

# Heart Disease and Interventional Cardiology

February 25-26, 2019  
Paris, France

Interv Cardiol J 2019, Volume: 5  
DOI: 10.21767/2471-8157-C1-006

## PREVENTIVE CARDIOLOGY: WHAT'S NEW IN 2018?

**Haitham Ahmed**

Cleveland Clinic, USA

**A** comprehensive keynote address on the state of preventive cardiology in 2018 will be provided in this presentation. This talk will focus on the latest updates in research, guidelines for risk assessment and treatment strategies with a focus on emerging therapies. He will introduce the magnitude and burden of global cardio vascular disease (CVD) risk and then focus on individual risk factor control throughout various segments of the talk. The first section will discuss lipid control and guidelines. The second section will discuss blood pressure control, recent BP trials and the most updated guidelines from the AHA/ACC. The third section will focus on blood sugar control and novel anti-hyperglycaemic agents that have been shown to reduce CVD (SGLT-2 inhibitors and GLP-1-R agonists). The fourth section will focus on smoking cessation. The fifth section will focus on dietary changes and novel research linking the gut microbiome to cardiovascular health. The sixth section will discuss the importance of exercise and cardiorespiratory fitness.

ahmedh3@ccf.org