

2027 HIC-YALE MASTERS OF MEDICINE CONFERENCE

**The Race Against Time: Redefining the Future of Aging
Dementia, Longevity and the Brain-Heart Connection**

January 16-17, 2027 | AC Hotel by Marriott | Kingston, Jamaica

SCIENTIFIC PROGRAM

CONFERENCE CO-CHAIRS

Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin), Chairman, Heart Institute of the Caribbean, Distinguished Cardiologist Awardee, American College of Cardiology.

Edward J. Miller, MD, PhD, FASNC. Professor of Medicine (Cardiovascular Medicine) and Radiology & Biomedical Imaging, Yale School of Medicine; Vice Chief of Cardiovascular Medicine (Education); Director of Nuclear Cardiology; Director, Cardiology Fellowship Program; Yale University.

CONFERENCE CO-PROGRAM DIRECTORS

Dainia Baugh, MD, FRCP (Edin), President and Chief Medical Officer, Heart Institute of the Caribbean

Marietta Ambrose, MD, MPH, MEd, FACC, Associate Professor of Clinical Medicine (Cardiovascular Medicine), Perelman School of Medicine, University of Pennsylvania; Director, Penn Cardiology International.

Two-Day Scientific Program | Saturday and Sunday Only

DAY 1 - SATURDAY, JANUARY 16, 2027

Registration: 7:30 AM | Scientific Program begins: 8:30 AM

WELCOME AND OPENING REMARKS

8:30-9:00 AM

TIME	PROGRAM
8:30-8:35 AM	Welcome <i>Dainia Baugh, MD, FRCP (Edin) - Co-Program Director</i>
8:35-8:45 AM	Conference Opening <i>Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin) and Edward J. Miller, MD, PhD, FASNC - Conference Co-Chairs</i>

SESSION 1: THE BRAIN-HEART-VASCULAR CONTINUUM

Session Chairs: Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin) and Edward J. Miller, MD, PhD, FASNC - Yale University

TIME	PROGRAM
	The Brain-Heart Connection: How Cardiovascular Health Shapes Cognitive Aging
9:00-9:17 AM	<i>Rebecca Gottesman, MD, PhD, FAHA, FANA</i> - Chief, Stroke Branch; Chief, Stroke, Cognition and Neuroepidemiology Section, National Institute of Neurological Disorders and Stroke (NINDS), National Institutes of Health United States
	Hypertension, Stroke and Vascular Cognitive Impairment: A Global Health-Equity Challenge
9:20-9:37 AM	<i>Bruce Ovbiagele, MD, MSc, MAS, MBA, MLS, MACP, FRCP, FAAN, FAHA, FANA</i> -Professor of Neurology and Associate Dean, University of California, San Francisco (UCSF); Chief of Staff, San Francisco VA Health Care System; Editor-in- Chief, Journal of the American Heart Association (JAHA); Elected Member, National Academy of Medicine (USA); Founding President, Society for Equity Neuroscience (SEQUINS).
	Atrial Fibrillation, Stroke and the Hidden Pathway to Dementia
9:40-9:57 AM	<i>Richa Sharma, MD, MPH</i> - Associate Professor of Neurology, Yale School of Medicine; Faculty, Division of Vascular Neurology, Yale New Haven Stroke Center
10:00-10:15 AM	Panel Discussion and Audience Q&A

OPENING KEYNOTE LECTURE

10:15-11:00 AM | Introduction: Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin) - HIC

TIME	PROGRAM
10:15-10:20 AM	Introduction <i>Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin)</i>
10:20-10:50 AM	Living Longer, Living Better: The Changing Global Burden of Cardiovascular Disease <i>George Mensah, MD, FACC, FAHA, FESC, FCP(SA) (Hon)</i> - Director, Center for Translation Research and Implementation Science (CTRIS), National Heart, Lung, and Blood Institute (NHLBI), National Institutes of Health, United States; Chair, Science Committee, World Heart Federation
10:50-11:00 AM	Audience Q&A

11:00-11:15 AM | Coffee Break

SESSION 2: ALZHEIMER'S DISEASE - FROM RECOGNITION TO DISEASE MODIFICATION

Session Chairs: Dainia Baugh, MD, FRCP (Edin) - HIC and Marietta Ambrose, MD, MPH, MEd, FACC - University of Pennsylvania

TIME	PROGRAM
11:15-11:33 AM	Alzheimer's Disease Before Symptoms: Early Detection, Prevention and Health Equity <i>Jennifer J. Manly, PhD</i> – Professor of Neuropsychology in Neurology, Gertrude H. Sergievsky Center and Taub Institute for Research on Alzheimer's Disease and the Aging Brain, Columbia University; Member, National Academy of Medicine; Multiple Principal Investigator, Columbia Interdisciplinary Research Center on Alzheimer's Disparities United States
11:35-11:53 AM	Disease-Modifying Alzheimer's Therapy: Benefits, Risks and Real-World Implementation <i>Adam Mecca, MD, PhD</i> - Associate Professor of Psychiatry, Yale School of Medicine; Associate Director, Alzheimer's Disease Research Unit; Director, Alzheimer's Multimodal Neuroimaging Laboratory; Co-Lead, Yale Alzheimer's Disease Research Center Clinical and Imaging Cores United States
11:55 AM-12:15 PM	Panel Discussion and Audience Q&A

12:15-1:00 PM | Lunch

AFTERNOON KEYNOTE LECTURE

1:00-1:45 PM | Introduction: Edward Miller, MD, PhD, FASNC - Yale

TIME	PROGRAM
1:00-1:05 PM	Introduction Edward Miller, MD, PhD, FASNC
1:05-1:35 PM	Can We Slow Aging? Translating Geroscience into Longer, Healthier Lives Luigi Ferrucci, MD, PhD - Scientific Director, National Institute on Aging (NIA), National Institutes of Health (NIH), United States; President, International Scientific Advisory Board, IHU HealthAge, France; Recipient, Donald P. Kent Award for Distinguished Professional Leadership in Gerontology, Gerontological Society of America.
1:35-1:45 PM	Audience Q&A

POINT-COUNTERPOINT I: AGING, COGNITION AND MENTAL HEALTH

1:45-2:45 PM | Moderators: Michael G. Nanna, MD, MHS, FACC, FAHA, FSCAI - Yale University and Victor A. Ferrari, MD, MSCMR, FACC, FAHA, FASE, FRCP (Lond., Hon.) - University of Pennsylvania

Debate: Routine Cognitive Screening, Treatment and Deprescribing After Age 65: Essential Early Detection or Premature Medicalization?

TIME	PROGRAM
	POINT: Earlier screening enables risk modification, diagnosis, planning and intervention.
1:45-2:00 PM	Monica W. Parker, MD-Associate Professor of Neurology, Emory University School of Medicine; Chair, Medical, Scientific & Memory Screening Advisory Board, Alzheimer's Foundation of America; Director, Outreach, Recruitment and Engagement Core, and Director, Minority Engagement Core, Goizueta Alzheimer's Disease Research Center, Emory University.
2:00-2:15 PM	COUNTERPOINT: Screening without sufficiently effective treatment may increase anxiety, stigma and unnecessary testing; focus on appropriate deprescribing. Laura Moreines, PhD, FNP-BC, ACHPN - Postdoctoral Fellow, National Clinician Scholars Program, Yale University School of Medicine;
2:15-2:35 PM	Moderated rebuttals, audience interaction and Q&A

SIMULTANEOUS SESSIONS

2:45-3:45 PM

WORKSHOP I: HANDS-ON POCUS TRAINING - FOCUS ON CARDIOVASCULAR ULTRASOUND

Workshop Directors: Robert McNamara, MD, MHS, FAHA, FACC, FASE and Norris Haynes, MD, MPH, MSHP - Yale University

POCUS Across the Lifespan: Integrating Bedside Imaging, Lifestyle Medicine and Healthy Aging

Focused instruction, demonstrations and case interpretation covering cardiac function, lung congestion, vascular disease, sarcopenia, frailty and functional reserve.

Workshop Faculty: Robert McNamara, MD, MHS, FAHA, FACC, FASE; Norris Haynes, MD, MPH, MSHP; Kamil Faridi, MD, MSc - Yale University; Victor A. Ferrari, MD, MSCMR, FACC, FAHA, FASE, FRCP (Lond., Hon.) - University of Pennsylvania; Xavier Brown, MD - HIC.

SESSION 3: PRECISION PREDICTION, BIOMARKERS AND DIGITAL INNOVATION

Session Chairs: Cesia Gallegos Kattan, MD, MHS, FASNC and Rohan Khera, MD, MS, FACC, FAHA - Yale University

TIME	PROGRAM
	Using Outcomes Data to Define Optimal CV Treatment in Older Adults
2:45-3:02 PM	<i>Raiza Rossi, MD</i> - Associate Research Scientist, Yale School of Medicine; Associate Director, HeartWise Laboratory, Section of Cardiovascular Medicine, Yale University; Research Leader in Cardiovascular Aging, Geriatric Cardiology, Health Equity, and Patient-Centered Outcomes Research;
	Artificial Intelligence and Digital Biomarkers for Early Cardiovascular and Cognitive Decline
3:05-3:22 PM	<i>Rohan Khera, MD, MS, FACC, FAHA</i> - Associate Professor of Medicine (Cardiovascular Medicine) and Biostatistics (Health Informatics), Yale School of Medicine; Founder and Director, Cardiovascular Data Science (CarDS) Laboratory, Yale University; Associate Editor for Artificial Intelligence and Digital Health, Journal of the American Medical Association (JAMA); Special Advisor for Artificial Intelligence, American College of Cardiology (ACC); Recipient, 2026 ACC Douglas P. Zipes Distinguished Young Scientist Award.
3:25-3:45 PM	Moderated Discussion and Audience Q&A
3:45 PM Scientific Program Adjourns	
<ul style="list-style-type: none"> 3:45-4:00 PM Coffee and Networking Break 7:00 PM Hearts of Legend Gala - Venue to be announced 	

DAY 2 - SUNDAY, JANUARY 17, 2027

Registration: 8:15 AM | Scientific Program begins: 9:00 AM

SESSION 4: GEROSCIENCE, RESILIENCE AND HEALTHY LONGEVITY

Session Chairs: Aderemi Soyombo, MD, FACC – Queen Elizabeth Hospital, Barbados and Karen Sylvester, MD, MRCGP - HIC

TIME	PROGRAM
	Frailty, Multimorbidity and Cardiovascular Decision-Making in Older Adults
9:00-9:17 AM	<i>Michael G. Nanna, MD, MHS, FACC, FAHA, FSCAI</i> -Associate Professor of Internal Medicine (Cardiovascular Medicine), Yale School of Medicine; Director, HeartWise Lab; Associate Program Director, Yale Cardiovascular Medicine Fellowship; United States
	Cardiovascular Resilience Across the Lifespan: Prevention, Equity and Healthy Aging
9:20-9:37 AM	<i>Marietta Ambrose, MD, MPH, MEd, FACC</i> - Associate Professor of Clinical Medicine (Cardiovascular Medicine), Perelman School of Medicine, University of Pennsylvania; Director, Penn Cardiology International.
	Revascularization in Older Adults: Balancing Longevity, Function, Cognition, and Procedural Risk
9:40-9:57 AM	<i>Abdulla A. Damluji, MD, PhD, MPH, MBA, FACC, FAHA, FSCAI</i> -Professor of Medicine, Cleveland Clinic Lerner College of Medicine, Case Western Reserve University; Director, Cardiovascular Center on Aging, Cleveland Clinic Heart, Vascular & Thoracic Institute; Chair, Geriatric Cardiology Section Leadership Council, American College of Cardiology (ACC); Immediate Past Chair, Acute Cardiac Care and General Cardiology Committee, American Heart Association (AHA).
10:00-10:15 AM	Panel Discussion and Audience Q&A

KEYNOTE LECTURE

10:15-11:00 AM | Introduction: Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin) - HIC

TIME	PROGRAM
10:15-10:20 AM	Introduction <i>Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin)</i>
10:20-10:50 AM	Hypertension Across the Lifespan: Protecting the Heart, Brain and Healthy Longevity <i>Gbenga Ogedegbe, MD, MPH, FACP</i> - Dr. Adolph and Margaret Berger Professor of Medicine and Population Health, NYU Grossman School of Medicine; Director, Institute for Excellence in Health Equity, NYU Langone Health United States
10:50-11:00 AM	Audience Q&A
11:00-11:15 AM	Coffee Break

POINT-COUNTERPOINT II: HEALTHY AGING AND HEART DISEASE

11:15 AM-12:05 PM | Moderators: Edward J. Miller, MD, PhD, FASNC - Yale University and George Mensah, MD, FACC, FAHA, FESC, FCP(SA) (Hon)- NIH

Debate: Aggressive Cardiovascular Prevention After Age 75: Extending Health or Increasing Treatment Burden?

TIME	PROGRAM
	POINT: Intensive lipid, blood-pressure and cardiometabolic risk reduction extends disability-free survival.
11:15-11:32 AM	<p><i>Victor A. Ferrari, MD, MSCMR, FACC, FAHA, FASE, FRCP (Lond., Hon.)</i></p> <p>Professor of Medicine and Professor of Medicine in Radiology, Perelman School of Medicine, University of Pennsylvania; Chair, Penn Cardiovascular Imaging Council; Board Member, HIC Foundation; Past President and Founding Member, Society for Cardiovascular Magnetic Resonance (SCMR); Master of the Society for Cardiovascular Magnetic Resonance; Recipient of the University of Pennsylvania's Lindback Award for Distinguished Teaching.</p>
	COUNTERPOINT: Treatment intensity must be moderated by frailty, polypharmacy, cognition, competing risks and patient preference.
11:35-11:52 AM	<p><i>Erica S. Spatz, MD, MHS, FACC, FAHA</i></p> <p>Associate Professor of Medicine (Cardiology), Yale School of Medicine; Associate Professor of Epidemiology (Chronic Diseases), Yale School of Public Health; Founding Director, Preventive Cardiovascular Health Program, Yale Heart and Vascular Center; Director, Remote Patient Monitoring, Yale Medicine/Yale New Haven Health System; Board Member, HIC Foundation; Deputy Editor, Journal of the American College of Cardiology (JACC).</p>
11:55 AM-12:05 PM	Moderated rebuttals, audience interaction and Q&A
12:05-12:45 PM	Lunch

SESSIONS 5 AND 6 - FREE PUBLIC EDUCATION FORUM | OPEN TO THE PUBLIC

12:45-3:45 PM

SESSION 5: RACE AGAINST TIME WITH ASAFA POWELL | OPEN TO THE PUBLIC

Session Moderators: Dainia Baugh, MD, FRCP (Edin) - HIC and Marietta Ambrose, MD, MPH, MEd, FACC - University of Pennsylvania

TIME	PROGRAM
	The Asafa Powell Story: The Science of Speed, Aging and Human Performance Interactive race-video analysis and conversation with Asafa Powell, Olympic Medalist and Former 100m World Record Holder
	<i>Scientific Analyst: Yannis P. Pitsiladis, MMedSci, PhD, FACSM</i>
12:45-1:15 PM	Professor, Hong Kong Baptist University; Director, Centre for Exercise Science and Medicine (CESAME); Chair, Scientific Commission, International Federation of Sports Medicine (FIMS); Chair, Scientific and Education Commission, European Federation of Sports Medicine Associations (EFSMA); Member, International Olympic Committee (IOC) Medical and Scientific Commission; Member, Health, Medical and Research Committee, World Anti-Doping Agency (WADA); Founding Director, FIMS Collaborating Centre of Sports Medicine, University of Brighton, United Kingdom.
1:15-1:35 PM	From Olympic Performance to Lifelong Heart and Brain Health Spontaneous discussion of aging, cardiorespiratory fitness, exercise, recovery and healthy longevity Featuring Asafa Powell with Scientific Analyst Yannis Pitsiladis, MMedSci, PhD, FACSM
1:35-2:00 PM	Live Conversation and Public Audience Q&A Asafa Powell, Yannis Pitsiladis, MMedSci, PhD, FACSM Moderators: Dainia Baugh, MD, FRCP (Edin) - HIC and Marietta Ambrose, MD, MPH, MEd, FACC - University of Pennsylvania

HIC/YALE POSTDOCTORAL FELLOW PRESENTATIONS: UNRAVELING CARDIOVASCULAR DISEASE PHENOTYPES IN JAMAICA

2:00-2:50 PM | Moderators: Cesia Gallegos Kattan, MD, MHS, FASNC and Sara Tabatabai, MD, FACC - Yale University

TIME	PROGRAM
2:00-2:17 PM	TBD <i>Xavier Brown, MD</i>
2:40-2:50 PM	Audience Q&A

SESSION 6: MENOPAUSE, BRAIN AND HEART HEALTH: LIVING WELL THROUGH MIDLIFE AND BEYOND | OPEN TO THE PUBLIC

Session Chairs and Moderators: Dainia Baugh, MD, FRCP (Edin) - HIC, Erica S. Spatz, MD, MHS, FACC, FAHA - Yale University and Chinyere Anyaogu, MD, MPH, MBA, FACOG

TIME	PROGRAM
	Menopause, Cardiovascular Risk and Healthy Aging
2:50-3:10 PM	<i>Norrissa Haynes, MD, MPH, MSHP</i> - Assistant Professor of Medicine (Cardiovascular Medicine), Yale School of Medicine; Board Member, HIC Foundation and Co-Chair of the Global Health Committee, Association of Black Cardiologists (ABC); Co-Founder, Global MedEd.
3:10-3:30 PM	Navigating Menopause: Hormone Therapy, Symptoms and Healthy Aging <i>Mary Jane Minkin, MD, FACOG</i> —Clinical Professor of Obstetrics, Gynecology and Reproductive Sciences, Yale School of Medicine; nationally recognized specialist in menopause management, menopausal hormone therapy, and women's reproductive health; recipient of the North American Menopause Society's Certified Menopause Practitioner designation and a longstanding contributor to public education on women's midlife health.
3:30-3:50 PM	Know Your Numbers: Controlling Blood Pressure to Protect Your Heart and Brain <i>Gbenga Ogedegbe, MD, MPH, FACP – NYU--</i> Dr. Adolph and Margaret Berger Professor of Medicine and Population Health, NYU Grossman School of Medicine; Director, Institute for Excellence in Health Equity, NYU Langone Health United States
3:50-4:05 PM	Public Questions: What Women Can Do Now for Better Brain and Heart Health <i>Moderated by Dainia Baugh, MD, FRCP (Edin) and Erica S. Spatz, MD, MHS, FACC, FAHA, with Dr. Chinyere Anyaogu</i>

CLOSING REMARKS AND CONFERENCE ADJOURNMENT

4:05-4:15 PM | *Ernest Madu, MD, FACC, FESC, FIACS, FRCP (Edin); Edward J. Miller, MD, PhD, FASNC; Dainia Baugh, MD, FRCP (Edin); and Marietta Ambrose, MD, MPH, MEd, FACC*