

# CVRS Cardiology UPTODATE 2025

OCTOBER - 11,12  
Le Meridien International  
Convention Center  
Kochi



Day 1 - October 11 - 2025 - SATURDAY

09:00 AM - 01:00 PM “CARDIOLOGY MASTERCLASS”

|                  |                                                                                 |        |                                                                                        |
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| Moderator :      | Dr. Paul Puthuran                                                               |        |                                                                                        |
| Master teachers: | Prof. N.Sudhayakumar, Prof. A. George Koshy, Prof. Govindan Unni                |        |                                                                                        |
| 09.00 -10.00 AM  | Case 1                                                                          |        | Dr. Radha T.R<br>Dr. Alvin Treasa George<br>Dr. Padmakumar<br>Dr. Abraham Ittyachen.M  |
| 10.00 -10.40 AM  | ECGs for MD exam                                                                |        | Dr. C.P Karunadas                                                                      |
| 10.40 -11.00 AM  | Tea Break                                                                       |        |                                                                                        |
| 11.00 -12.00 PM  | Case 2                                                                          |        | Dr. Reny Issac                                                                         |
|                  |                                                                                 |        | Dr. Legha.R<br>Dr. M.G.K. Pillai<br>Dr. Krishnakumar                                   |
| 12.00 - 12.40 PM | X-rays for MD exam                                                              |        | Dr. V.L. Jayaprakash                                                                   |
| 12.40 - 01.00 PM | What does the Examiner expect from you?                                         |        | Dr. Alvin Treasa George<br>Dr. Legha.R<br>Dr. Abraham Ittyachen.M<br>Dr. M.G.K. Pillai |
| 01.00 - 01.40 PM | Lunch Break                                                                     |        |                                                                                        |
| 1.40 - 2.00 PM   | BLOCK BUSTERS                                                                   |        |                                                                                        |
| Chairpersons :   | Dr. P.P. Mohanan, Dr. Venugopal.K, Dr. Geevar Zachariah                         |        |                                                                                        |
|                  | STEPping UP towards a transformative health centric approach to Obesity care    | 15 mts | Dr. Rahul Valsaraj                                                                     |
|                  | Discussion                                                                      | 5 mts  |                                                                                        |
| 2.00 - 3.00 PM   | HYPERTENSION                                                                    |        |                                                                                        |
| Chairpersons:    | Dr. Saju Francis, Dr. Prasannakumar, Dr. Raghu K Warriar, Dr. Subitha Bharathan |        |                                                                                        |
| Moderator :      | Dr. Jabir Abdullakutty                                                          |        |                                                                                        |
|                  | Ambulatory BP Monitoring- Current Indications and interpretation                | 7 mts  | Dr. Cibi Issac                                                                         |
|                  | Managing High BP in ER                                                          | 7 mts  | Dr. Anil Balachandran                                                                  |
|                  | High BP in pregnancy – The way Forward                                          | 7 mts  | Dr. Saritha Sekhar                                                                     |
|                  | 32 year old female with BP of 180/110 and dimness of vision                     | 20mts  | Dr. Jabir Abdullakutty<br>Dr. Vijo George<br>Dr. Teffy Jose<br>Dr. Aju Ajai            |
|                  | Discussion                                                                      | 10 mts |                                                                                        |





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| 03.00 - 03.45 PM | LIPIDS, EXERCISE AND DIET                                                         |        |                                                                                                   |
| Chairpersons :   | Dr. GeethaPhilips, Dr. Karthik Balachandran , Dr. George Thomas                   |        |                                                                                                   |
| Moderator :      | Dr. Anand Kumar V                                                                 |        |                                                                                                   |
|                  | High Triglycerides-Should I treat?                                                | 7 mts  | Dr. Manikandan                                                                                    |
|                  | Exercise in a healthy person-Why and How?                                         | 7 mts  | Dr. Sujay Renga                                                                                   |
|                  | 45 Years Old male with Recent AWMI- What to eat and how to exercise?              | 20 mts | Dr. Anand Kumar.V<br>Dr. Jo Joseph<br>Dr. Paul Thomas<br>Dr. Arun Kumar                           |
|                  | Discussion                                                                        | 10 mts |                                                                                                   |
| 03.50 - 04.10 PM | ECG– INTERACTIVE SESSION                                                          |        |                                                                                                   |
| Chairpersons :   | Dr. Govindan Unni, Dr. Jo Joseph                                                  |        |                                                                                                   |
|                  | Various presentations in MI                                                       | 20 mts | Dr. Cibu Mathew                                                                                   |
| 04.10 - 04.25 PM | TEA BREAK                                                                         |        |                                                                                                   |
| 04.30 - 05.15 PM | ACUTE CORONARY SYNDROME                                                           |        |                                                                                                   |
| Chairpersons :   | Dr. Sujith S.Nair, Dr. Anish George Philip, Dr. Cijo Kunjachan                    |        |                                                                                                   |
| Moderator :      | Dr. P.P Mohanan                                                                   |        |                                                                                                   |
|                  | Chest pain with normal ECG-Should I refer?                                        | 7 mts  | Dr. Bino Benjamin                                                                                 |
|                  | Primary angioplasty video                                                         | 7 mts  | Dr. Sulthan Raslin Salih                                                                          |
|                  | 50-year-old diabetic Hypertensive smoker with central chest pain for last 2 hours | 20 mts | Dr. P.P.Mohanan<br>Dr. Sagy Kuruttukulam<br>Dr. Dhanus Sadasivan Nair<br>Dr. Sandeep Rajasekharan |
|                  | Discussion                                                                        | 10 mts |                                                                                                   |
| 05.20 - 06.00 PM | THERAPEUTIC DILEMMA                                                               |        |                                                                                                   |
| Chairpersons :   | Dr. C.P.Karunadas, Dr. Anil Balachandran, Dr. Sajan Ahmad.Z                       |        |                                                                                                   |
| Moderator :      | Dr. Cibi Issac                                                                    |        |                                                                                                   |
|                  |                                                                                   |        | Panelists :                                                                                       |
|                  | Understanding LDL variability A key to better cardiovascular outcomes             | 30 mts | Dr. Jabir Abdullakutty<br>Dr. Renjukumar.B.C<br>Dr. Nigil Cletus<br>Dr. Shafiq Rehman             |
|                  | Discussion                                                                        | 10 mts |                                                                                                   |
| 06.00 - 06.55 PM | HEART FAILURE                                                                     |        |                                                                                                   |
| Chairpersons :   | Dr. Balachandran, Dr. Anitha Nambiar, Dr Sujith Vasudevan, Dr. Sumesh Chacko      |        |                                                                                                   |
| Moderator :      | Dr. K. Siva Prasad                                                                |        |                                                                                                   |
|                  | Echo in Heart Failure- Interpreting the images and reports                        | 7 mts  | Dr. Krishnakumar                                                                                  |
|                  | Where will I use Vericiguat?                                                      | 7 mts  | Dr. Saji Subramanian                                                                              |
|                  | Iron deficiency in heart failure                                                  | 7 mts  | Dr. Jay B.Pattam                                                                                  |
|                  | 60-year male with dyspnoea edema and echo EF 34%                                  | 20 mts | Dr. Sivaprasad<br>Dr. Manu Varma<br>Dr. Hisham Ahamed<br>Dr. Ramya Das.N.K                        |
|                  | Discussion                                                                        | 10 mts |                                                                                                   |



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| 07.00 - 07.20 PM | INAUGURATION                                                              |        |                  |
| 07.20 - 07.45 PM | TIPS AND TRICKS OF HF TREATMENT                                           |        |                  |
| Chairpersons :   | Dr. George Paulose , Dr. Sadakathulla A, Dr. Nazimudeen E, Dr. Aneesh C A |        |                  |
|                  | The Indian HF challenge Manging co morbidities with ARNI                  | 10 mts | Dr. Suresh Davis |
|                  | SGLT2i for all Heart failure patients ?                                   | 10 mts | Dr. Abhilash T G |
|                  | Discussion                                                                | 5 mts  |                  |
| 8.00 PM          | GALA DINNER                                                               |        |                  |

Day 2 - October 12 - 2025 - SUNDAY

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| 08.30 - 09.00 AM | BLOCKBUSTERS                                                                                             |        |                                                                                               |
| Chairpersons :   | Dr. Rajesh.G, Dr. Praveen G K, Dr. Deepak Nandan                                                         |        |                                                                                               |
|                  | Closing gaps in Hypertrophic Cardiomyopathy                                                              | 10 mts | Dr. Jayagopal.P.B                                                                             |
|                  | Tirzepatide: Head-to-Head with GLP-1 RAs / Tirzepatide vs Semaglutide: Evidence from Head-to-Head Trials | 15 mts | Dr. Vivek Mathew                                                                              |
|                  | Discussion                                                                                               | 5 mts  |                                                                                               |
| 09.00 - 09.45 AM | GREY AREAS IN CAD                                                                                        |        |                                                                                               |
| Chairpersons :   | Dr. Udayabhanu, Dr. Praveen Kumar, Dr. Sony Joseph                                                       |        |                                                                                               |
| Moderator :      | Dr. Venugopal.K                                                                                          |        |                                                                                               |
|                  | Cardiac Troponins - Use and Misuse                                                                       | 7 mts  | Dr. Praveen.S                                                                                 |
|                  | LASER therapy - the key to all CAD ?                                                                     | 7 mts  | Dr. Sajan Ahmad.Z                                                                             |
|                  | Case : Post MI investigations & treatment                                                                | 20 mts | Dr. Venugopal.K<br>Dr. Karunadas.C.P<br>Dr. Deepak Nandan<br>Dr. Ullas C.S                    |
|                  | Discussion                                                                                               | 10 mts |                                                                                               |
| 09.45 - 10.25 AM | AMWALKING THE TIGHT ROPE                                                                                 |        |                                                                                               |
| Chairpersons :   | Dr. K.A. Chacko, Dr. C.P. Karunadas, Dr. Cibu Mathew                                                     |        |                                                                                               |
|                  | Choosing NOAC according to patient profile                                                               | 7 mts  | Dr. James Thomas                                                                              |
|                  | Prosthetic valve patient on Warfarin for hernia Surgery                                                  | 7 mts  | Dr. Kiran Jacob                                                                               |
|                  | Patient on DAPT for dental extraction                                                                    | 7 mts  | Dr. Praveen.G.K                                                                               |
|                  | Discussion                                                                                               | 10 mts |                                                                                               |
| 10.25 -10.35 AM  | TEA BREAK                                                                                                |        |                                                                                               |
| 10.40 -11.30 AM  | OBESITY - THE CURRENT VILLAIN                                                                            |        |                                                                                               |
| Chairpersons :   | Dr. James Sebastian, Dr. Shyamala Menon, Dr. Jilse George                                                |        |                                                                                               |
| Moderator :      | Dr. Jayagopal P B                                                                                        |        |                                                                                               |
|                  | Science of Obesity / Why Obesity is a Chronic Disease ?                                                  | 15 mts | Dr. Anand Kumar.V                                                                             |
|                  | Case : Obese Diabetic person with Dyspnoea Edema and borderline Creatinine                               | 30 mts | Dr. Jayagopal.P.B<br>Dr. Anand Kumar.V<br>Dr. Tom Babu<br>Dr. Praveenkumar<br>Dr. Sonu Manuel |
| Discussion       | 5 mts                                                                                                    |        |                                                                                               |



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| 11.35 - 11.55 AM | GUEST LECTURE                                                                   |        |                                                                                     |
| Chairpersons :   | Dr. Venugopal, Dr. P.P.Mohan, Dr. Geevar Zachariah                              |        |                                                                                     |
|                  | CT Calcium and CTCA made easy for physicians                                    | 15 mts | Dr. Johan Christopher                                                               |
|                  | Discussion                                                                      | 5 mts  |                                                                                     |
| 12.00 -12-40 PM  | THERAPEUTIC DILEMMA                                                             |        |                                                                                     |
| Chairpersons :   | Dr. Rafeek Muhammed, Dr. Vijayakumar, Dr. Madhu Kumar, Dr. George Kurian        |        |                                                                                     |
| Moderator :      | Dr. Geevar Zachariah                                                            |        |                                                                                     |
|                  |                                                                                 |        | Panelists :                                                                         |
|                  | A patient with Diabetic Ketoacidosis, heart failure and renal impairment 30 mts |        | Dr. Binu Upendran<br>Dr. Geena Susan George<br>Dr. Deepu Abraham<br>Dr. Shifas Babu |
| Discussion       | 10mts                                                                           |        |                                                                                     |
| 12.40 - 01.00 PM | ECG – INTERACTIVE SESSION                                                       |        |                                                                                     |
| Chairpersons :   | Dr. Geevar Zachariah, Dr. Jayagopal P.B                                         |        |                                                                                     |
|                  | Interesting Arrhythmias                                                         | 20 mts | Dr. Jimmy George                                                                    |
| 01.00 - 01.30 PM | CLINICAL CLUB                                                                   |        |                                                                                     |
| Chairpersons :   | Dr. Gopakumar K S, Dr. Dhanesh E S, Dr. Jabir Abdullakutty                      |        |                                                                                     |
|                  | Decoding a Syncope                                                              | 7 mts  | Dr. Anil Balachandran                                                               |
|                  | Curious case of an arrhythmia                                                   | 7 mts  | Dr. Shiji Thomas                                                                    |
|                  | Death Defied                                                                    | 7 mts  | Dr. Vijin Joseph                                                                    |
|                  | Discussion                                                                      | 5 mts  |                                                                                     |
| 01.30 - 01.45 PM | HF SCREENING MATRIX                                                             |        |                                                                                     |
|                  | Screening simplified to secure heart                                            | 10 mts | Dr. Jayagopal.P.B                                                                   |
|                  | Discussion                                                                      | 5 mts  |                                                                                     |
| 01.45 PM         | LUNCH                                                                           |        |                                                                                     |

Organising Committee :



Dr. Karunadas C.P  
Scientific Chairman



Dr. Cibu Mathew  
Co Scientific Chairman



Dr. Anil Balachandran  
Organising Secretary



Dr. Jabir Abdullakutty  
Organising Chairman



Dr. Mohanan P.P  
President



Dr. Geevar Zachariah  
Vice President



Dr. Venugopal. K  
Vice President



Dr. Jimmy George  
Joint Organising Secretary