



**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 2025

CME/CE-ACCREDITED CONFERENCE



**FRIDAY, SEPTEMBER 19, 2025**

**8:30 AM – 1:05 PM EST**



Delaware Valley Chapter

<https://upenn.cloud-cme.com/PreventiveCardiology2025>



## 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. The focus of the program will be on the new therapeutic strategies for hypertension, hyperlipidemia, and CKD.

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:

- Select appropriate medications to reduce adverse cardiovascular outcomes in high-risk and vulnerable populations
- Identify appropriate blood pressure treatment strategies in high-risk patient populations
- Review the controversies regarding novel therapies for CVD prevention
- Provide the best screening and treatment options for hypertension
- Apply appropriate pharmacologic and non-pharmacologic approaches to cardiovascular risk prevention

### HOSTING DEPARTMENT

*Penn Hypertension, Insulin resistance, Lipid, and Atherosclerosis Meeting 2025* 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*<sup>™</sup>. 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. UAN JA0000324-0000-25-033-L01-P

**Physician Assistants:** AAPA accepts certificates of participation for educational activities certified for *AMA PRA Category 1 Credit*<sup>™</sup> 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](mailto:penncme@upenn.cloud-cme.com)) to prevent our emails from going to spam/junk.

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**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](http://www.upenn.edu/affirm-action).



## **A VIRTUAL PRESENTATION**

*Penn Hypertension, Insulin resistance, Lipid, and Atherosclerosis Meeting 2025* will be live-streamed only on Friday, September 19, 2025. 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/preventivecardiology2025>**.

*Penn Hypertension, Insulin resistance, Lipid, and Atherosclerosis Meeting 2025* 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 September 17, 2025. **BE SURE TO CHECK YOUR SPAM BOX FOR EMAILS REGARDING THIS CONFERENCE.** Adding [penncme@upenn.cloud-cme.com](mailto: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 September 12, 2025 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

### Debbie Cohen, MD

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### Jordana Cohen, MD, MSCE

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### Douglas Jacoby, MD

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## SPEAKERS

### Archna Bajaj, MD, MSCE

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### Rachel Shulman, MD, MSCE

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### Hanaro Emily Lee, CRNP

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### Emma L. MacAllister, CRNP, MSN

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### Gayley B. Webb, MSN, CRNP\*

Nurse Practitioner  
Division of Cardiovascular Medicine  
Penn Medicine  
Philadelphia, PA

\*Nurse & Pharmacy Planners



## AGENDA | FRIDAY, SEPTEMBER 19, 2025

8:15 AM Sign into Virtual Platform

8:30 AM – 8:35 AM **Welcome & Introductions**  
*Debbie Cohen, MD*

### SESSION I: HYPERTENSION UPDATES

8:35 AM – 8:45 AM **What's New in Hypertension Guidelines**  
*Jordana Cohen, MD, MSCE*

8:45 AM – 8:55 AM **Peripartum Hypertension Management**  
*Monika Sanghavi, MD*

8:55 AM – 9:05 AM **Optimizing Antihypertensive Treatment Selection in Patients with CKD**  
*Matthew Denker, MD, MSCE*

9:05 AM – 9:15 AM **Fibromuscular Dysplasia and Spontaneous Coronary Artery Dissection**  
*Jennifer Lewey, MD, MPH*

9:15 AM – 9:45 AM **Q&A Panel and Case Presentation with the Speakers**  
*Moderator: Hanaro Emily Lee, CRNP*

9:45 AM – 9:50 AM Break

### SESSION II: PREVENTIVE CARDIOLOGY – UNDERSTANDING RISK AND EVALUATION

9:50 AM – 10:00 AM **How Do I Approach Triglycerides?**  
*Daniel Soffer, MD, FNLA*

10:00 AM – 10:10 AM **Prediabetes: When to Treat and with What?**  
*Benjamin A. Cooperberg, MD*

10:10 AM – 10:20 AM **Advanced Lipid Testing/Lipoproteins and Discordance**  
*Douglas Jacoby, MD*

10:20 AM – 10:50 AM **Q&A Panel and Case Presentation with the Speakers**  
*Moderator: Emma L. MacAllister, CRNP, MSN*

10:50 AM – 10:55 AM Break

### SESSION III: POTASSIUM AND HYPERTENSION

10:55 AM – 11:05 AM **Potassium Management in the Setting of Blood Pressure Medications – When to Check and How to Titrate Accordingly**  
*John Demko, MD*

11:05 AM – 11:15 AM **Aldosterone Synthase Inhibitors – New Data and Considerations**  
*Debbie Cohen, MD*

11:15 AM – 11:25 AM **Dietary Potassium and Potassium-based Salt-substitutes**  
*Rachel Shulman, MD, MSCE*

11:25 AM – 11:55 PM **Q&A Panel and Case Presentation with the Speakers**  
*Moderator: Maria Bonanni, CRNP*

11:55 AM – 12:00 PM Break

### SESSION IV: NOVEL THERAPIES AND INDICATIONS

12:00 PM – 12:10 PM **LPa-lowering Drugs**  
*Archana Bajaj, MD, MSCE*

12:10 PM – 12:20 PM **GLP1RA/Incretin Therapy: Updated Indications and Real-World Application**  
*Riya Patel, PharmD, AE-C*

12:20 PM – 12:30 PM **Renal Denervation: Management and Setting Expectations Before and After Denervation**  
*Taisei Kobayashi, MD, LCDR, USNR*

12:30 PM – 1:00 PM **Q&A Panel and Case Presentation with the Speakers**  
*Moderator: Gayley B. Webb, MSN, CRNP*

1:00 PM – 1:05 PM Adjourn

## Registration Form

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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/PreventiveCardiology2025>

### Questions? Contact us at:

[penncme@penmedicine.upenn.edu](mailto:penncme@penmedicine.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/PreventiveCardiology2025>
- 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.