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SALZBURG WEILL CORNELL/IAS LIPID METABOLISM SEMINAR

November 3-9, 2019

- 33 fellows from 19 different countries and regions
- 6 faculty members from the United States, Australia and Czech Republic
- 18 lectures, 1 case presentation session and 1 workshop given by faculty
- 32 interesting case presentations by fellows
- 10 excellent case presentations selected by faculty

Faculty Photo (L-R)
Emanuela Folco (IAS); Anne Carol Goldberg, MD; Philip Barter, MBBS, PhD, FRACP (Co-Course Director); Antonio M. Gotto Jr., MD, DPhil (Course Director); Alan S. Brown, MD, FACC, FAHA, FNLA, FASPC and Michal Vrablik, MD, PhD
not pictured: Jessica M. Pena, MD, MPH, FACC
### 2019 Salzburg Weill Cornell/IAS Seminar in Lipid Metabolism
#### Sunday, November 3 - Saturday, November 9, 2019

<table>
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<th>Time</th>
<th>Sunday</th>
<th>Monday</th>
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<td>08:00</td>
<td>Introductions Pre-Seminar Test</td>
<td>LDL and CVD: Epidemiology and Trials</td>
<td>FH and Severe FH</td>
<td>Genetic Dyslipidemias</td>
<td>Pcsk9: From Basic Science to Therapeutic Agent</td>
<td>Lipid/Lipoprotein Structure and Metabolism (Overview)</td>
<td>Triglyceride, HDL and CVD: Epidemiology and Clinical Trials</td>
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<td>09:00</td>
<td>Lipid/Lipoprotein Structure and Metabolism (Overview)</td>
<td>Triglyceride, HDL and CVD: Epidemiology and Clinical Trials</td>
<td>Visceral Obesity: Causes and Consequences</td>
<td>Special Groups: Gender, Old Age, Children, Pregnancy</td>
<td>Triglycerides New Studies</td>
<td>Lipid/Lipoprotein Structure and Metabolism (Overview)</td>
<td>Triglyceride, HDL and CVD: Epidemiology and Clinical Trials</td>
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<td>10:30</td>
<td>Metabolism and Atherogenic Properties of LDL</td>
<td>Inflammation and CVD</td>
<td>Metabolic Syndrome, Obesity and CVD</td>
<td>Lipoprotein(a): Metabolism, Atherogenic Properties and Therapeutic Target</td>
<td>Lipid Management Guidelines</td>
<td>Lipid/Lipoprotein Structure and Metabolism (Overview)</td>
<td>Triglyceride, HDL and CVD: Epidemiology and Clinical Trials</td>
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<td>11:30</td>
<td>Metabolism and Protective Properties of HDL</td>
<td>Agents to Reduce LDL (Present and Future)</td>
<td>Adverse Effects of Statins and Statin Intolerance</td>
<td>Role of Lifestyle Intervention in Prevention and Management of CVD</td>
<td>Q&amp;A Session: Any Issues</td>
<td>Metabolism and Protective Properties of HDL</td>
<td>Agents to Reduce LDL (Present and Future)</td>
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<td>14:00</td>
<td>Workshop Identification and Management of Patients with Familial Hypercholesterolemia (FH)</td>
<td>Workshop Fellows’ Case Presentations</td>
<td>Free Afternoon</td>
<td>Workshop Fellows’ Case Presentations</td>
<td>Post-Seminar Test Evaluation &amp; Discussion</td>
<td>Workshop Identification and Management of Patients with Familial Hypercholesterolemia (FH)</td>
<td>Workshop Fellows’ Case Presentations</td>
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WEILL CORNELL/ IAS SEMINAR
in
SALZBURG

"Lipid Metabolism"

November 3 – 9, 2019

FACULTY
Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children’s Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkandlpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.

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Antonio M. Gotto Jr., MD, DPhil (Course Director) is Dean Emeritus of Weill Cornell Medicine in New York, New York, where he is also the Provost for Medical Affairs Emeritus of Cornell University. From 1997-2011, Dr. Gotto was the Stephen and Suzanne Weiss Dean at Weill Cornell and Provost for Medical Affairs at Cornell University. Dr. Gotto’s postgraduate work included doctoral studies at Oxford University in England, as a Rhodes Scholar, and residency training at the Massachusetts General Hospital in Boston, Massachusetts. In the field of atherosclerosis, his basic science research interests include clinical disorders of lipid transport and the structure, metabolism, and function of lipoproteins and apolipoproteins. He and his associates were the first to achieve complete synthesis of a plasma apolipoprotein (apo C-I); they also determined the complete cDNA and amino acid sequence of apo B-100, one of the largest proteins ever sequenced and a key protein in atherosclerosis. Dr. Gotto has played a leading role in several landmark clinical trials demonstrating that cholesterol-lowering drug treatment can reduce the risk for heart disease. A lifelong supporter of educational efforts aimed at cardiovascular risk reduction, Dr. Gotto has been National President of the American Heart Association and President of the International Atherosclerosis Society. He is a member of the Institute of Medicine and the American Academy of Arts and Sciences. Dr. Gotto has contributed more than 500 scholarly articles and books to the medical literature, and he is coauthor of the Living Heart series of books that explain the origins and treatment of cardiovascular disease to the general public.

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Philip Barter, MBBS, PhD, FRACP (Co-Course Director) is immediate Past President of the International Atherosclerosis Society. He is a Professor of Medicine at the University of New South Wales in Sydney Australia. He graduated in medicine from the University of Adelaide and gained his PhD from the Australian National University. He has held positions in research institutes and universities in Australia and the US and is currently based at the University of New South Wales in Australia where he holds a position as Conjoint Professor of Medicine. He is a fellow of the Royal Australasian College of Physicians. His basic research interests are plasma lipids and lipoproteins, specifically high density lipoproteins, the factors that regulate them and the mechanism by which they protect against cardiovascular disease. His clinical research involves participation in clinical trials of lipid-lowering agents. He was a member of the steering committees of the FIELD study, the TNT Study, was co-chair of steering committee of the DEFINE study and was chairman of the steering committee of the ILLUMINATE trial. He is currently a member of the steering committees of the REVEAL HPS-3 TIMI-55 trial and the ACCELERATE trial. He has published more than 350 peer-reviewed research papers on plasma lipids and lipoproteins, their metabolism, regulation, function and relationship to atherosclerosis. He has also written handbooks on HDL and CETP inhibitors.

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Alan S. Brown, MD, FACC, FAHA, FNLA, FASPC is a practicing interventional cardiologist and preventive cardiologist. He was appointed in 1993 and continues as a Clinical Associate Professor of Medicine and Cardiology at Loyola Stritch School of Medicine. Dr. Brown is board certified in Internal Medicine, Cardiology, Echocardiography and Clinical Lipidology. He is currently the Director, Division of Cardiology at the Advocate Heart Institute at Advocate Lutheran General Hospital in Park Ridge, Illinois, as well as Co-Director of the Cardiology Service Line for Advocate Medical Group/Advocate Health Care. Dr. Brown has served as Governor/President of the Illinois Chapter of the American College of Cardiology (ACC) and subsequently was elected Chairman of the Board of Governors for the American College of Cardiology in 2004. He is a Fellow of the American Heart Association, the National Lipid Association, the American Society of Preventive Cardiology, and the American College of Cardiology; has been a member of the ACC’s Prevention of Cardiovascular Disease Committee, the Annual Scientific Program Committee, and currently serves on the ACC Task Force for Appropriate Use Criteria. Dr. Brown served as a member of the ACC Board of Trustees from 2003 through 2006. He is the immediate Past-President of the National Lipid Association. Dr. Brown has authored numerous articles in the field of lipid management and prevention, as well as two book chapters. He is the host of “Lipid Luminations”, an internet radio show on Reach MD radio that focuses on lipid topics through interviews with national thought leaders.

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Anne Carol Goldberg, MD is an endocrinologist and lipid specialist. Dr. Goldberg grew up in the mid-Atlantic area of the United States in the state of Maryland. She received her undergraduate degree from Harvard University in Boston, Massachusetts. She obtained her medical degree from the University of Maryland and completed internal medicine residency at Michael Reese Hospital in Chicago, Illinois. She did fellowship training in endocrinology at Washington University School of Medicine in St. Louis, Missouri, where she worked with Dr. William Daughaday. She then joined the faculty of Washington University School of Medicine, where she is a Professor of Medicine. Dr. Goldberg’s research and clinical interests include dietary modifications and drug therapies for hyperlipidemia and the treatment of familial hypercholesterolemia. She has conducted numerous clinical trials involving several classes of lipid-modifying drugs. In her clinical practice, she treats adults and children with dyslipidemia and also has an LDL apheresis program. Certified by the American Board of Internal Medicine with a subspecialty in endocrinology and metabolism, Dr. Goldberg is a Fellow of the American College of Physicians and the American Heart Association and is a Fellow of the National Lipid Association. In addition, Dr. Goldberg is a Diplomate of the American Board of Clinical Lipidology and a member of Alpha Omega Alpha, The Endocrine Society, and the National Lipid Association. Listed consecutively since 2003 in Best Doctors in America, Dr. Goldberg has received awards for clinical care and education. She is a past President of the National Lipid Association and is the president of the Foundation of the National Lipid Association. She chaired the National Lipid Association Expert Panel on Familial Hypercholesterolemia and was a member of the American College of Cardiology / American Heart Association Blood Cholesterol Expert Panel that led to publication of the 2013 ACC / AHA Cholesterol Guidelines. She was a member of the Endocrine Society task force for the development of the Endocrine Society Clinical Practice Guideline on Evaluation and Treatment of Hypertriglyceridemia.

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Jessica M. Pena, MD, MPH, FACC is a cardiologist with expertise in the prevention and treatment of cardiovascular disease, cardiovascular imaging, lipidology, and women's health. She is an Assistant Professor of Medicine and Radiology at Weill Cornell Medicine and Director of HeartHealth, the clinical cardiovascular prevention program of the Dalio Institute of Cardiovascular Imaging at New York Presbyterian Hospital / Weill Cornell Medicine. Dr. Pena completed her medical degree at Weill Cornell Medical College and residency in internal medicine at New York Presbyterian Hospital / Weill Cornell Medicine. She completed her clinical cardiovascular medicine and non-invasive cardiovascular imaging fellowships at Brigham and Women's Hospital / Harvard Medical School. Following her clinical training she also completed a research fellowship with Dr. Paul Ridker in the Center for Cardiovascular Disease Prevention at Brigham and Women's Hospital and earned a Master of Public Health degree from the Harvard School of Public Health. As faculty at Weill Cornell Medicine she is active in teaching and mentoring students, residents and fellows and serves on the medical college's Admissions Committee and Department of Medicine Intern Selection Committee. She is a fellow of the American College of Cardiology and member of the National Lipid Association. A native New Yorker, she lives in the city with her husband and two sons.

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Michal Vrablik, MD, PhD is currently a Professor of Internal Medicine at the 1st Faculty of Medicine, Charles University in Prague, Czech Republic. After graduating from the 1st Faculty of Medicine of Charles University in Prague in 1997, he obtained his PhD in 2001 (thesis on “Familial Dyslipidemias – Clinical and Genetic Aspects”). In 2011 he was appointed an Associate Professor in Internal Medicine, becoming full Professor in 2018. He is most recently involved in studying cardiovascular prevention strategies in different population groups and pharmacogenetic studies. He is the chairman of the Czech Atherosclerosis Society, member of the board of the Czech Society of Internal Medicine and the board of the working group of Preventive Cardiology of the Czech Society of Cardiology. He participates in the FH screening MedPed program, being a leader of the project’s national center. He served as a member of the Executive Committee of the European Atherosclerosis Society between 2012 and 2016, currently he continues cooperation with EAS as a member of its Educational Platform Committee. He is a member of the editorial board of PCSK9 Forum. In 2018, he joined the steering committee of the International Lipid Expert Panel. He has served as a principal investigator and investigator in more than forty research projects on familial dyslipidemias and cardiovascular disease risk. Dr. Vrablik served as a lecturer at the EAS Summer School between 2007 and 2009. Since 2010 he has co-organized International Atherosclerosis Research School endorsed by the EAS and IAS. He was a member of organizing committees of the 75th EAS Congress in Prague in 2005 and the president of the 85th EAS Congress held in Prague in 2017. In 2005-2006 he received a research grant from the Czech Society of Cardiology and joined Healthy Heart Program of St. Paul’s Hospital, Vancouver, Canada. He worked at the Cardiovascular Risk Reduction and Metabolic Syndrome Clinics with Prof. Jiri Frohlich. Dr. Vrablik has authored and co-authored more than 200 papers in peer-reviewed scientific journals; he is also a member of editorial board as well as a reviewer for several national and international journals.

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WEILL CORNELL/IAS SEMINAR in SALZBURG

"Lipid Metabolism"

November 3 – 9, 2019

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November 3, Sunday. We arrived to Salzburg on Saturday night. After a good night sleep, we started our day taking a tour through Salzburg. We went to see all the highlights, Mirabelle gardens, Salzburg Fortress, the Cathedral and Mozart’s Residence. We were back at Schloss Arenberg in the evening for the welcome reception and dinner. We were greeted by Professors Barter, Gotto, Brown and Goldberg. They explained the general outline of the course and offered us the chance to take the exam offered by the National Lipid Association in the U.S. to become an ACCL Clinical Lipid Specialist (CLS). This is the first time this opportunity is offered in this course, so we were very excited. After a nice dinner, we went to rest to be ready for the first day of the course.

November 4, Monday. Arriving at the course, we took a pre-seminar test to evaluate our knowledge. After that, lectures started. We had a great introduction to lipid physiology, with talks about lipid metabolism, atherogenic properties of LDL and metabolism and protective properties of HDL by Dr. Barter and Gotto. After lunch, we participated in a workshop called: Identification and Management of Patients with Familial Hypercholesterolemia. We were divided in three groups and assigned a Professor. I was in the group assigned to Dr. Michal Vrablik and we discussed a case of Familial Hypercholesterolemia and treatment options for it. Afterwards, we made a small presentation to show our peers our conclusions. It was a great afternoon, the small group dynamic allowed us to have a very interactive and profound discussion with Dr. Michal Vrablik.

November 5, Tuesday. Tuesday morning started with great lectures by Dr. Gotto and Dr. Vrablik, were we discussed trials that have showed the relationship between LDL and triglycerides with cardiovascular risk. We had a coffee break were we had the chance to try the Strudel! Energized after that, we went on with lectures about inflammation and cardiovascular risk and the use of agents to reduce LDL. We had lunch and the afternoon was spent in the Workshop: Fellows’ Case Presentations. Clinical cases from all over the world were discussed, receiving great suggestions from the Professors and fellow peers. It was interesting to learn about the different approaches used worldwide and the different availability of medications around the world.

November 6, Wednesday. Wednesday started with lectures about familiar metabolic syndrome and visceral obesity, imparted by Dr. Pena and Dr. Vrablik. It was great to learn, that metabolic risk is a lot more than just a linear relationship to BMI. We learnt about different techniques to evaluate metabolic health and the importance of lifestyle changes in the impact of primary prevention for cardiovascular diseases. We also had a lecture about adverse effects of statins and statin intolerance by Dr. Anne Goldberg. She had great practical tips for the management of this patients. I’m sure I will use this pearls
back home. We had a free afternoon and went shopping for gifts for our families and friends and had dinner at a great Italian place!

**November 7, Thursday.** We started the day with lectures about genetic dyslipidemias and management of this diseases in special groups (children and pregnant women) imparted by Dr. Gotto and Dr. Goldberg. After that, Dr. Brown imparted a great lecture in Lipoprotein (a). This lecture made me reflect about the importance of this test in clinical management of patients with familial hyperlipidemia and recurrent cardiovascular disease and how underused it is in our routine practice. This afternoon was also dedicated to the Workshop: Fellows’ Case Presentations, where interesting clinical cases about lipids and cardiology were discussed. That night, the committee organized a Chamber Music Concert at Schloss Arenberg. Paul Coriolan Cartianu was the pianist and performed pieces from Bach, Beethoven and Prokofiev. It was amazing listening to such a talented artist in Mozart’s hometown.

**November 8, Friday.** We started with talks about novel therapies and guidelines for the treatment of dyslipidemias. After that, we took a post-seminar test to evaluate our learning. We also had the opportunity to take the exam offered by the National Lipid Association in the U.S. to become an ACCL Clinical Lipid Specialist (CLS) in the afternoon. After that we had a nice farewell reception and graduation dinner where certificates were awarded.

**November 9, Saturday.** Time to leave! We took an early flight to Mexico City. This week was amazing. It was great to learn from such highly regarded academics (Dr. Barter, Dr. Gotto, Dr. Vrablik, Dr. Pena, Dr. Brown and Dr. Goldberg). They are not only outstanding personalities in the field of Lipidology, but also super friendly and approachable. I learnt so many new things, that will definitely change the way I approach and treat dyslipidemia in my home country.

*Aili Garcia Tuomola, MD (Mexico)*
November 3, Sunday. I arrived in Salzburg by Flixbus from Munich airport in the late evening. First, I had to take public transport from Salzburg station to Schloss Arenberg. Late in the evening and as it was my first time, visiting Schloss Arenberg, it was little bit scary walking down the street to the castle. But once I arrived and saw this beautiful district in daylight I was completely amazed how wonderful it is. As I arrived in the late evening I missed the faculty meeting and welcome reception but made it to the welcome dinner which all of us enjoyed a lot! I met colleagues from Latvia, Albania, Tanzania and Turkey!

November 4, Monday. At 8 o’clock we were introduced with the pre seminar test. After that the “world of lipids” finally opened, starting with Dr. Barter’s and Dr. Gotto’s presentations. After lunch we had a very useful workshop, where we worked as a team, discussed our cases, compared our tactics and finally presented these cases to other group members.

November 5, Tuesday. In the morning we had a great historical talk about trials by Dr. Gotto and Dr. Vrablik. And after the coffee break we heard an educational lecture about inflammation and CVD, which was continued by a very useful presentation about agents which reduce LDL. On Tuesday half of the group presented their prepared case presentations and I was one of them. Followed by huge stress, I did it. The only thing, that was not so easy was that a lot of presentations were presented in one day. It’s difficult to concentrate, so I would suggest that for the next time the fellows’ cases are presented every afternoon, but divided into smaller groups to gain bigger interest in every case.

November 6, Wednesday. We started the day with marvelous presentations about genetics by Dr. Brown. Later we heard wonderfully prepared presentations about metabolic syndrome and a fantastic lecture about statin intolerance, which is very useful in daily practice. Wednesday afternoon was very nice and sunny, so we could enjoy our sightseeing tour around Salzburg!

November 7, Thursday. Every day we attended lectures on different topics and themes, that lead us to remember things that have been thought of before in early days. We started in the morning with genetics and continued with wonderful presentations about special group treatment.

Looking back at the week I can definitely assure, that this was a wonderful experience. I am very glad for this opportunity. Before I came here I thought that I knew a lot about the topic, but this seminar proved me wrong but in a very good way, because during this week I tried to study even more, read a lot of guidelines, presentations and also take notes to remember everything back home. I could develop and improve my knowledge in a wonderful way and therefore I want to express my great
gratitude to everyone in the organization of this seminar. I was given the opportunity to gain new friends from all over the world and understand that in Latvia we have managed to accomplish so many useful examinations to help our patients compared to other countries, extending my network and enjoying Salzburg. Hope to participate in future seminars with various and multidisciplinary group.

Linda Kundzina, MD (Latvia)