

IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025



UNIVERSITY OF PENNSYLVANIA

Friday-Saturday
May 9-10, 2025

Arthur H. Rubenstein Auditorium
Smilow Center for Translational Research
3400 Civic Center Blvd.
Philadelphia, PA 19104

CME/CE-ACCREDITED CONFERENCE



This conference will be live streamed

<https://upenn.cloud-cme.com/HFpEF2025>





IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025

HOSTED BY THE DEPARTMENT OF MEDICINE AND THE DIVISION OF CARDIOVASCULAR MEDICINE AT PENN MEDICINE

PROGRAM OVERVIEW & TARGET AUDIENCE

While the incidence of heart failure with reduced ejection fraction (HFrEF) has decreased, that of heart failure with preserved ejection fraction (HFpEF) continues to rise, accounting for ~50% of heart failure hospitalizations. Patients with HFpEF suffer mentally and physically, like their HFrEF counterparts, and are markedly limited in terms of their functional capacity and quality of life. Yet in contrast to HFrEF, there are few effective pharmacologic treatments for HFpEF, despite numerous clinical trials. To address this urgent need, many clinicians and researchers have focused on this important medical and societal issue. Improved strategies now exist to diagnose this condition, and multifaceted treatment options can help to alleviate some of the morbidity of the disease. This symposium will highlight diagnostic strategies and review the evidence base for pharmacologic therapies. Treatment of comorbid conditions found in HFpEF patients will also be discussed. Additional didactics highlighting the sources of exertional intolerance in HFpEF patients will be presented, with an emphasis on cardiopulmonary exercise testing. The topics chosen for this conference represent the state-of-the-art in HFpEF management, incorporating the expertise of numerous disciplines including cardiology, pulmonology, radiology, sleep medicine, and endocrinology. The meeting is intended to provide an in-depth summary of HFpEF management to practicing clinicians across numerous disciplines, including Physicians, Nurse Practitioners, and Physician Assistants.

LEARNING OBJECTIVES

At the conclusion of this educational activity, the participant should be able to:

- Review the diagnostic criteria for HFpEF, including when to use advanced imaging or hemodynamic assessment
- Describe the electrophysiologic manifestations of HFpEF and their treatments
- Identify HFpEF mimickers, including amyloidosis, sarcoidosis, and inherited cardiomyopathies
- Discuss novel therapies that are on the horizon for HFpEF
- Discuss the role of non-cardiac structures (such as the arterial system and other organs) in the pathogenesis and treatment of the patient with HFpEF
- Review the potential causes of exertional intolerance in HFpEF patients



The *UPenn HFpEF 2025 Symposium* is officially endorsed by the Heart Failure Society of America. The opinions presented in this educational activity do not necessarily reflect the opinions or recommendations of the HFSA.

IN-PERSON AND VIRTUAL: UPenn HFpEF Symposium 2025

ACCREDITATION



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

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 11.25 *AMA PRA Category 1 Credits*™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Amount of Credit

Available by Day:

Friday – 7.0

Saturday – 4.25

Total = 11.25



ABIM MOC: Successful completion of this CME activity,

which includes participation in the evaluation component, enables the participant to earn up to 11.25 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 11.25 NCPD hours.

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 11.25 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 and instructions on where to complete the post-test, evaluation and obtain their credits. After participants complete these elements, the 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.

Cancellation Policy: In order to process refunds for course withdrawals, cancellations must be received in writing by April 29, 2025 (subject to a service charge equivalent to 10% of the registration fee, but no less than \$25.00). No refunds will be issued thereafter.

The University reserves the right to cancel or postpone any course due to unforeseen circumstances. 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.



IN-PERSON AND VIRTUAL: UPenn HFpEF Symposium 2025

LIVE AND VIRTUAL PRESENTATIONS

The *UPenn HFpEF Symposium 2025* will be held Friday-Saturday, May 9-10, 2025 by in-person or live-stream (virtual) attendance. The live and virtual presentations will follow the scheduled agenda in real time (EDT).

TO ATTEND IN-PERSON:

Meeting Location

Arthur H. Rubenstein Auditorium at the Smilow Center for Translational Research
3400 Civic Center Blvd., Philadelphia, PA 19104

Overnight Room Block

An overnight room block is being held for the *UPenn HFpEF Symposium* attendees at The Study Philadelphia. The Study offers a special group rate of \$259 per night single/double occupancy. Please [CLICK HERE](#) to secure your overnight room. We recommend you make a reservation as soon as possible as there are a limited number of rooms. This room block is available until April 8, 2025, or until the block is full, whichever comes first.

REGISTRATION INFORMATION

Please register online at <https://upenn.cloud-cme.com/HFpEF2025>.

Verified attendance includes access to view the presentations online for one year. Pre-registration is required to attend. Walk-ins are discouraged. Please be sure to register in advance.

LIVE-STREAM (VIRTUAL) REGISTRATION:

The fees to attend virtually are as follows: \$100 for physicians (US or Non-US based) and industry attendees, \$50 for nurse practitioners, physician assistants and other healthcare professionals, and \$25 for residents, fellows and students. *There is no fee for Penn Medicine faculty, staff, residents, fellows and students to attend.

Attendees registered to attend virtually will receive an email including the link to join the symposium 48 hours in advance. All virtual attendees will be required to sign into the meeting using your first name, last name and email address in order to be marked as attended, receive credit and view the recordings.

IN-PERSON REGISTRATION:

The fees to attend in-person are as follows: \$250 for physicians and industry attendees, \$100 for non-US based physicians, \$100 for nurse practitioners, physician assistants and other healthcare professionals, \$50 for Non-Penn Medicine residents, fellows and students. *There is no fee for Penn Medicine faculty, staff, residents, fellows and students to attend.

All preregistered in-person attendees will receive access to the conference, program handout, continental breakfast, lunch, and breaks.

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

Need to Register by Mail?

Please note: Mailed registrations may take 5 business days before they are received. We encourage all attendees to register online. See the registration form for mailing instructions. All registrations will be confirmed by email as long as your registration is received before May 7, 2025.

Please save our Penn Medicine email (penncme@upenn.cloud-cme.com) to prevent our emails



COURSE COMMITTEE

The course director and planning committee listed below are all faculty of the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine, Philadelphia, PA.

COURSE DIRECTORS

Payman Zamani, MD, MTR
Assistant Professor of Medicine

Stuart B. Prenner, MD
Assistant Professor of Clinical Medicine
Program Director, Advanced Heart Failure and Transplant Cardiology Fellowship
Medical Director, Heart Failure with Preserved Ejection Fraction (HFpEF) Program

PLANNING COMMITTEE

Kaylee Baker MSN, CRNP
Nurse Practitioner

Julio A. Chirinos, MD, PhD
Professor of Medicine
Co-Director, Clinical Research Training Program in CV Biology and Medicine

Lee R. Goldberg, MD, MPH
Professor of Medicine
Section Chief, Advanced Heart Failure and Cardiac Transplant

Cassandra J. Demastus, MSN, CRNP, AG-ACNP-BC
Nurse Practitioner

Ross Zimmer, MD
Clinical Assistant Professor of Medicine
Director, Heart Failure Program
Penn Medicine Presbyterian Medical Center

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.



COURSE FACULTY

The speakers listed below are all faculty of the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine, Philadelphia, PA.

Anastassia Amaro, MD

Professor of Clinical Medicine
Medical Director, Penn Metabolic Medicine

Paco Bravo, MD

Assistant Professor of Radiology
Director, Nuclear Cardiology and
Cardiovascular Molecular Imaging

Jordana B. Cohen, MD, MSCE

Associate Professor of Medicine
Associate Professor of Epidemiology in
Biostatistics and Epidemiology

Brian M. Drachman, MD

Associate Professor of Clinical Medicine
Associate Chief of Cardiovascular Medicine
Co-Director, Amyloidosis Program

David Frankel, MD

Professor of Medicine
Director, Cardiac Electrophysiology Laboratory

Jason S. Fritz, MD

Associate Professor of Clinical Medicine
Co-Director, Dyspnea Program

Matthew C. Hyman, MD, PhD

Assistant Professor of Medicine

Jorge I. Mora, MD

Associate Professor of Clinical Medicine
Associate Chief, Clinical Affairs
Division of Sleep Medicine
Medical Director, Penn Sleep Center

Anjali T. Owens, MD

Associate Professor of Medicine
Medical Director, Center for Inherited
Cardiac Disease

Janice Pieretti, MD

Associate Professor of Clinical Medicine

Barbara Riegel, PhD, RN

Professor, University of Pennsylvania
School of Nursing
Senior Research Scientist, Center for
Home Care Policy & Research at VNS Health
Co-Director, International Center for
Self-Care Research

Mahesh Vidula, MD

Assistant Professor of Clinical Medicine

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.

SERVICES FOR THE DISABLED If special arrangements are required for an individual with a disability to participate this meeting, please contact the Office of Continuing Medical and Interprofessional Education no later than April 29, 2025, at 215-898-6400.



GUEST FACULTY

Antonio Abbate, MD, PhD

Ruth C. Heede Professor of Cardiology
Medicine - Cardiovascular Medicine
University of Virginia School of Medicine
Charlottesville, VA

Barry A. Borlaug, MD

Professor of Medicine
Chair for Research, Division of Circulatory Failure
Department of Cardiovascular Medicine
Mayo Clinic
Rochester, MN

Pete Brubaker, PhD

Professor and Chair
Department of Health and Exercise Science
Wake Forest University
Winston-Salem, NC

Javed Butler, MD, MPH, MBA

Professor and Chair
Department of Medicine
Patrick H. Lehan Chair of Cardiovascular Research
University of Mississippi Medical Center
Jackson, MS

Salvatore Carbone, PhD, RDN, FHFS, FASPEN

Associate Professor and Director,
Nutrition Program
Macon & Joan Brock Virginia Health Sciences
at Old Dominion University
Division of Endocrine & Metabolic Disorders
Strelitz Diabetes Center
Eastern Virginia Medical School at
Old Dominion University
Norfolk, VA

Benjamin Levine, MD

Director of the Institute for Exercise and
Environmental Medicine
S. Finley Ewing Chair for Wellness
Harry S. Moss Heart Chair for
Cardiovascular Research
Distinguished Professor of Exercise Sciences
Professor of Internal Medicine/Cardiology
University of Texas Southwestern Medical Center
Dallas, TX

Jeremy A. Mazurek, MD

System Director of Advanced Heart Failure
St. Francis Hospital & Heart Center
Catholic Health Services of Long Island
East Hills, NY

Senthil Selvaraj, MD, MSTR, MA

Assistant Professor of Medicine
Duke University School of Medicine
Durham, NC

Sanjiv J. Shah, MD

Director, Institute for Augmented
Intelligence in Medicine
Center for Deep Phenotyping and
Precision Therapeutics
Neil J. Stone, MD Professor of Medicine
Northwestern University Feinberg School
of Medicine
Chicago, IL

Kavita Sharma, MD

Associate Professor of Medicine
Director, Heart Failure & Cardiac Transplantation
Director, JHU Heart Failure with
Preserved Ejection Fraction Program
Johns Hopkins School of Medicine
Baltimore, MD

Brittany Weber, MD, PhD, FACC, FASNC

Associate Physician, Prevention Cardiology
and Cardiovascular Imaging
Assistant Professor I Harvard Medical School
Director, Cardio-Rheumatology Clinic
Brigham and Women's Hospital
Boston, MA



IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025

HOSTED BY THE DEPARTMENT OF MEDICINE AND THE DIVISION OF CARDIOVASCULAR MEDICINE AT PENN MEDICINE

AGENDA | FRIDAY, MAY 9, 2025

- 7:30 AM – 8:15 AM In-person Sign-in and Continental Breakfast
- 8:15 AM – 8:30 AM Virtual Audience Sign-in (Broadcast goes live at 8:30 AM)
- 8:30 AM – 8:40 AM **Welcome Address**
Payman Zamani, MD, MTR

FRIDAY MORNING SESSION:

IS IT HEART FAILURE? GETTING THE DIAGNOSIS RIGHT

- 8:40 AM – 8:55 AM **HFpEF Epidemiology – A Growing Problem**
Stuart B. Prentner, MD
- 8:55 AM – 9:10 AM **Advanced Echo Techniques to Diagnose HFpEF**
Julio A. Chirinos, MD, PhD
- 9:10 AM – 9:25 AM **Advanced Imaging – PET and cMRI in HFpEF**
Paco Bravo, MD
- 9:25 AM – 9:45 AM **Diagnosis: Risk Scores and Catheters**
Barry A. Borlaug, MD
- 9:45 AM – 10:05 AM **My Approach to the Evaluation of Dyspnea**
Kavita Sharma, MD

MINI-SYMPOSIUM:

EXERCISE CAPACITY IN HFPEF

- 10:05 AM – 10:50 AM **Exercise Physiology, as Seen Through a CPET**
Jason S. Fritz, MD; Payman Zamani, MD, MTR
- 10:50 AM – 11:05 AM Break
- 11:05 AM – 11:35 AM **Debate: It's the Heart! High Pressures Limit Exercise in HFpEF**
Barry A. Borlaug, MD
- 11:35 AM – 12:05 PM **Debate: There is More to HFpEF Than the Wedge**
Benjamin Levine, MD
- 12:05 PM – 12:20 PM **Rebuttal, Q&A and Questions**
- 12:20 PM – 1:00 PM **Keynote: Patients With HFpEF Need to Exercise, But How?**
Logistics of Designing and Implementing an Exercise Prescription
Pete Brubaker, PhD
- 1:00 PM – 2:00 PM Lunch



IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025

HOSTED BY THE DEPARTMENT OF MEDICINE AND THE DIVISION OF CARDIOVASCULAR MEDICINE AT PENN MEDICINE

AGENDA | FRIDAY, MAY 9, 2025

FRIDAY AFTERNOON SESSION:

GUIDELINE-DIRECTED PHARMACOLOGY AND DEVICES FOR HFpEF

- 2:00 PM – 2:15 PM **HFpEF and Nutrition**
Salvatore Carbone, PhD, RDN
- 2:15 PM – 2:35 PM **SGLT2's and MRA's: The Evidence and Practical Considerations**
Senthil Selvaraj, MD, MSTR
- 2:35 PM – 2:50 PM **HFpEF Management Guidelines and Algorithms**
Jeremy A. Mazurek, MD
- 2:50 PM – 3:05 PM **Ask the Experts**
Kavita Sharma, MD; Senthil Selvaraj, MD, MSTR, MA; Stuart B. Prentner, MD
- 3:05 PM – 3:45 PM **Keynote: Targeting Obesity to Target HFpEF**
Javed Butler, MD
- 3:45 PM – 4:00 PM Break

MINI-SESSION:

CARDIAC AMYLOIDOSIS

- 4:00 PM – 4:15 PM **When to Suspect Cardiac Amyloidosis and Diagnostic Strategies**
Janice Pieretti, MD
- 4:15 PM – 4:30 PM **MRI vs. PYP for TTR Amyloidosis**
Mahesh Vidula, MD
- 4:30 PM – 4:45 PM **Update on Amyloid Therapies**
Brian M. Drachman, MD
- 4:45 PM – 5:00 PM **Ask the Experts**
Mahesh Vidula, MD; Janice Pieretti, MD; Brian M. Drachman, MD; Kaylee Baker MSN, CRNP
- 5:00 PM Adjourn



IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025

HOSTED BY THE DEPARTMENT OF MEDICINE AND THE DIVISION OF CARDIOVASCULAR MEDICINE AT PENN MEDICINE

AGENDA | SATURDAY, MAY 10, 2025

- 7:30 AM – 8:00 AM In-person Sign-in and Continental Breakfast
7:45 AM – 8:00 AM Virtual Audience Sign-in (Broadcast goes live at 8:00 AM)

SATURDAY MORNING SESSION:

MANAGEMENT OF HFPEF RELATED COMORBIDITIES AND HFPEF MIMICKERS

- 8:00 AM – 8:10 AM **Recap of Day 1 and Intro to Day 2**
Lee Goldberg, MD
- 8:10 AM – 8:25 AM **Hypertension Management**
Jordana B. Cohen, MD, MSCE
- 8:25 AM – 8:40 AM **GLP1s: Practical Considerations**
Anastassia Amaro, MD
- 8:40 AM – 8:55 AM **Not all Hypertrophy is HFpEF**
Anjali Owens, MD
- 8:55 AM – 9:10 AM **Chronotropic Incompetence: Modulating Sinus Rhythm and Pacing**
Matthew C. Hyman, MD, PhD
- 9:10 AM – 9:25 AM **Atrial Fibrillation in HFpEF – Screening and Treatment**
David Frankel, MD
- 9:25 AM – 9:45 AM Break
- 9:45 AM – 10:00 AM **Sleep Apnea in HFpEF**
Jorge Mora, MD
- 10:00 AM – 10:15 AM **Lung Disease in HFpEF**
Jason S. Fritz, MD
- 10:15 AM – 10:35 AM **Rheumatologic Disease in HFpEF**
Brittany Weber, MD
- 10:35 AM – 11:15 AM **Keynote: HFpEF at Home – What Should We Be Telling Our Patients and What Should Our Patients Be Telling Us?**
Barbara Riegel, PhD, RN, FAAN, FAHA
- 11:15 AM – 11:30 AM Break
- 11:30 AM – 12:10 PM **Keynote: Inflammation in HFpEF**
Antonio Abbate, MD
- 12:10 PM – 12:50 PM **Future of HFpEF Management**
Sanjiv Shah, MD
- 12:50 AM Adjourn



Registration Form

IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2025

Friday-Saturday
May 9-10, 2025

We strongly encourage you to register for this conference online by check or credit card at
<https://upenn.cloud-cme.com/HFpEF2025>

Questions? Contact us at:

penncme@pennmedicine.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 FEES

IN-PERSON ATTENDANCE:

- \$250 for physicians and industry attendees
- \$100 for Non-US based physicians
- \$100 for nurse practitioners, physician assistants and other healthcare professionals
- \$50 for Non-Penn residents and fellows
- There is no fee for Penn Medicine faculty, staff, residents, fellows and students to attend.

LIVE-STREAM (VIRTUAL) ATTENDANCE:

- \$100 for physicians (US and Non-US based) and industry attendees,
- \$50 for nurse practitioners, physician assistants and other healthcare professionals.
- \$25 for residents, fellows and students
- There is no fee for Penn Medicine faculty, staff, residents, fellows and students to attend.

PAYMENT METHOD

- If you are paying by check or credit card, please register online at
<https://upenn.cloud-cme.com/HFpEF2025>
- 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.