Improving Dyslipidemia management in the Gulf Cooperative Council (GCC) through the development of IAS-OSLA Course on “Lipid Metabolism and Cardiovascular Risk”

Oman Society of Lipid and Atherosclerosis (OSLA) in collaboration with International Atherosclerosis Society (IAS)

8/1/13 - 12/31/15

Grant Award: #11540163

Purpose

The IAS-OSLA Course on “Lipid Metabolism and Cardiovascular Risk” aims to increase the knowledge and experience of early-to mid-career English-speaking practicing clinicians interested in the management of lipid disorders in the Middle East and North Africa (MENA) region.

Scope

Cardiovascular diseases mortality rate remains high in the MENA region. This could be attributed to the high rate of uncontrolled multiple risk factors such as dyslipidemia, diabetes, obesity, hypertension and smoking. Data from the Gulf Cooperative Council (GCC) and other Middle East countries showed large gap in the management of dyslipidemia in the region that could be attributed to physician knowledge and patient awareness about the disease. In the MENA region few programs currently exist to educate physicians regarding dyslipidemia management. Therefore; the most effective method combatting dyslipidaemia and reducing morbidity and mortality outcomes in the region is by implementing educational programs for physicians.

Method

- The lipid course consists of three days of lectures and interactive workshops delivered by leader and experts in the field of lipid disorders.

- The participants included were clinicians including cardiologists, endocrinologists, pediatricians, general practitioners, lipidologists, and clinical biochemists from different fields related to lipid management and restricted to the MENA region. The participants are admitted to the course upon submission of the required documents and selection criteria by the scientific committee consist of members from both IAS and OSLA.

Results

The 2015 and 2016, IAS-OSLA Lipid Course on “Lipid Metabolism and Cardiovascular Risk” has been extremely successful and has attracted 67 participants from 17 countries from the MENA Region including many of the GCC countries. The residential courses aims to increase the knowledge and experience of early- to mid-career English-speaking practicing clinicians interested in the management of lipid disorders. This unique series has also been successful in linking local, regional, and international leaders in the field of lipid management.

Impact of the Course

The participants and the faculty are keeping an open communication through emails, networking to discuss the management of several interesting cases from their clinical practice. Also, some participants decided to start their own lipid clinic within their hospitals and organizing serial of educational lectures concerning lipid disorders management. Other participants showed interest to collaborate on research to collect data from the MENA region concerning the prevalence, management and the treatment gaps concerning the different dyslipidemia especially diabetic and familial hypercholesterolemia.

The OSLA with the support from the IAS are planning to seek for more grants to continue conducting this highly valuable educational course and graduate more clinicians who will be able to improve the management of dyslipidemia in their hospitals and institutions.

IAS-OSLA Course
Lipid Metabolism and Cardiovascular Risk
Muscat, Oman, 8-10 February 2015

DAY 1 Feb 7th	Time	DAY 2 Feb 8th	DAY 3 Feb 9th	DAY 4 Feb 10th
	7.30 – 8.30	BREAKFAST	BREAKFAST	BREAKFAST
	8.30 – 9.30	**Introductions** **Pre-Course Test**	**LDL, HDL and CVD: Epidemiology and Clinical Trials** Philip Barter (Australia)	**Genetic Approaches to Prevention and Treatment** Philip Barter (Australia)
	9.30 – 10.15	**Lipid/Lipoprotein Structure and Metabolism (Overview)** Philip Barter (Australia)	**Agents to Reduce LDL (and Future Developments)** Raul Santos (Brazil)	**Non-coronary Arterial Disease** Dimitri P Mikhailidis (UK)
	10.15 – 11.00	**Metabolism and Atherogenic Properties of LDL** Raul Santos (Brazil)	**Agents to Raise HDL (Do We Have the Right Biomarker of HDL Function?)** Jacques Genest (Canada)	**Diabetes, Metabolic Syndrome and CVD** Noor Al-Busaidi (Oman)
	11.00-11.30	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
	11.30 – 12.15	**Metabolism and Protective Properties of HDL** Jacques Genest (Canada)	**Nutraceuticals in Lipid-Lowering Treatment** Manfredi Rizzo (Italy)	**Lipid Guidelines: 2015** Dimitri P Mikhailidis (UK)
	12.15 – 13.00	**Inflammation and Atherosclerosis** Khamis Al-Hashmi (Oman)	**Statin Tolerability: Overcoming the Treatment Gap** Peter Lansberg (The Netherlands)	**Coronary Artery Disease in Women** Wael Almahmeed (UAE)
	13.00 – 14.30	LUNCH	LUNCH	LUNCH
	14.30 – 17.30	**WORKSHOP 1** **Familial Hypercholesterolemia: Diagnosis and Treatment Options** Khalid Al-Waili (Oman) Jacques Genest (Canada) Peter Lansberg (The Netherlands)	**WORKSHOP 2** **Management of Complex Lipid Cases** Zuhair Awan (KSA) Raul Santos (Brazil) Wael Almahmeed (UAE)	**WORKSHOP 3** **Lipid Management in Special Populations** Khalid Al-Rasadi (Oman) Manfredi Rizzo (Italy) Ahmad Al-Sarraf (Kuwait)
Faculty Meeting *16.00 – 18.00*	17.30 – 18.30		**Meeting of the Gulf FH Foundation**	**Post-Course Test** **Evaluation & Discussion**
WELCOME DINNER 19.30 – 22.00	19:00 – 21:00	DINNER	DINNER	FAREWELL RECEPTION 19.00 – 21.30

First IAS-OSLA Lipid Course Group Photo

The Second IAS-OSLA Course on "Lipid Metabolism and Cardiovascular Risk"
Muscat, Oman, February 22-26, 2016

DAY 1 *Monday, February 22*	Time	DAY 2 *Tuesday, February 23*	DAY 3 *Wednesday, February 24*	DAY 4 *Thursday, February 25*	DAY 5 *Friday, February 26*
	7.30 – 8.30	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST
	8.30 – 9.30	**Introductions** **Pre-Course Test**	**LDL, HDL and CVD:** **Epidemiology and Clinical Trials** Philip Barter (Australia)	**Genetic Approaches to Prevention and Treatment** Peter Lansberg (The Netherlands)	**Communications an Leadership Workshop:** Personal Effectiveness and Team Work: Going Beyond Expectations Sheikh Omar Abdul Rahman (Malaysia)
	9.30 – 10.15	**Lipid/Lipoprotein Structure and Metabolism (Overview)** Philip Barter (Australia)	**Agents to Reduce LDL (and Future Developments)** Raul Santos (Brazil)	**Non-coronary Arterial Disease** Dimitri P Mikhailidis (UK)	
	10.15 – 11.00	**Metabolism and Atherogenic Properties of LDL** Raul Santos (Brazil)	**Agents to Raise HDL (Do We Have the Right Biomarker of HDL Function?)** Philip Barter (Australia)	**Diabetes, Metabolic Syndrome and CVD** Noor Al-Busaidi (Oman)	**Personal Effectiveness and Team Work: Going Beyond Expectations** Sheikh Omar Abdul Rahman (Malaysia)
	11.00-11.30	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK
	11.30 – 12.15	**Metabolism and Protective Properties of HDL** Khalid Al-Rasadi (Oman)	**Agents to Reduce Plasma Triglyceride The present and the future** Nevrez Koylan (Turkey)	**Statin Tolerability: Overcoming the Treatment Gap** Peter Lansberg (The Netherlands)	**Personal Effectiveness and Team Work: Going Beyond Expectations** Sheikh Omar Abdul Rahman (Malaysia)
	12.15 – 13.00	**Causes of Obesity** Nadia Ahmad (UAE)	**Obesity Management (Current and Future Approaches)** Nadia Ahmad (UAE)	**Gender Differences in Acute Coronary Syndromes: Results in the Gulf RACE-I** Wael Almahmeed (UAE)	
	13.00 – 14.30	LUNCH	LUNCH	LUNCH	LUNCH
	14.30 – 17.30	**WORKSHOP 1** **Management of Patients with Familial Hypercholesterolemia** Khalid Al-Waili (Oman)/ Nevrez Koylan (Turkey) Ahmad Al-Sarraf (Kuwait)/ Raul Santos (Brazil) Zuhier Awan (KSA)/ Peter Lansberg (The Netherlands)	**WORKSHOP 2** **Management of Patients with Complex Lipid Cases** Peter Lansberg (The Netherlands)/ Wael Almahmeed (UAE) Nevrez Koylan (Turkey) /Zuhier Awan (KSA) Manfredi Rizzo (Italy)/ Noor Al-Busaidi (Oman)	**WORKSHOP 3** **Management of Lipid Disorders in Special Populations** Nadia Ahmed (UAE)/ Khamis Al-Hashmi (Oman) Ahmad Al-Sarraf (Kuwait)/Peter Lansberg (The Netherlands) Fahad Al-Zadjali (Oman)/Manfredi Rizzo (Italy)	**Personal Effectiveness and Team Work: Going Beyond Expectations** Sheikh Omar Abdul Rahman (Malaysia)
Faculty Meeting 16.00 – 18.00	17.30 – 18.30				**Post-Course Test** **Evaluation & Discussion**
WELCOME DINNER 19.30 – 22.00	19:00 – 21:00	DINNER	Satellite Symposium Sponsored by Sanofi 19.30-21.00 Dinner 21.00-22.30	DINNER	FAREWELL RECEPTION 19.00 – 21.30

Second IAS-OSLA Lipid Course Group Photo