



Penn Medicine

Continuing Medical and
Interprofessional Education

Renal-Electrolyte & Hypertension and Cardiology Divisions at Penn Medicine
Present

LIVE VIRTUAL

**PENN
HYPERTENSION,
INSULIN-RESISTANCE,
LIPID, AND
ATHEROSCLEROSIS MEETING 2026**

CME/CE-ACCREDITED CONFERENCE



FRIDAY, OCTOBER 16, 2026

8:00 AM – 12:40 PM EST



Delaware Valley Chapter

<https://upenn.cloud-cme.com/PHILA2026>



PROGRAM OVERVIEW & TARGET AUDIENCE

CVD is the leading cause of death in the US. Hypertension and diabetes are among the foremost risk factors for the development of CVD, stroke, peripheral artery disease, and heart attack. This program will provide an overview of recent advances that target the underlying pathophysiology of cardiovascular disease and an updated approach to the management of hypertension, lipids, and cardiometabolic disease.

This activity is designed for nephrologists, cardiologists, general internists, family practitioners, physician assistants, advanced practice nurses, healthcare professionals, pharmacists, residents and fellows.

LEARNING OBJECTIVES

Upon conclusion of this educational activity, the participant will be better able to:

- List how to screen for and treat primary aldosteronism.
- Describe how to utilize Lp(a) in lipid management.
- Identify patients in whom coronary artery calcium score should be obtained and understand how the result impacts lipid management.
- Discuss the current state of wearable device technologies.

HOSTING DEPARTMENT

Penn Hypertension, Insulin Resistance, Lipid, and Atherosclerosis Meeting 2026 is hosted by the Renal-Electrolyte & Hypertension and Cardiology Divisions at Penn Medicine.



ACCREDITATION



In support of improving patient care, Penn Medicine is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

DESIGNATION OF CREDIT

Physicians: Penn Medicine designates this live activity for a maximum of 4.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



ABIM MOC: Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 4.25 MOC points in the American Board of Internal Medicine's (ABIM)

Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Nurses: This program provides 4.25 NCPD hours.

Pharmacists: This knowledge-based activity is approved for 4.25 ACPE contact hours of continuing pharmacy education credit. JA0000324-0000-26-048-L01-P

Physician Assistants: AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit™* from organizations accredited by ACCME or a recognized state medical society. PAs may receive a maximum of 4.25 Category 1 credits for completing this activity.

Certificates and Transcripts: After the conference has concluded, all participants will receive a follow-up email with a link with instructions on how to claim their credit. Once participants submit the request for credit, the earned credits will be available for viewing on your transcript or available for printing at <https://upenn.cloud-cme.com>. Please note that the individual certificate will not be mailed.

Please save our Penn Medicine email (penncme@upenn.cloud-cme.com) to prevent our emails from going to spam/junk.

NONDISCRIMINATION STATEMENT The University of Pennsylvania values diversity and seeks talented students, faculty, and staff from diverse backgrounds. The University of Pennsylvania does not discriminate on the basis of race, sex, sexual orientation, gender identity, religion, color, national or ethnic origin, age, disability, or status as a Vietnam Era Veteran or disabled veteran in the administration of educational policies, programs or activities; admissions policies; scholarship and loan awards; athletic, or other University administered programs or employment. Questions or complaints regarding this policy should be directed to Executive Director, Office of Affirmative Action and Equal Opportunity Programs, 3600 Chestnut Street, Sansom Place East Suite 228, Philadelphia, PA 19104-6106 or 215-898-6993 (Voice) or 215-898-7803 (TDD). www.upenn.edu/affirm-action.



A VIRTUAL PRESENTATION

Penn Hypertension, Insulin Resistance, Lipid, and Atherosclerosis Meeting 2026 will be live-streamed only on Friday, October 16, 2026. Attendees will be required to sign into the conference using your first name, last name and email address in order to be marked as attended and receive credit, if applicable.

All preregistered attendees will receive an email with the link to join the live broadcast 24-48 hours prior to the conference date.

REGISTRATION FEES

Please register online at

<https://upenn.cloud-cme.com/PHILA2026>.

Penn Hypertension, Insulin Resistance, Lipid, and Atherosclerosis Meeting 2026 is \$50 for all attendees except the following: Penn Medicine employees, faculty, staff & students, Drexel University faculty, staff & students and Jefferson University residents, fellows & students may register at a reduced rate of \$10. Penn Medicine Departments of Medicine and Cardiovascular faculty, staff, residents & students may register at no charge*.

Need to Register by Mail? Please note: mailed registrations can take up to 5-10 business days before they are received. We are experiencing longer delays in receiving mail. We encourage all attendees to register online, however, if you want to mail in your registration, see the registration form. All registrations will be confirmed by email if your registration is received no later than October 14, 2026. **BE SURE TO CHECK YOUR SPAM BOX FOR EMAILS REGARDING THIS CONFERENCE.** Adding penncme@upenn.cloud-cme.com to your safe sender list will reduce the chances of our notifications going to your spam box.

How to Register Online: If you do not already have a UPenn Cloud CME profile, you will need to create one by visiting: **<https://upenn.cloud-cme.com>** and using your email address and then selecting the "Don't have an account?" option. Please be sure you do not already have an existing UPenn Cloud CME account before creating a new profile. All Penn Medicine employees, faculty and staff must sign-in using your UPenn ID.

DISCLOSURES

Penn Medicine, Office of Continuing Medical and Interprofessional Education, adheres to the *ACCME Standards for Integrity and Independence in Accredited Continuing Education*. Faculty members are expected to disclose to participants any discussions of off-label and/or investigational uses of pharmaceutical products or devices within their presentations.

CANCELLATION POLICY

In order to process refunds for course withdrawals, cancellations must be received in writing by October 2, 2026 and are subject to a \$15.00 service charge. No refunds will be issued thereafter.

In the event of cancellation or postponement, the University will refund registration fees but is not responsible for related costs or expenses to participants, including cancellation fees assessed by hotels, airlines, and travel agencies.

**Penn Medicine staff must register using a Penn Medicine email address to receive complimentary registration.*



FACULTY

COURSE DIRECTORS

Jordana Cohen, MD, MSCE

Associate Professor of Medicine and Epidemiology
Deputy Director of Epidemiology
Renal-Electrolyte and Hypertension Division, Department of Medicine
Department of Biostatistics, Epidemiology, and Informatics
Renal-Electrolyte & Hypertension Division
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Matthew Denker, MD, MSCE

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Douglas Jacoby, MD

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Chief of the Division of Cardiology, Pennsylvania Hospital
Medical Director, Center for Preventive Cardiology and Lipid Management
University of Pennsylvania Health System
Chair, Clinical Effectiveness and Quality Improvement, Pennsylvania Hospital
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SPEAKERS

Archana Bajaj, MD, MSCE, FNLA

Assistant Professor of Clinical Medicine
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Director, Clinical Trials, Center for Preventive
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Debbie Cohen, MD

Professor of Medicine
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Director of Pheochromocytoma/
Paraganglioma Program
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John Demko, MD

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Associate Program Director
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FACULTY *continued*

SPEAKERS

Yonghong Huan, MD

Associate Professor of Clinical Medicine
(Renal-Electrolyte and Hypertension)
Medical Director, Penn Outpatient
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Medical Director, Inpatient PD Program
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Fahdem Iamrl, MD

Preventive Cardiology Fellow
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Andrew Kohut, MD, MPH

Clinical Associate Professor of Medicine
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Director of Cardiovascular Noninvasive Imaging
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Director of Cardio-Oncology
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Emily Hanaro Lee, MSN, CRNP, FNP-BC*

Nurse Practitioner
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Director of Electrophysiology Fellowship
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Director Electrophysiology Lab
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Frederick A. Nunes, MD

Clinical Professor of Medicine (Gastroenterology)
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Pennsylvania Hospital
Director of Endoscopy, Pennsylvania Hospital
Endoscopy Center
Penn Medicine Clinician, Pennsylvania Hospital
Section Chief, Division of Gastroenterology
Pennsylvania Hospital
President Medical Executive Committee
Pennsylvania Hospital
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Riya Patel, PharmD, AE-C*

Clinical Pharmacist Specialist
Ambulatory Care
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Rachel Shulman, MD, MSCE

Instructor A of Medicine
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Mark H. Schutta, MD

G. Clayton Kyle Professor in Diabetes
Attending Physician, Hospital of the
University of Pennsylvania
Director of Diabetes Strategy, Penn Medicine
Medical Director, Institute for Diabetes, Obesity
and Metabolism
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Daniel Soffer, MD, FNLA

Clinical Associate Professor of Medicine
Division of Translational Medicine and
Human Genetics
Director of Education, Center for Preventive
Cardiology and Lipid Management
University of Pennsylvania Health System
Penn Medicine
Philadelphia, PA

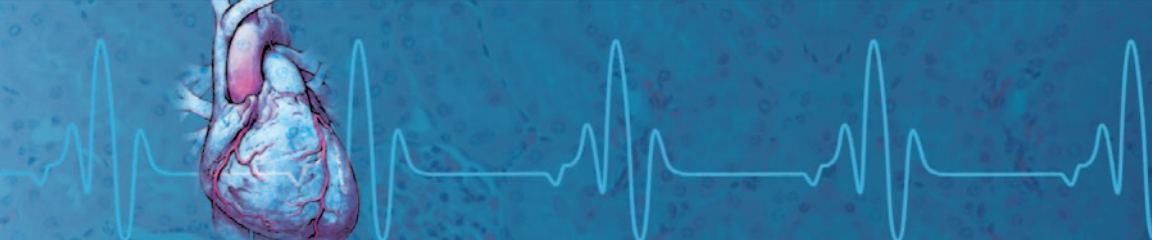
Raymond R. Townsend, MD

Emeritus Professor CE of Medicine
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Director, Hypertension Section
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Gayley B. Webb, MSN, CRNP*

Nurse Practitioner
Division of Cardiovascular Medicine
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*Nurse & Pharmacy Planners



AGENDA | FRIDAY, OCTOBER 16, 2026

- 7:45 AM – 8:00 AM Sign into Virtual Platform
- 8:00 AM – 8:05 AM **Welcome & Introductions**
Jordana Cohen, MD, MSCE

SESSION I: ENDOCRINE HYPERTENSION

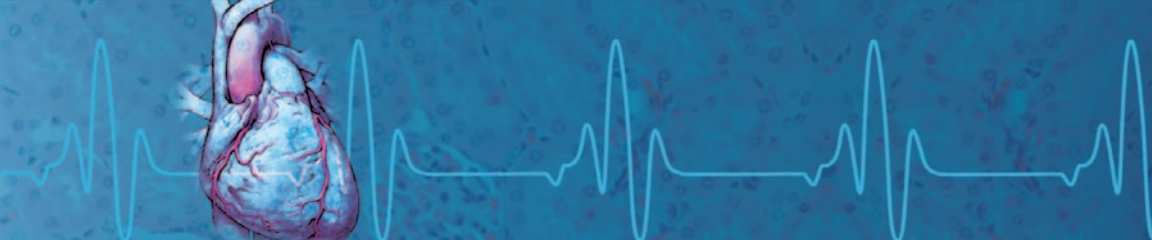
- 8:05 AM – 8:15 AM **Primary Aldosteronism Screening**
Matthew Denker, MD, MSCE
- 8:15 AM – 8:25 AM **Primary Aldosteronism Management**
John Demko, MD
- 8:25 AM – 8:35 AM **When and How to Screen for (non-PA) Endocrine Causes of Hypertension**
Debbie Cohen, MD
- 8:35 AM – 8:55 AM **Q&A Panel and Case Presentation with the Speakers**
Moderator: Maria Bonanni, MSN, CRNP
- 8:55 AM – 9:00 AM Break

SESSION II: SIDE EFFECTS/ADVERSE REACTIONS

- 9:00 AM – 9:10 AM **Common Adverse Reactions from Antihypertensives and How to Manage Them**
Raymond Townsend, MD
- 9:10 AM – 9:20 AM **Common Drugs that Cause/Worsen Hypertension**
Andrew Kohut, MD, MPH
- 9:20 AM – 9:30 AM **Common Side Effects of GLP-1/SGLT2ie**
Serena Cardillo, MD
- 9:30 AM – 9:50 AM **Q&A Panel and Case Presentation with the Speakers**
Moderator: Riya Patel, PharmD, AE-C
- 9:50 AM – 10:00 AM Break

SESSION III: CARDIAC RISK REDUCTION

- 10:00 AM – 10:10 AM **Lipid Guidelines**
Daniel Soffer, MD
- 10:10 AM – 10:20 AM **Calcium Scoring**
Douglas Jacoby, MD
- 10:20 AM – 10:30 AM **Lp(a)**
Archana Bajaj, MD, MSCE
- 10:30 AM – 10:50 PM **Q&A Panel and Case Presentation with the Speakers**
Moderator: Douglas Jacoby, MD and Fahdem Iamrl, MD
- 10:50 AM – 10:55 PM Break



AGENDA | FRIDAY, OCTOBER 16, 2026 *continued*

SESSION IV: SPECIAL POPULATIONS

- 10:55 AM – 11:05 AM **Advanced CKD/ESKD**
Yonghong Huan, MD
- 11:05 AM – 11:15 AM **NASH/NAFLD (Fibrous Scans)**
Frederick A. Nunes, MD
- 11:15 AM – 11:25 AM **Elderly/Labile Blood Pressure**
Rachel Shulman, MD, MSCE
- 11:25 AM – 11:40 AM **Q&A Panel and Case Presentation with the Speakers**
Moderator: Rachel Shulman, MD, MSCE
- 11:40 AM – 11:50 AM Break

SESSION V: WEARABLES

- 11:50 AM – 12:00 PM **Cuffless BP Devices**
Jordana Cohen, MD, MSCE
- 12:00 PM – 12:10 PM **Exercise Cardiology**
Jeffrey J. Luebbert, MD
- 12:10 PM – 12:20 PM **CGM in Prediabetes**
Mark H. Schutta, MD
- 12:20 PM – 12:40 PM **Q&A Panel and Case Presentation with the Speakers**
Moderators: Jordana Cohen, MD, MSCE and Ali Mohsin Choudhry, MD
- 12:40 PM Adjourn

LIVE VIRTUAL

Registration Form

PENN HYPERTENSION, INSULIN-RESISTANCE, LIPID, AND ATHEROSCLEROSIS MEETING 2026

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We strongly encourage you to register for this conference online by check or credit card at
<https://upenn.cloud-cme.com/PHILA2026>

Questions? Contact us at:

penncme@penncme.upenn.edu • Phone: 215-898-6400 or 215-898-8005

Please note we are unable to accept faxed registration forms.

Please print or type

Name (First) _____ (Last) _____

Academic Degree _____

Medical Specialty _____

Affiliation (Hospital, Office, or Company) _____

Address (☐ Affiliation or ☐ Home) _____

City _____ State _____ Zip _____

Phone _____ Fax _____

E-mail _____

REGISTRATION FEE

(pre-payment is required to be officially registered)

- ☐ \$50.00 for Practicing Physicians and Industry Representatives, Nurses, Healthcare Professionals, Residents and Fellows
- ☐ \$10.00 for all Penn Medicine employees, faculty, staff & students, Drexel University faculty, staff & students and Jefferson University residents, fellows and students
- ☐ No fee for Penn Medicine Department of Medicine or Cardiovascular Medicine Attendee.
**Must use valid Penn Medicine email address to register and receive complimentary registration.*

PAYMENT METHOD

- If you are paying by check or credit card, please register online at
<https://upenn.cloud-cme.com/PHILA2026>
- If you are paying by check, you may mail your completed registration form and check made payable to **The Trustees of the University of Pennsylvania/CME** to:
Conference Manager, Office of Continuing Medical & Interprofessional Education
Perelman School of Medicine/CME
JMEC, SPE, 6th Floor, University of Pennsylvania
3400 Civic Center Blvd, Building 421, Philadelphia, PA 19104-5162
- Do not include any credit card information on the registration form or share via email.