INTRODUCTION
This is the second skills course devoted to risk factors in macrovascular disease. The first one was in the second quarter of 2004.

The objectives of this skills course are to revisit the risk factors in macrovascular disease and to take stock of the interventions in treating and managing the consequences of cardiovascular macrovascular disease. We need to move forward from understanding to effective interventions. We need to close the gap between knowing the efficacy and coaching our patients to intervening effectively, to prevent and reduce this potent disease burden.

This short course will be a good recap of the clinical management aspects of the risk factors in macrovascular disease. Look forward to see you at this family practice skills course.

COURSE OUTLINE AND CME POINTS
This 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 (1 CME point per unit)
× 2 Seminars (2 CME points per seminar)
× 2 Workshops (2 CME points per workshop / attend only 1 workshop)
× Reading papers on RISK FACTORS IN MACROVASCULAR DISEASE – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

Unit 1: Epidemiology of Atherothrombosis and Evidence for the Risk Factors
Dr Tay Jam Chin

Unit 2: Assessment of Risk Factors
Dr Lim Tai Tian

Unit 3: Therapeutic Lifestyle Changes: Nutrition & Healthy Diet
Ms Gladys Wong

Unit 4: Therapeutic Lifestyle Changes: Exercise & Weight Control
Dr Benedict Tan

Unit 5: Smoking Cessation – A Practical Paradigm for Doctors
Dr Ong Kian Chung

Unit 6: Update on Management of Coronary Artery Disease Risk Factors: Pharmacological Strategy
Dr Raymond Lee

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OVERVIEW OF "RISK FACTORS IN MACROVASCULAR DISEASE" SKILLS COURSE

Unit 4 : Therapeutic Lifestyle Changes: Exercise & Weight Control
- Introduction
- Pre-participation Screening
- Exercise Prescription for Weight Loss
- Incidental Daily Activities

Unit 5 : Smoking Cessation – A Practical Paradigm for Doctors
- Tobacco Dependence as a Chronic Disease
- A Practical Approach to Smoking Cessation
- Smoking Reduction

Unit 6 : Update on Management of Coronary Artery Disease Risk Factors: Pharmacological Strategy
- Introduction
- What is Hypertension and Why it is Important
- Drug Treatment of Hypertension
- What is New in the Guidelines for Treatment of Hypertension
- Dyslipidaemia as a Risk Factor
- Lifestyle Modification as the First Essential Step in Dyslipidaemia
- Drug Treatment of Hypercholesterolemia
- Hypertriglyceridemia and Treatment
- Metabolic Syndrome
- What is New in the Guidelines for Treatment of Hypercholesterolemia

FACE-TO-FACE SESSIONS

Seminar 1: 26 January 2008
2.00pm – 4.15pm
Unit 1: Epidemiology of Atherothrombosis and Evidence for the Risk Factors
  Dr Tay Jam Chin
Unit 2: Assessment of Risk Factors
  Dr Lim Tai Tian
Unit 3: Therapeutic Lifestyle Changes: Nutrition & Healthy Diet
  Ms Gladys Wong

Workshop 1: 26 January 2008
4.30pm – 6.45pm
Group A:
  Case Studies: Food Choices – The Facts on Fats
Group B:
  Demonstration / Practical Skills: Exercise options for busy people

Seminar 2: 27 January 2008
2.00pm – 4.15pm
Unit 4: Therapeutic Lifestyle Changes: Exercise & Weight Control
  Dr Benedict Tan
Unit 5: Smoking Cessation – A Practical Paradigm for Doctors
  Dr Ong Kian Chung
Unit 6: Update on Management of Coronary Artery Disease Risk Factors: Pharmacological Strategy
  Dr Raymond Lee

Workshop 2: 27 January 2008
4.30pm – 6.45pm
Group A:
  Case Studies: Food Choices – The Facts on Fats
Group B:
  Demonstration / Practical Skills: Exercise options for busy people