS</b>
<b>8:15 - 8:55</b>	<b>KEYNOTE ADDRESS</b> Broadening our perception of heart and brain health nationally
<b>8:55 - 9:00</b>	<b>FITNESS BREAK</b>
<b>9:00 - 10:15</b>	<b>PLENARY 1</b> Finding solutions for effective prevention of heart conditions, stroke and vascular cognitive impairment - Part One <ul style="list-style-type: none"> <li>• Prevention considerations in vulnerable populations: Women and Indigenous people</li> <li>• Cardiovascular disease in the elderly</li> </ul>
<b>10:15 - 10:30</b>	<b>NUTRITION BREAK AND EXHIBITS</b>
<b>10:30 - 11:45</b>	<b>PLENARY 2</b> Finding solutions for effective prevention of heart conditions, stroke and vascular cognitive impairment - Part Two <ul style="list-style-type: none"> <li>• Cardiovascular prevention in patients with diabetes</li> <li>• Cardiovascular prevention with concurrent chronic kidney disease</li> <li>• Cardio-oncology</li> </ul>
<b>11:45 - 12:20</b>	Controversies in nutrition guidance for cardiovascular risk reduction: Are the new healthy eating guidelines feasible in the real world
<b>12:20 - 13:30</b>	<b>LUNCH</b>
<b>13:30 - 15:00</b>	<b>CONCURRENT WORKSHOPS</b> <hr/> Stroke clinical examination <hr/> Management of Transient ischemic attack <hr/> Sleep health <hr/> Driving following a stroke or cardiac event
<b>15:00 - 15:15</b>	<b>NUTRITION BREAK AND EXHIBITS</b>
<b>15:15 - 16:15</b>	<b>PLENARY 3</b> Navigating through lifestyle and behaviour change <ul style="list-style-type: none"> <li>• Behaviour Change</li> <li>• Mindfulness</li> <li>• Self-Management</li> </ul>
<b>16:15 - 17:00</b>	Controversies in smoking cessation: Is vaping and legal cannabis going to undo years of improvement?

**SATURDAY DECEMBER 7**
**7:00 - 8:00**
**BREAKFAST**
**8:00 - 9:15**
**PLENARY 4**

The heart-brain connection in clinical practice

- Complexity in people with heart conditions, stroke and vascular cognitive impairment: What the data tells us
- Connections for the person with stroke
- Connections for the person with heart failure
- All roads can lead to dementia

**9:15 - 10:00**

Controversies in triple therapy – are we clear on who will benefit?

**10:00 - 10:15**
**NUTRITION BREAK AND EXHIBITS**
**10:15 - 11:45**
**CONCURRENT WORKSHOPS**

Cardiac rhythm devices

Understanding ECGs

Radiology and imaging

Stress testing: Sex and gender considerations for interpretation

**11:45 - 12:00**
**BREAK**
**12:00 - 13:15**
**LUNCH AND PLENARY 5**

Managing transitions, increasing participation and addressing ongoing rehabilitation needs

- Cardiac and stroke rehabilitation – does one size fit all?
- Are we effectively managing mental health in patients with cardiovascular disease, and how can we improve?
- Are family members and informal caregivers your patients too?

**13:15 - 13:50**

Controversy: Is system navigation and managing transitions the role of the family/ community physician?

**13:50 - 14:00**
**CLOSING OF CLINICAL UPDATE 50<sup>th</sup> ANNIVERSARY**
**COLLABORATING ORGANIZATIONS**

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