

# Canada's Premiere Virtual Cardiovascular Symposium

Aimed at cardiovascular specialists, CardioMet'26 highlighted topics of major interest or controversy across six therapeutic themes. Featuring world-class faculty, interactivity, and cutting-edge science, CardioMet'26 was unlike any other cardiovascular conference in Canada.

**Recorded live on:**

**JANUARY  
23 and 30, 2026**

## Program Themes

### • 23<sup>rd</sup> JANUARY 2026

- INFLAMMATION
- PREVENTION
- CORONARY DISEASE

### • 30<sup>th</sup> JANUARY 2026

- ARRHYTHMIA
- CARDIOMYOPATHIES
- HEART FAILURE

**CardioMet<sup>26</sup>**

## Scientific Planning Committee



**Margot Davis**

MD, MSc, FRCP, FCCS  
University of British Columbia



**Anique Ducharme**

MD, MSc, FRCP, FCCS  
Montreal Heart Institute



**Milan Gupta**

MD, FRCPC, FCCS, CPC(HC)  
University of Toronto



**Jay Udell**

MD, MPH, FRCPC  
Toronto General Hospital

## Overall Learning Objectives:

- ✓ Discuss the latest advances in cardiovascular risk factor management and prevention
- ✓ Explain new developments in the management of heart failure, cardiomyopathies and arrhythmia
- ✓ Explore advances in the role of inflammation in cardiovascular disease



 **CCRN**  
Collaborative CME and Research Network

# PROGRAM AGENDA

Friday, January 23, 2026



CardioNet<sup>26</sup>

 CCRN  
Collaborative CME and Research Network

Time	Topic	Faculty
12:00 - 12:10	Welcome and opening remarks	
<b>THEME ONE</b>	<b>INFLAMMATION</b>	<b>Moderators: Milan Gupta and Jay Udell</b>
12:10 - 12:15	Introductions	
12:15 - 12:33	Pericarditis: Acute and Chronic	<b>Kevin Boczar</b>
12:33 - 12:51	Myocarditis: Diagnosis and Management	<b>Adriana Luk</b>
12:51 - 1:09	Should immunization be routine in secondary prevention?	<b>Kim Connelly</b>
1:09 - 1:27	Inflammation as a treatment target in chronic coronary disease	<b>Paul Ridker</b>
1:27 - 1:51	DISCUSSION	

## • Learning Objectives

- Evaluate the diagnosis and management of acute and chronic pericarditis
- Apply evidence-based approaches to the diagnosis and management of myocarditis
- Assess the role of immunization in secondary prevention of cardiovascular disease
- Evaluate evidence on targeting inflammation in chronic coronary disease and its implications for patient management

<b>THEME TWO</b>	<b>PREVENTION</b>	<b>Moderators: Milan Gupta and Jay Udell</b>
1:51 - 1:56	Introductions	
1:56 - 2:14	How to manage resistant hypertension	<b>Raj Padwal</b>
2:14 - 2:32	Timely achievement of LDL targets post-ACS	<b>Shamir Mehta</b>
2:32 - 2:50	Bempedoic acid: the new kid on the block	<b>Milan Gupta</b>
2:50 - 3:08	Management strategies for elevated Lp(a)	<b>George Thanassoulis</b>
3:08 - 3:32	DISCUSSION	

## • Learning Objectives

- Implement evidence-based strategies for the evaluation and management of resistant hypertension
- Apply guidelines and strategies to achieve LDL cholesterol targets promptly in patients following acute coronary syndrome
- Evaluate the clinical role, efficacy, and safety of bempedoic acid for cardiovascular risk reduction
- Assess current and emerging strategies for the management of elevated lipoprotein(a) to reduce cardiovascular risk

3:32 - 4:00 **REFRESHMENT BREAK**

## KEYNOTE ADDRESS

4:00 - 4:02	Introductions	
4:02 - 4:22	Should we screen for and act on subclinical atherosclerosis?	<b>Valentin Fuster</b>
4:22 - 4:32	DISCUSSION	

## • Learning Objectives

- Identify patients who may benefit from subclinical atherosclerosis screening and implement evidence-based strategies to reduce cardiovascular risk

<b>THEME THREE</b>	<b>CORONARY DISEASE</b>	<b>Moderators: Milan Gupta and Jay Udell</b>
4:32 - 4:37	Introductions	
4:37 - 4:55	Is cardiac rehab still relevant?	<b>Paul Oh</b>
4:55 - 5:13	What to do with non-specific troponin elevation?	<b>Allan Jaffe</b>
5:13 - 5:31	DAPT Post-ACS/PCI: How many drugs and for how long?	<b>Graham Wong</b>
5:31 - 5:49	The role of beta-blockers post-MI	<b>Sripal Bangalore</b>
5:49 - 6:13	DISCUSSION	

## • Learning Objectives

- Evaluate the evidence for cardiac rehabilitation and integrate its role into contemporary management of patients with coronary disease
- Interpret non-specific troponin elevations and apply evidence-based strategies to guide further evaluation and management
- Determine optimal dual antiplatelet therapy strategies for patients following ACS or PCI
- Implement evidence-based strategies for prescribing beta-blockers post-myocardial infarction

6:13 - 6:15 **MEETING CLOSE**



Time	Topic	Faculty
12:00 - 12:10	Welcome and opening remarks	
<b>THEME ONE</b>	<b>ARRHYTHMIA</b>	<b>Moderators: Margot Davis and Milan Gupta</b>
12:10 - 12:15	Introductions	
12:15 - 12:33	Is there still a role for antiarrhythmic drugs for AF?	Peter Kowey
12:33 - 12:51	AF management in heart failure	Jason Andrade
12:51 - 1:09	Advances in pacemaker/CRT technology	Andrew Ha
1:09 - 1:27	Sudden cardiac death in athletes	Nate Moulson
1:27 - 1:51	DISCUSSION	
<b>• Learning Objectives</b>		
<ul style="list-style-type: none"> <li>Assess the role of antiarrhythmic drugs in atrial fibrillation management</li> <li>Apply evidence-based strategies to optimize atrial fibrillation management in patients with heart failure</li> <li>Evaluate recent advances in pacemaker and cardiac resynchronization therapy (CRT) technology</li> <li>Identify risk factors for sudden cardiac death in athletes</li> </ul>		
<b>THEME TWO</b>	<b>CARDIOMYOPATHIES</b>	<b>Moderators: Margot Davis and Anique Ducharme</b>
1:51 - 1:56	Introductions	
1:56 - 2:14	Takotsubo cardiomyopathy: recognition and management	Antonio Abbate
2:14 - 2:32	ATTR: moving from specialized centres to the cardiology clinic	Margot Davis
2:32 - 2:50	Hypertrophic cardiomyopathy: When to use new drugs or consider septal reduction therapy	Martin Maron
2:50 - 3:08	Cardiomyopathies in pregnancy	Jasmine Grewal
3:08 - 3:32	DISCUSSION	
<b>• Learning Objectives</b>		
<ul style="list-style-type: none"> <li>Identify Takotsubo cardiomyopathy and apply evidence-based strategies for its management and follow-up</li> <li>Recognize transthyretin amyloid cardiomyopathy (ATTR) and integrate its diagnosis and management into general cardiology practice</li> <li>Determine when to initiate novel pharmacologic therapies or refer for septal reduction in patients with hypertrophic cardiomyopathy</li> <li>Assess and manage cardiomyopathies in pregnant patients, applying evidence-based strategies to optimize maternal and fetal outcomes</li> </ul>		
3:32 - 4:00	<b>REFRESHMENT BREAK</b>	
<b>KEYNOTE ADDRESS</b>		
4:00 - 4:02	Introductions	
4:02 - 4:22	Is it time for cardiology to take ownership of obesity management?	Darren McGuire
4:22 - 4:32	DISCUSSION	
<b>• Learning Objectives</b>		
<ul style="list-style-type: none"> <li>Apply evidence-based obesity management strategies to optimize cardiovascular outcomes and reduce patient risk</li> </ul>		
<b>THEME THREE</b>	<b>HEART FAILURE</b>	<b>Moderators: Margot Davis and Anique Ducharme</b>
4:32 - 4:37	Introductions	
4:37 - 4:55	Detecting pulmonary hypertension on echo – when to refer	John Granton
4:55 - 5:13	Guideline update for HFrEF: the role of MRA's	Muthiah Vaduganathan
5:13 - 5:31	HFrEF: How to optimize GDMT in a busy clinic	Stephanie Poon
5:31 - 5:49	Advanced heart failure: What next?	Brian Clarke
5:49 - 6:13	DISCUSSION	
<b>• Learning Objectives</b>		
<ul style="list-style-type: none"> <li>Identify echocardiographic signs of pulmonary hypertension and determine when specialist referral is indicated</li> <li>Apply guideline recommendations for the use of mineralocorticoid receptor antagonists in the management of HFrEF</li> <li>Implement strategies to optimize guideline-directed medical therapy for HFrEF efficiently</li> <li>Assess emerging medical and device therapies for advanced heart failure</li> </ul>		
6:13 - 6:15	<b>MEETING CLOSE</b>	

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## SPONSORS

This program has received an educational grant or in-kind support from:

**Gold:** Amgen, AstraZeneca, Bayer, GSK, Merck, Novartis, Novo Nordisk

**Silver:** HLS Therapeutics, Pfizer

**Bronze:** Alnylam Pharmaceuticals, Bristol Myers Squibb, Eli Lilly

