

2026 Ascension Saint Thomas Comprehensive Cardiovascular Update

Cardiometabolic
Health and
Longevity

Presented by
Ascension Saint Thomas
Office of Continuing Medical Education

Saturday, August 15, 2026

JW Marriott Nashville
201 8th Avenue South
Nashville, Tennessee 37203



Ascension Saint Thomas

2026 Ascension Saint Thomas Comprehensive Cardiovascular Update

Cardiometabolic Health and Longevity

Course Information

Please join us at the stunning JW Marriott in Nashville, Tennessee, for our annual cardiovascular conference highlighting the latest advancements in patient care. Centered on Cardiometabolic Health and Longevity, this year's program will explore prevention and contemporary management of cardiovascular disease across diverse populations. Featuring keynote speaker Dan Buettner, Jr., Chief Development Officer at Blue Zones, the global leader in producing evidence-based insights about the culture, people, and lifestyles of regions where longevity and happiness persist at unusually high rates and with low rates of chronic disease. Their work and solutions were featured in Netflix's Emmy® Award-winning docuseries, "Live to 100: Secrets of the Blue Zones" (<https://www.bluezones.com>). The keynote will be followed by expert-led sessions spanning cardiovascular prevention, coronary interventions, vascular cardiology, imaging, valvular heart disease, heart failure, and electrophysiology. This education is designed to support the needs of cardiovascular specialists, general cardiologists, nurse practitioners, physician assistants, and other healthcare professionals involved in the management of patients with cardiovascular disease.

Agenda

7:00 a.m.	Conference Check-In
7:35 a.m.	Welcome & Course Introduction <i>Jimmy L. Kerrigan, MD, FACC, FSCAI, FASNC, RPVI</i>
	Keynote Address
7:40 a.m.	Blue Zones Origin Story & The Blue Zones America Story <i>Dan Buettner, Jr., JD</i>
8:25 a.m.	Panel Discussion
	Coronary
8:45 a.m.	Invasive Imaging in the Cardiac Catheterization Laboratory: To Do or Not To Do <i>Nishtha Sareen, MD, MPH, FACC, FSCAI</i>
9:05 a.m.	Highlights of the 2025 ACC/AHA Guidelines on ACS <i>Timir K. Paul, MD, PhD, MPH, FACC, FSCAI, FAHA</i>
9:25 a.m.	Multimodality Assessment of INOCA and MINOCA <i>Nadia Sutton, MD, MPH</i>
9:45 a.m.	High Calcium Score: Who, What, When, Where of Management <i>Stewart M. Benton, Jr., MD</i>
10:05 a.m.	Panel Q&A
10:15 a.m.	Break
	Vascular Cardiology
10:30 a.m.	What the Legs Are Telling Us: Medical Management and Cardiovascular Risk Reduction in Peripheral Artery Disease <i>Jacob A. Grand, MD, MS, RPVI</i>
10:42 a.m.	Update on Carotid Artery Stenting <i>Hady T. Lichaa, MD, FACC, FSCAI, FSVM, RPVI</i>
10:54 a.m.	What's All the Buzz About Pulmonary Embolism? Everything You Need to Know About the New Pulmonary Embolism Treatment Guidelines but Were Afraid to Ask in 12 Minutes or Less <i>Mark Koenig, MD, FACC, FSCAI</i>

11:06 a.m.	Panel Q&A
	Imaging
11:20 a.m.	Hypertrophic Cardiomyopathy: Imaging Beyond Wall Thickness <i>Niti R. Aggarwal, MD, FASNC, FACC</i>
11:40 a.m.	AI-based Plaque Analysis with CCTA: Current Uses and Future Implications <i>Andrew O. Zurick, III, MD, FACC, FASE, FSCMR</i>
12:00 p.m.	Panel Q&A
12:10 p.m.	Lunch <i>Please enjoy lunch and join one of two optional Industry-Sponsored Presentations. These non-CME activities will be held in a separate meeting space and are independent of the accredited educational program.</i>
	Structural Cardiology
1:10 p.m.	TAVR vs SAVR: Not a Rivalry, a Lifetime Strategy <i>Sasan Ryan Raissi, MD</i>
1:30 p.m.	Mitral Transcatheter Edge-to-Edge Repair (MTEER) Expansion: How Do Surgeons Compete and Are Mitral Valve Repairs as Good as We Think? <i>Evelio Rodriguez, MD, FACS, FACC</i>
1:50 p.m.	Panel Q&A
	Heart Failure
2:00 p.m.	MASH of the Heart? The Adipokine Hypothesis and Cardiometabolic HFpEF <i>J. Barr Biglane, MD</i>
2:20 p.m.	Unloading the Data: Elevating Outcomes Through Data-Driven Microaxial Flow Pump Use <i>Dave Freeland, ASN, RN, CCRN</i>
2:40 p.m.	Panel Q&A
2:50 p.m.	Break
	Electrophysiology
3:00 p.m.	Atrial Fibrillation Controversies, to Close or Not to Close the Appendage <i>David L. Beavers, MD, PhD</i>
3:12 p.m.	Advances in Pacing Therapy, Leadless Dual Chamber and Conduction System Pacing <i>Jonathan Gandhi, MD</i>
3:24 p.m.	Epicardial Adipose Tissue and Atrial Fibrillation - Mechanisms and Therapeutic Targets <i>Ricardo M. Lugo, MD</i>
3:36 p.m.	Panel Q&A
	Cardiovascular Prevention
3:50 p.m.	Update on the 2026 Lipid Guidelines <i>Jay Ramsay, MD</i>
4:10 p.m.	The 2025 AHA/ACC Hypertensive Guidelines <i>Elizabeth Shannon, MD</i>
4:30 p.m.	Inflammation and the Heart: Applying What We Know to Cool Things Down <i>Hannah L. Fish-Trotter, MD</i>
4:50 p.m.	Panel Q&A
5:00 p.m.	Closing Remarks & Adjourn <i>Jimmy L. Kerrigan, MD, FACC, FSCAI, FASNC, RPVI</i>

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Accreditation and Credit Statements

Ascension Saint Thomas is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.



Ascension Saint Thomas designates this live activity for a maximum of 8.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 8.0 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Successful completion of this CME activity enables the learner to earn credit toward the CME requirements of the American Board of Thoracic Surgery's Maintenance of Certification program. It is the CME activity provider's responsibility to submit learner completion information to ACCME for the purpose of granting ABTS credit.

Allied Health Professionals and other learners will receive a Certificate of Participation following this course.

Course Directors

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EVP & Chief Development Officer
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Continued on next page

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Financial Disclosures

Ascension Saint Thomas is committed to providing CME that is balanced, objective, and evidence-based. In accordance with the Accreditation Council for Continuing Medical Education Standards for Integrity and Independence in Accredited Continuing Education, all individuals who have the opportunity to control content are required to disclose any financial relationships within the past 24 months with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. Ascension Saint Thomas has established mechanisms to mitigate relevant financial relationships. Disclosure of relevant financial relationships with ineligible companies will be provided to learners prior to the activity.

Special Accommodations

Ascension Saint Thomas believes that participation should be available for all individuals. If you are in need of individualized accommodations, please contact the Ascension Saint Thomas Office of Continuing Medical Education at astcme@ascension.org.

Nashville Lodging

Registrants are responsible for making their own reservations. To reserve a room at the JW Marriott Nashville with the Ascension Saint Thomas room block, please visit the link below and make your reservation no later than July 17th to secure the discounted rate.

<https://book.passkey.com/go/StThomas2026>

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Registration Form for Email, Fax, or U.S. Mail

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Name _____

___ MD ___ DO ___ NP ___ PA ___ RN

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Specialty _____

Telephone (_____) _____

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___ \$240.00 Non-Physician (NP, PA, RN, Other)

___ \$150.00 Resident/Fellow/Student

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Ascension Saint Thomas Non-Physician Associate*

*If you register as an Ascension Saint Thomas Non-Physician Associate for \$0.00 and you are not able to attend, you must cancel your registration by Friday, July 31st. **If you do not cancel by July 31st, you will be invoiced a fee of \$50.00.** If you wish to cancel, please email astcme@ascension.org.

Charge to:

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Expiration Date _____

Security Number (CVV) _____

Billing Address (if different than above)

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Signature _____

Payment Options:

• **Scan and Email form to** Katlyn.Mallicoat@ascension.org

• **Make check payable to Ascension Saint Thomas**

and mail with form to:

Continuing Medical Education

Ascension Saint Thomas Hospital West

4220 Harding Road

Nashville, TN 37205

Cancellation Policy

If it is necessary to cancel your registration, please email astcme@ascension.org by Friday, July 31, 2026. We will refund your fee less \$50.00. No refund will be given after Friday, July 31, 2026.

*If you happen to receive more than one brochure,
please share with a colleague. Thank you!*



Continuing Medical Education
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