



Continuing Education, Inc
UNIVERSITY AT SEA™

Presents

**2023 Update: Cardiometabolic Medicine, and
Advanced Lipidology & Women's Health**

20 AMA PRA Category 1 Credits™

20 ACPE Credits

Up to 20 (part II) MOC points in medical knowledge in the American Board of Internal
Medicine's (ABIM) Maintenance of Certification (MOC) program

20 CE Credits for Psychologists

20 ASWB ACE Credits

20.0 Contact Hours

Piraeus, Greece

October 16 - 26, 2023

With

Tara Dall, MD, FNLA

and

Frank B. Marsalisi, MD, FACOG

CONTINUING EDUCATION, INC.
2023 Update: Cardiometabolic Medicine, and Advanced Lipidology & Women's Health
 October 16 - 26, 2023

Agenda

Monday, October 16, 2023	5:00pm – 6:00pm	Informal Meet and Greet – Sunset Bar – 15 th Floor Families and Guests invited
Tuesday, October 17, 2023 Educational Sessions Engage Meeting Room The Meeting Place, 4 th Floor	Time	Topic
	8:30am – 10:30am Dr. Dall	<ul style="list-style-type: none"> • Management of Complex Dyslipidemia • Does Lowering Triglycerides and Raising HDL Matter
	10:30am – 12:30pm Dr. Marsalisi	<ul style="list-style-type: none"> • Battling Abnormal Uterine Bleeding • What's up with Fibroids?
	12:30pm – 1:30pm	Lunch on your own
	1:30pm – 3:30pm Dr. Dall	<ul style="list-style-type: none"> • Lipid Case Studies: A Focus on Women's Health Throughout a Lifetime • The Obese Patient: Root Cause Analysis and Approach to Treatment from a Lipidologist Perspective
	3:30pm – 4:30pm Dr. Marsalisi	<ul style="list-style-type: none"> • Bridging the Perimenopausal Gap without Estrogen
Wednesday, October 18, 2023	No Events Today	
Thursday, October 19, 2023	No Events Today	
Friday, October 20, 2023	No Events Today	
Saturday, October 21, 2023 Educational Sessions Engage Meeting Room The Meeting Place, 4 th Floor	Time	Topic
	8:30am – 10:30am Dr. Marsalisi	<ul style="list-style-type: none"> • PCOS: Not Just a Gynecologic Disorder • Putting out the Burning Vulva
	10:00am – 12 Noon Dr. Dr. Dall	<ul style="list-style-type: none"> • Type 2 Diabetes Management--New Treatment Options and Cardiovascular Outcomes Data
	12:30pm – 1:30pm	Lunch on your own
	1:30pm – 3:30pm Dr. Marsalisi	<ul style="list-style-type: none"> • Management of the Pesky Vaginal Discharge • Discovering Love Potion # 9
	3:30pm – 4:30pm Dr. Dall	<ul style="list-style-type: none"> • The Microbiome and Its Impact of Cardiometabolic Disease
Sunday, October 22, 2023	No Events Today	
Monday, October 23, 2023	No Events Today	

Agenda continued on next page

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	Time	Topic
Tuesday, October 24, 2023 Educational Sessions Engage Meeting Room The Meeting Place, 4th Floor	9:00am – 12 Noon Dr. Marsalisi	<ul style="list-style-type: none"> • The Adnexal Mass: Benign or Malignant? • The Overactive Bladder: Not a Disease – A Symptom Complex • Understanding Pelvic Organ Prolapse: The Non-Surgical Approach
	12:00 Noon – 1:00pm	Lunch on your own
	1:00pm – 4:00pm Dr. Dall	<ul style="list-style-type: none"> • Type 2 Diabetes Management--New Treatment Options and Cardiovascular Outcomes Data • Advanced Biomarker Testing: LDL particles, apoB, Lp(a)--Important Clinical Applications
Wednesday, October 25, 2023	4:00pm – 5:00pm	Networking and Case Discussions – Café al Baccio – 4 th Floor
Thursday, October 26, 2023	Have a Safe Trip Home	

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Faculty

Tara Dall, MD, FNLA

Dr. Tara Dall is a board certified lipidologist with roots in family medicine and training at the University of Wisconsin Madison. She has spent the last 15 years using advanced biomarker testing in the clinical care of patients. She graduated in the inaugural class of Diplomates of the American Board of Clinical Lipidology in 2005.

In 2008, Dr. Dall formed the Early Detection Center for heart disease and diabetes near Madison, Wisconsin and served as a clinical associate professor for the Medical College of Wisconsin. Two years later, she brought her fight against heart disease to the web, co-founding Lecturepad.org and FHITtv.org, web platforms that advance clinical understanding and application of advanced lipid and biomarker testing.

For 3 years Dr. Dall served as Chief Medical Officer of Health Diagnostic Laboratory. As an author and educator on biomarker research focused on the role that insulin resistance plays in diabetes prevention she has expanded the education of physicians to prevent chronic disease. She has a special interest in insulin resistance's role in cardiovascular disease, women's heart disease, Autoimmune disease, polycystic ovarian syndrome, and obesity. She also serves as chief of cardiometabolic education at the non-profit Foundation for Health Improvement and Technology (FHIT).

Known for her passionate delivery of complex medical topics in patient-friendly terms, Dr. Dall is a sought after speaker, traveling the world to present research on advanced biomarkers. She is also a regular go-to for reporters, appearing on Bloomberg News, CBS Sports, CNN Radio, Reach MD Satellite Radio, and RadioHealth Journal. She was also a regular guest on KTXD-TV's The Broadcast in Dallas, as well as programs on wabcradio.com (Optimal wellness and Forever Young). She continues to practice medicine as a physician founder of AvanceMD Concierge in Richmond, VA which incorporates cutting edge web based technology to the human touch of medicine, providing services to local as well as national and international clients.

Frank B. Marsalisi, MD, FACOG

Dr. Frank Marsalisi is the Director of Gynecology at the Bayfront OB/Gyn Residency Program, Bayfront Health St. Petersburg -Orlando Health Inc.. Originally from New York, he preceded his medical degree from Michigan State University with two years of research with publication in Hypersensitivity Diseases at USV Pharmaceutical and the Upjohn Company.

After completing his Obstetrics and Gynecology residency as Chief resident at the University of South Florida, he went on to fulfill his four-year commitment with the National Health Service Corp as Director of Obstetrics and Gynecology at the Ruskin Migrant and Community Health Center in Ruskin, Florida. While at Ruskin, he was made a Clinical Assistant Professor of the Department of Obstetrics and Gynecology at the University of South Florida and received the U.S. Public Health Service Regional Health Administrator's Award.

Throughout his residency training and postgraduate career, Dr. Marsalisi has been the recipient of many prestigious university and national teaching awards, including the University of South Florida's Distinguished Professor Award and the John Turlich Medical Student Teaching Award, the Council on Resident Education in Ob/Gyn National Faculty Award for Excellence in Teaching, and many Bayfront Health Teaching Faculty of the Year awards.

He has been honored as being one of the "Top Obstetricians and Gynecologists in America" by the Consumer Research Council of America, and in 2017 he was recognized by Castle Connolly Medical Ltd to be among the "Leading Physicians of the World".

He is a medical community leader serving on the Board of his county medical association and is a delegate to the Florida Medical Association. He has been a speaker on women's health issues for the University at Sea since 2012.

Disclosures

Continuing Education, Inc., seeks to ensure balance, independence, objectivity and scientific rigor in all of its sponsored educational activities. CEI has no relationships with the manufacturers of products or devices discussed in these presentations. None of the planners of this educational activity has any relevant financial relationships to disclose.

Speakers participating in CME programs are asked to disclose any involvement with commercial organizations and their responses are indicated below. In addition, any unlabeled or investigational uses of pharmaceuticals or equipment must be identified to participants during presentations. The existence of commercial relationships does not prevent speakers from making presentations. The intent of this CEI policy is consistent with requirements of the Accreditation Council for CME and is designed to provide complete information to the audiences. Participants must make their own judgments about the content of presentations in light of these disclosures and determine if possible bias or misrepresentation has occurred.

Faculty members further affirm (1) that all recommendations involving clinical medicine given during presentations are based upon evidence that is accepted within the profession of medicine for the care of patients, (2) that any scientific research referred to in support or justification for a patient care recommendation conforms to the generally accepted standards of experimental design, data collection and analysis, and (3) that they will not present recommendations, treatments or manners of practicing medicine that are not within the definition of CME, or are known to have risks or dangers that outweigh the benefits, or are known to be ineffective in the treatment of patients.

Tara Dall, MD, FNLA

Dr. Dall has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

Frank B. Marsalisi, MD, FACOG

Dr. Marsalisi has reported no relationships with ineligible companies and has agreed to identify any off-label or investigational uses of pharmaceuticals or equipment referenced during all presentations.

Accreditation Statements

Joint Accreditation

In support of improving patient care, Continuing Education, Inc./University at Sea™ is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

Physicians

Designation: Continuing Education, Inc. designates this live activity for a maximum of 20 *AMA PRA Category 1 Credit(s)*™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Pharmacists

Designation: Continuing Education, Inc. designates this live activity for a maximum of 20 ACPE Credits.

Nurses

Designation: Nurses completing this educational activity will receive a maximum of 20 contact hours.

This activity provides 11 hours of pharmacology for nurse practitioners

ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 20 (part II) MOC points in medical knowledge in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Disabilities among participants

Continuing Education, Inc., and Celebrity Cruises do not discriminate against persons on the basis of disability and seek to accommodate, to the extent possible, the special needs of persons with disabilities. Travelers need to be aware, however, that certain land and shore facilities may not be fully accessible to disabled persons. Special medical, physical or other requirements must be identified at the time of booking. The CEI Activity Coordinator accompanying this program will provide assistance for participants and liaison with the ship's company.

Topics and Objectives

- **Obese patient: root cause analysis and approach to treatment from lipidologist perspective**
 - Identify medical factors, medication, insulin resistance as secondary causes of obesity and approach to work up.
 - Discuss how diet, genomics, microbiome and environmental factors influence the treatment of obese patients.
 - Review new medications FDA approved for treatment of obesity
- **Diabetes medications and new Treatment options, including Cardiovascular outcomes data**
 - Review approach to treatment of diabetes, including discussion new cardiovascular outcomes data for GLP 1 agonists, SGT2 inh, Quick release bromocriptine
- **Biomarkers: Role of Apo B, lp (a), LDL-P vs LDL -C in primary and secondary prevention cardiovascular disease, also inflammation and role in women's cv health**
 - Discuss outcomes data for Apo B, LDL P and cost effective approach to treatment of residual risk
 - Describe concept of concordance and discordance of DLL cholesterol vs LDL particles or Apo B and clinical application
- **Management of complex dyslipidemia including Lowering triglycerides and raising HDL Cholesterol, does it matter?**
 - Review lipid treatment guidelines
 - Review clinical impact of HDL c raising trials including AIM HIGH and HPS 2thrive
 - Review of TG lowering therapies and outcome data
- **Case studies in cardiometabolic disease: focus on women throughout lifespan**
 - Review treatment of genetic disorders in women of childbearing age, children and adolescents, Postmenopausal women
 - Learn specific clinical applications through use of real case
- **The Microbiome and Its Impact of Cardiometabolic Disease**
 - Discuss role of microbiome in health and disease across the lifespan including mode of delivery (c section vs vaginal), use of antibiotics, dietary choices
- **The Evolution of Cervical Cancer Screening**
 - Recognize the development of modern day cervical cancer screening, the role of high risk HPV in male and female lower genital tract, oropharyngeal, anal carcinogenesis, and the importance of promoting HPV vaccination
- **Bridging The Perimenopausal Gap Without Estrogen**
 - Address the concerns of perimenopausal women including their complaints of mood disturbance, vasomotor symptoms, insomnia, diminished sexual desire, vaginal atrophy
 - Offer patients a variety of behavioral, hormonal, nonhormonal therapeutic modalities during this perimenopausal window.
- **The Adnexal Mass**
 - Describe the new model of ovarian carcinogenesis and the obstacles encountered in trying to develop ovarian cancer screening.
 - Assess the malignant potential of a palpable mass in a woman using present day imaging and ovarian tumor markers and direct appropriate conservative, medical, or surgical intervention.
- **The Evaluation and Treatment of Female Urinary Incontinence**
 - Differentiate the types of female urinary incontinence and provide appropriate counseling on causes and treatment options available including behavioral modification, pelvic floor rehabilitation, drug therapy and urogynecological/neurological referral.
- **The Overactive Bladder**
 - Diagnose overactive bladder according to the 2014 Guidelines of the American Urological Association and prescribe a step-wise treatment plan for his/her patients with this disorder.
- **The PCOS Look-Alikes**
 - Generate a differential diagnosis for females of various reproductive ages presenting with signs of hyperandrogenism and order appropriate laboratory, radiologic imaging and timely referral to an endocrinologist, gynecologic oncologist, or general surgeon.

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- **Polycystic Ovary Syndrome**
 - Identify patients with PCOS, initiate recommended metabolic screening endorsed by the 2013 Endocrine Society and employ treatment for signs of hyperandrogenism.
 - Prescribe risk reducing behavioral and pharmacotherapeutic measures for long term sequela of this disorder.
- **The Burning Vulva Syndrome**
 - Give examples of the variety of infectious, inflammatory, neoplastic, and neurologic disorders that cause vulvar burning/ pruritus, and make timely decisions on proper treatment and need for biopsy.
- **Managements Of The Pesky Vaginal Discharge**
 - Draw from historical and physical exam findings, culture and new quantitative PCR based assays to properly detect and treat a variety of recurrent infectious and non-infectious causes of vaginal irritative symptoms.
- **Female Sexual Concerns**
 - Discuss problems of a sexual nature with his/her patients, define the type of sexual dysfunction and offer behavioral, pharmacologic therapy or referral to sex therapist
- **Reclassifying Abnormal Uterine Bleeding and the Role of Endometrial Biopsy**
 - Adopt the PALM-COEIN classification system in defining the etiology of abnormal uterine bleeding in a nonpregnant woman of reproductive age.
 - Select the most appropriate and cost effective imaging studies to confirm a specific disorder and direct endometrial biopsy based on patient specific risk factors.
 - Recognize the potential role of new GnRH receptor antagonists, selective progesterone receptor modulators and the levonorgestrel-IUD in treating AUB-L
- **What's New with Fibroids?**
 - Select the most appropriate management to meet the individual needs of his/her patients.in considerations of the various pharmacologic agents including GnRH agonists/antagonists, tranexamic acid, the levonorgestrel-IUD, selective progesterone receptor modulators, and radiologic interventions such as uterine artery embolization and MRI-guided Focused Ultrasound Surgery, available for symptomatic uterine fibroids