

# CARDIOVASCULAR DISEASE IN SOUTH ASIANS CONFERENCE

## PARTNERING FOR A HEALTHIER FUTURE



**Recorded live on:**  
Wednesday, November 9, 2022  
Wednesday, November 16, 2022

### Description:

This program will equip participants to identify, evaluate and treat South Asian patients with, or at risk for cardiovascular disease.

### Agenda

#### Wednesday, November 9, 2022 - Session 1

##### Learning Objective:

- Explore the social and genetic impacts on cardiovascular risk for South Asians
- Identify cardiovascular risk factors and disease prevalence in South Asians
- Explore culturally appropriate lifestyle modifications through diet and physical activity, as well as medical intervention for obesity management, to reduce cardiovascular risk.

Time	Topic	Speaker
7:30 pm	Welcome / Keynote Introduction	
7:40 pm	Ethnicity And Health - Social Construct Or Biology?	Giita Wahi
8:00 pm	Sansar/Burgundy Young Investigator Award	Rani Kobayashi
8:15 pm	Epidemiology Of CVD In South Asians In North America	Nadia Khan
8:30 pm	Diet And Physical Activity: Motivating South Asians	Russel DeSouza
8:45 pm	Obesity Management - When To Consider Treatment?	Anil Maheshwari
9:00 pm	Roundtable Discussion	All Faculty
9:30 pm	Closing Comments	

#### Wednesday, November 16, 2022 - Session 2

##### Learning Objectives:

- Examine cardiovascular risk findings from the Masala Study
- Apply guideline centric approach to cardiovascular risk management for South Asian patients
- Examine strategies for managing diabetes, lipids and heart failure in South Asian patients

Time	Topic	Speaker
7:30 pm	Welcome / Keynote Introduction	
7:40 pm	Lessons Learned From The Masala Study	Alka Kanaya
8:00 pm	Diabetes Management In South Asians	Calvin Ke
8:15 pm	Lipid Management In South Asians	Milan Gupta
8:30 pm	Heart Failure Management In South Asians	Narendra Singh
8:45 pm	Roundtable Discussion	All Faculty
9:15 pm	Closing Comments	

### Planning Committee:



**Milan Gupta, MD, FRCPC, FCCS**  
Co-chair  
McMaster University  
Canadian Collaborative Research  
Network  
Brampton, ON



**Nadia Khan, MD, MSc, FRCPC**  
Co-chair  
Head and Professor of General  
Internal Medicine  
University of British Columbia  
Clinician Scientist CHEOS  
Vancouver, BC

**Nadia Alam, MD, CCFP-A, MSc  
HEPM**  
Halton Healthcare - Georgetown site  
Primary Care Lead - Halton SCOPE  
program  
Faculty - U of T DFCM and IHPME  
Past President, Ontario Medical  
Association  
Georgetown, ON

**Humaira Ali, MD**  
Brampton, ON

**Parmjit Sohal, MD, PhD, CCFP,  
CCFP, FACN, CTH**  
Clinical Professor, University of British  
Columbia  
Surrey Medical & Travel Clinic  
Surrey, BC



This program is hosted by SANSAR

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