

OVERVIEW OF “CARDIOMETABOLIC RISK UPDATE” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

The rising prevalence of cardiometabolic diseases is a worldwide problem, including Singapore. The educational aim of this Family Practice Skills Course is to update primary care physicians on the identification, risk stratification and effective management of its continuum of risks so that the cardiometabolic endpoints of cardiovascular diseases and diabetes can be effectively controlled, treated and complications prevented. The College thanks Merck Sharp & Dohme (I.A.) Corp. (Singapore Branch) for sponsoring this Family Practice Skills Course.

COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment).
- 2 Seminars (2 Core FM CME points per seminar).
- 2 Workshops (1 Core FM CME point per workshop).
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year).

Distance Learning Course

Unit 1: Cardiometabolic Risk Update – A 2011 Perspective
A/Prof Goh Lee Gan

Unit 2 : Rationale for Combination Therapy in Lipid Management Strategy
Dr Raymond Lee

Unit 3 : Treating Dyslipidemia in the High-risk Group Patients- Current Management and Future Approach
Dr Yong Quek Wei

Unit 4 : How Do Incretin-Based Therapies Fit Into the Treatment Algorithm?
Dr Chia Su-Ynn

Unit 5 : Metabolic Surgery: A New Approach in the Treatment of Metabolic Disease of the 21st Century

*Dr Tham Kwang Wei, Dr Daniel Wai Chun Hang,
Dr Alvin Eng Hock Kim, Dr Shanker Pasupathy*

Unit 6 : Rethinking the Strategies in Hypertension Management
Dr Akira Wu

COURSE TOPIC DETAILS

Unit 1: Cardiometabolic Risk Update – A 2011 Perspective

- Introduction
- Cardiometabolic Risk, metabolic syndrome and risk stratification
- Pathophysiology of cardiometabolic risk
- Epidemiology of cardiometabolic risk in populations & population subgroups
- Interventions to reduce cardiometabolic risk
- Conclusions

Unit 2: Rationale for Combination Therapy in Lipid Management Strategy

- Introduction
- Prevalence of mixed dyslipidemia
- Residual cardiovascular risk
- Fibrates
- Niacin
- CETP inhibitors
- Prescription omega-3 fatty acid

Unit 3: Treating Dyslipidemia in the High-risk Group Patients- Current Management and Future Approach

- Introduction
- Reduction of LDL-Cholesterol Levels
- Non-HDL-Cholesterol as secondary target of therapy
- Raising HDL-Cholesterol Levels
- Combination therapies

Unit 4: How Do Incretin-Based Therapies Fit Into the Treatment Algorithm?

- What are “incretins” and what is their relevance to diabetes?
- What is incretin-based therapy?
- What are the potential advantages of incretin-based therapy?
- What are the potential disadvantages of incretin-based therapy?
- How does incretin-based therapy fit into the current treatment algorithms?

GOH LEE GAN, Associate Professor, Division of Family Medicine, University Medicine Cluster, National University Health System Senior Consultant, Institute of Family Medicine, College of Family Physicians Singapore

Unit 5: Metabolic Surgery: A New Approach in the Treatment of Metabolic Disease of the 21st Century

- Introduction
- Types of interventions
- Metabolic effects of metabolic surgery (MBS)
- Effect of MBS on Type 2 Diabetes Mellitus
- Effect of MBS on hypertension
- Effect of MBS on lipids
- Effect of MBS on Non-Alcoholic Fatty Liver Disease (NAFLD)
- Effect of MBS on Obstructive Sleep Apnoea (OSA)
- Effect of MBS on cancer
- Mortality outcomes
- Indications for metabolic surgery

Unit 6: Rethinking the Strategies in Hypertension Management

- Introduction
- Etiologic consideration
- Pre-hypertension
- New challenges in blood pressure goals
- Dual RAAS blockade
- Hypertension and new-onset diabetes
- Single pill combinations

FACE-TO-FACE SESSIONS**Seminar 1: 22 October 2011****2.00pm – 4.15pm**Unit 1 : Cardiometabolic Risk Update – A 2011 Perspective
AI/Prof Goh Lee Gan

Unit 2 : Rationale for Combination Therapy in Lipid Management Strategy

Dr Raymond Lee

Unit 3 : Treating Dyslipidemia in the High-risk Group Patients- Current Management and Future Approach

*Dr Yong Quek Wei***Workshop 1: 22 October 2011****4.30pm – 5.45pm**Screening & Risk Assessment for Cardiometabolic Patients
*Dr Yong Quek Wei***Seminar 2: 23 October 2011****2.00pm – 4.15pm**

Unit 4 : How Do Incretin-Based Therapies Fit Into the Treatment Algorithm?

Dr Chia Su-Ynn

Unit 5 : Metabolic Surgery: A New Approach in the Treatment of Metabolic Disease of the 21st Century

Dr Tham Kwang Wei

Unit 6 : Rethinking the Strategies in Hypertension Management

*Dr Akira Wu***Workshop 2: 23 October 2011****4.30pm – 5.45pm**Managing the Obese and Other Problems
Ms Teo Soo Lay