



## SACC Learning Objective:

Identify, evaluate, and treat South Asian patients with and at risk for cardiovascular disease.

## SACC Agenda

### Session 1 Co-Chairs: Milan Gupta/Alka Kanaya

Time	Talk	Faculty
7:00 PM	Opening Comments	Milan Gupta & Alka Kanaya
7:05 PM	Cardiometabolic risk in South Asian women	Sadiya Khan <i>Chicago, IL</i>
7:23 PM	SANSAR/Burgundy Young Investigator Award	Narendra Singh <i>Atlanta, GA</i>
7:33 PM	What are the mechanisms underlying the South Asian CV epidemic?	Alka Kanaya <i>San Francisco, CA</i>
7:51 PM	Risk assessment/coronary calcium in the apparently healthy South Asian	Anandita Agarwala <i>Plano, TX</i>
8:09 PM	Specific lipid considerations and future directions	Milan Gupta <i>Brampton, ON</i>
8:27 PM	Discussion	
9:00 PM	Closing	

### Session 2 Co-Chairs: Milan Gupta/Alka Kanaya

Time	Talk	Faculty
7:00 PM	Opening Comments	Milan Gupta & Alka Kanaya
7:05 PM	The Brown Heart - Real stories of survival and loss related to the menace of heart disease in South Asians	Nirmal & Renu Joshi <i>Mechanicsburg, PA</i>
7:20 PM	Yoga and Stress Management	Sat Bir S. Khalsa <i>Medway, MA</i>
7:38 PM	Diabetes in South Asians	Harpreet Bajaj <i>Brampton, ON</i>
7:56 PM	Chronic kidney disease/ heart failure in South Asians	Narendra Singh <i>Atlanta, GA</i>
8:14 PM	Obesity: Current and new directions in South Asians	Megha Poddar <i>Toronto, ON</i>
8:32 PM	Discussion	
9:00 PM	Closing	

# 8th Annual South Asian Cardiovascular Conference

FALL  
2025



October 22 & 29, 2025  
7:00 - 9:00 pm EDT

## Co-Chairs



**Milan Gupta**

MD, FRCPC, FCCS, CPC(HC)  
Assistant Professor,  
Department of Medicine,  
University of Toronto  
Medical Director,  
Collaborative CME and Research Network  
Brampton, ON



**Alka Kanaya**

MD, FAHA  
Professor of Medicine, Epidemiology &  
Biostatistics, University of California  
San Francisco Principal Investigator,  
MASALA Study  
San Francisco, CA

## CFPC Accreditation:

This activity has been certified by the College of Family Physicians of Canada for up to 4 Mainpro+® Certified Activity credits.

## AAFP Accreditation:

Members of the American Academy of Family Physicians are eligible to receive up to 4.00 Prescribed credit hours for attendance at this meeting/event due to a reciprocal agreement with the College of Family Physicians of Canada.

 This program is hosted by SANSAR  
[www.sansar.org](http://www.sansar.org)



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For inquiries regarding this program, please contact [info@ccrnmd.com](mailto:info@ccrnmd.com).



This program was developed by the Collaborative CME and Research Network and has received an unrestricted educational grant from Amgen and Bayer.



## SACC Full Agenda

### Session 1: Wednesday, October 22 (7:00 - 9:00 pm EDT)

Co-Chairs: Milan Gupta/Alka Kanaya

Time	Talk	Learning Objective	Faculty
7:00 PM	Opening Comments		Milan Gupta & Alka Kanaya
7:05 PM	Cardiometabolic risk in South Asian women	Identify the unique cardiometabolic risk factors in South Asian women and discuss strategies to address these factors in clinical practice.	Sadiya Khan Chicago, IL
7:23 PM	SANSAR/Burgundy Young Investigator Award	Discuss recent research on the health of South Asian populations and the implications for clinical practice.	Narendra Singh Atlanta, GA
7:33 PM	What are the mechanisms underlying the South Asian CV epidemic?	Discuss the biological, genetic, and environmental factors contributing to the cardiovascular epidemic in South Asian populations.	Alka Kanaya San Francisco, CA
7:51 PM	Risk assessment/coronary calcium in the apparently healthy South Asian	Evaluate the role of coronary calcium scoring in cardiovascular risk assessment for apparently healthy South Asian individuals.	Anandita Agarwala Plano, TX
8:09 PM	Specific lipid considerations and future directions	Examine the lipid management strategies specific to South Asian populations and discuss future directions in lipid research and treatment.	Milan Gupta Brampton, ON
8:27 PM	Discussion		
9:00 PM	Closing		

### Session 2: Wednesday, October 29 (7:00 - 9:00 pm EDT)

Co-Chairs: Milan Gupta/Alka Kanaya

Time	Talk	Learning Objective	Faculty
7:00 PM	Opening Comments		Milan Gupta & Alka Kanaya
7:05 PM	The Brown Heart - Real stories of survival and loss related to the menace of heart disease in South Asians	Examine the underlying causes of heart disease in young South Asians and develop strategies to raise awareness about this growing health crisis.	Nirmal & Renu Joshi Mechanicsburg, PA
7:20 PM	Yoga and stress management	Identify the role of yoga and stress management techniques in improving cardiovascular health.	Sat Bir S. Khalsa Medway, MA
7:38 PM	Diabetes in South Asians	Describe culturally relevant approaches to the prevention, diagnosis, and management of diabetes in South Asian individuals.	Harpreet Bajaj Brampton, ON
7:56 PM	Chronic kidney disease/ heart failure in South Asians	Examine the prevalence and impact of chronic kidney disease and heart failure in South Asian populations, and discuss appropriate management strategies.	Narendra Singh Atlanta, GA
8:14 PM	Obesity: Current and new directions in South Asians	Identify current and emerging strategies for managing obesity in South Asian populations, including culturally specific interventions.	Megha Poddar Toronto, ON
8:32 PM	Discussion		
9:00 PM	Closing		



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