

The CME/CNE-accredited symposium, **Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it** will be presented Friday, September 20, 2019 at the Smilow Center for Translational Research Perelman School of Medicine at the University of Pennsylvania, 3400 Civic Center Boulevard, Philadelphia, PA 19104. Please review the exhibitor agreement and the course brochure with agenda.

Exhibit space is available during this event at **\$1,500** per table. Each exhibitor will receive a standard 8' table. A tablecloth and electric will be provided, if required. Your company will be acknowledged in the conference materials, on the signage and by the course director(s) during the welcome address. Exhibitors will be set-up in the lobby, just outside of the auditorium. The CME activities will be held behind closed doors, in the auditorium, separate and apart from the exhibits. We anticipate approximately 75 attendees and speakers. **Please act quickly as space is limited!**

#### **Program Overview & Target Audience**

The program will review who should be worked up for secondary hypertension and current issues with resistant hypertension, including the new definition and guidelines. New cholesterol guidelines will be addressed including treatment goals and approaches to patients with familial hypercholesterolemia and hypertriglyceridemia. The program will also cover issues related to prediabetes and early diabetes interventions to reduce CV risk. This activity is designed for nephrologists, cardiologists, general internists, family practitioners, physician assistants, advanced practice nurses, healthcare professionals, residents and fellows.

If you are interested in reserving exhibit space, please complete and sign the attached Exhibitor Agreement and return it along with your exhibit fee to:

Crystal Mathis  
Conference/Project Manager  
Continuing Medical and Interprofessional Education at Penn Medicine  
3620 Hamilton Walk, 150 Anatomy/Chemistry  
Philadelphia, PA 19104-6061  
Phone: 215-898-8005/Fax: 215-898-1888  
Email: [ycry@upenn.edu](mailto:ycry@upenn.edu)  
<https://upenn.cloud-cme.com/bp2019>

## Exhibitor Agreement

Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it

Friday, September 20, 2019

Company Name: \_\_\_\_\_ ("Exhibitor")

(As acknowledged in course materials)

Exhibit Fee: \$1,500.00 per Table-top Exhibit

# of Tables Requested \_\_\_\_\_ @ \$1,500 each = \$ \_\_\_\_\_

Representative Names (*only 2 representatives will be allowed on-site*):

1) \_\_\_\_\_ 2) \_\_\_\_\_

Email: \_\_\_\_\_ Email: \_\_\_\_\_

Phone: \_\_\_\_\_ Phone: \_\_\_\_\_

Fax: \_\_\_\_\_ Fax: \_\_\_\_\_

### Exhibit

Friday, September 20, 2019

7:30 am – 1:00 pm

All exhibitors will be provided with a 8' table and chairs. Set-up begins on Friday, September 20, 2019 at 6:30 am. If you require additional set-up time, please contact us, and we will assist in any way we can. Exhibitors should expect participants to begin arriving at 7:15 am. Although the exhibit area is secured, vendors are discouraged to leave any valuable items, such as laptops or phones unattended.

Break-down of exhibits must be completed by 1:00 pm on Friday, September 20, 2019.

### Display Information

Exhibitors are responsible for supply, set-up, take-down, delivery, and any additional costs of display needs beyond the 8' skirted table. Please let us know what your needs are so that we can accommodate your display:

Will you be bringing your own tablecloth? ☐ Yes ☐ No

Will you need electricity for your display? ☐ Yes ☐ No

Will you bring your own extension cord? ☐ Yes ☐ No

What type of equipment is being displayed (lights, machines, etc.)? \_\_\_\_\_

How many pieces of equipment need electricity? \_\_\_\_\_

Do any machines require any special outlets for operation? Name outlet type: \_\_\_\_\_

What additional information regarding your exhibit should we know? \_\_\_\_\_

Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it  
Friday, September 20, 2019

**Meeting Location & Display Details**

Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it will be held Friday, September 20, 2019 in the Arthur Rubenstein Auditorium at Smilow Center for Translational Research Perelman School of Medicine at the University of Pennsylvania, 3400 Civic Center Boulevard, Philadelphia, PA 19104.

Table assignments will be designated on a 1<sup>st</sup> come, 1<sup>st</sup> serve basis. Continental breakfast and breaks will be set-up among the exhibits in the foyer. Each exhibitor can expect to receive one 6' skirting table and 2 chairs. Please be sure your exhibit materials fit within the specs of 8'x8'. If needed, you are welcome to purchase additional booth space.

**Attendee Registration**

If you would like to attend all or any of the sessions during the Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it, you must complete the registration form either online or by fax or mail and submit payment. Please visit <https://upenn.cloud-cme.com/bp2019> for registration and additional conference information.

\*\*\*\*\*

**Shipping Information**

*(Please label all boxes with the following information)*

Smilow Center for Translational Research  
3400 Civic Center Boulevard  
Philadelphia, PA 19104  
Attention: Willie Williams /Ansheai Spence-Jones  
215-573-7694

HOLD FOR SMILOW COMMONS  
Ansheai Spence-Jones/Willie Williams  
Blood Pressure 2019  
Friday, September 20, 2019

[YOUR COMPANY] ♦ [REPRESENTATIVE'S NAME]

Package # \_\_\_\_\_ of \_\_\_\_\_

**Please do not ship any materials to the venue  
before Thursday, September 19, 2019**

Friday, September 20, 2019

**Payment Methods (check the one that applies):**

☐ Check

Make your check payable to the **Trustees of the University of Pennsylvania/CME** and return it with the completed exhibit agreement to the address below (Our Tax ID number is 23-1352685):

Crystal Mathis  
Office of Continuing Medical & Interprofessional Education  
Penn Medicine  
150 Anatomy Chemistry Building, 3620 Hamilton Walk  
Philadelphia, PA 19104-6061

☐ Credit Card (**DO NOT INCLUDE CREDIT CARD INFORMATION ON THIS FORM**)

If paying by Credit Card, you may fax or email this completed form.

Fax: 215-898-1888 or Email: [ycry@upenn.edu](mailto:ycry@upenn.edu)

You will then be contacted by Crystal Mathis to complete the transaction.

Contact Person: \_\_\_\_\_

Phone: \_\_\_\_\_

E-Mail: \_\_\_\_\_

Questions: [Elizabeth Butler](#): 215-898-6126 or [Crystal Mathis](#) or 215-746-8133

\*\*\*A wire transfer is also available for payment\*\*\*

Please contact Crystal Mathis at [ycry@upenn.edu](mailto:ycry@upenn.edu) for further instructions

**Terms & Conditions**

Educational activities in the exhibit area which appear to compete with the scientific program and present research results that are being presented concurrently in the scientific program are prohibited. This includes, but is not limited to, displaying posters or other promotional materials summarizing research results, promoting meeting faculty, or distributing meeting materials such as syllabi, handouts, slides, or invitations.

The only activities which may be appropriate in exhibits are for the purpose of informing meeting participants about an organization and its products and services.

The distribution (either for free or for sale) of educational enduring materials on-site that award CME credit, including but not limited to full-text reprints or copies of articles or journal self-study programs, audiotapes, videotapes, or CD ROMs, is prohibited.

Exhibitor assumes entire responsibility for all claims, losses, costs, expenses, and damages to persons or property, as well as governmental charges or fines and attorney's fees arising out of or caused by Exhibitor's installation, removal, maintenance, occupancy, or use of the exhibition premises or a part thereof.

In addition, Exhibitor does not hold the meeting venue or the University of Pennsylvania responsible for maintaining insurance to cover Exhibitor's property.

By signing below, you agree to the terms and conditions of this agreement.

\_\_\_\_\_  
Authorized Exhibitor Representative

\_\_\_\_\_  
Date



# Penn Medicine

Continuing Medical and  
Interprofessional Education

Renal-Electrolyte & Hypertension Division  
at Penn Medicine  
Presents

## **BLOOD PRESSURE 2019:**

*Cardiovascular Risk: If You Don't Measure it,  
You Can't Manage it*

A CME/CE-ACCREDITED CONFERENCE

**Friday, September 20, 2019**

**Smilow Center for Translational Research  
Perelman School of Medicine  
at the University of Pennsylvania  
3400 Civic Center Blvd  
Philadelphia, PA 19104**

**<https://upenn.cloud-cme.com/bp2019>**



**Delaware Valley Chapter**





## Program Overview & Target Audience

Hypertension, hyperlipidemia and diabetes are all major risk factors for cardiovascular (CV) disease and affect approximately more than 40% of all adults in the US. This program will focus on identifying patients at increased CV risk and incorporate guidelines and recommendations to reduce CV risk. Hypertension is a major clinical burden with poor BP control in more than 50% of patients diagnosed with hypertension. This program will address issues related to using renin/aldosterone screening in clinical practice to improve BP control, address new technology to measure and monitor BP, and discuss approaches to improve adherence. The program will review who should be worked up for secondary hypertension and current issues with resistant hypertension, including the new definition and guidelines. New cholesterol guidelines will be addressed including treatment goals and approaches to patients with familial hypercholesterolemia and hypertriglyceridemia. The program will also cover issues related to prediabetes and early diabetes interventions to reduce CV risk.

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

### Learning Objectives:

Upon successful completion of this activity, participants should be able to:

- Discuss the use of renin/aldosterone profiling in clinical practice
- Describe the use of new mobile and internet technologies to assist in measurement and monitoring of BP
- Describe ways to improve medication adherence in hypertension
- Discuss the appropriate patient to work up for secondary hypertension
- Discuss the 2018 cholesterol guidelines and the treatment goals using statin and non-statin agents
- Discuss the diagnosis and management of familial hypercholesterolemia and hypertriglyceridemia
- Discuss approaches to treatment with newer agents and management in pre-DM and early diabetes

### Hosting Department

This conference is hosted by the Department of Medicine, Renal-Electrolyte & Hypertension Division at Penn Medicine.

### Disclosures

Penn Medicine, Office of Continuing Medical and Interprofessional Education, adheres to the ACCME *Standards for Commercial Support*. Faculty and planners' disclosure information will be made available in the conference materials and syllabi. Faculty members are also expected to disclose to participants any discussions of off-label and/or investigational uses of pharmaceutical products within their presentations.





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

**Nurses:** This activity awards 4.75 contact 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 4.75 Category 1 credits for completing this activity.

**Certificates and Transcripts:** After the conference has concluded, all participants will receive a follow-up email with instructions and 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.

## Registration Fees

The registration fee for *Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it* is \$50 for all attendees. All Drexel/Hahnemann University faculty, staff, fellows, residents and students and Jefferson University residents, fellows and students may register at a reduced rate of \$10. All Penn Medicine faculty, staff, residents and students should email [pennmcme@pennmedicine.upenn.edu](mailto:pennmcme@pennmedicine.upenn.edu) for discount code prior to registering.

Registration includes admission to the conference with continental breakfast & a mid-morning break, a course booklet, and link to view the presentations online, and a credit certificate.

Please register online at <https://upenn.cloud-cme.com/BP2019>. You must log-in with your Penn ID or your email and password or if you do not already have a profile, you must create one before you can register for an event. We cannot accept faxed or mailed registration forms with credit card information. To pay by check, complete the registration form and mail it in with your check. Please see the registration form for mailing information. Please note: mailed registrations can take up to 5-10 business days before they are received. All registrations will be confirmed by email.



## Cancellation and Refund Policy

In order to process refunds for course withdrawals, cancellations must be received in writing by September 6, 2019 (subject to a service charge of \$10.00). 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.

## Meeting Location

*Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it* will be held Friday, September 20, 2019 at the Smilow Center for Translational Research (CTR), Perelman School of Medicine at the University of Pennsylvania, 3400 Civic Center Boulevard, Philadelphia, Pennsylvania, 19104.

**Directions & Parking:** The Arthur H. Rubenstein Auditorium is located on the 1st Floor level of the Smilow Center for Translational Research. Smilow CTR is connected to the Perelman Center for Advanced Medicine and is located at 3400 Civic Center Blvd, Philadelphia, PA.

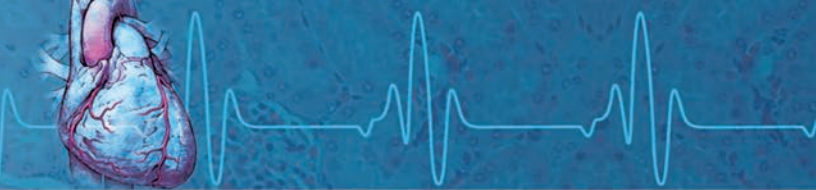
We strongly recommend you use GPS or an online driving directions site (such as [mapquest.com](http://mapquest.com), [drivingdirections.com](http://drivingdirections.com) or [googlemaps.com](http://googlemaps.com)) for exact directions to and from your starting point or if you prefer to take public transportation to and from campus, please visit <http://www.upenn.edu/services/transportation> for options.

The 3600 Civic Center Blvd Parking Garage is open for public parking. This garage is accessible from Civic Center Blvd and is located at Civic Center Blvd and West Service Drive (next to the Colket Research Center). The Smilow TRC is about a 5 minute walk from the parking garage. Parking is \$20 per day and parking fees are not paid for or reimbursed by the conference.

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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)





*Unless otherwise indicated, the Course Directors & Faculty hold academic and/or clinical appointments from the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine, Philadelphia, PA*

## **COURSE DIRECTORS**

**Debbie Cohen, MD**

*Professor of Medicine*

*Director, Hypertension*

*Co-director, Neuroendocrine Tumor Program*

**Douglas Jacoby, MD**

*Associate Professor of Clinical Medicine*

*Cardiovascular Division*

**Raymond Townsend, MD**

*Professor of Medicine*

*Renal Electrolyte and Hypertension Division*

## **GUEST SPEAKERS**

**Jesse M. Goldman, MD**

*Professor of Medicine*

*Director, Drexel Comprehensive*

*Hypertension Center and*

*Peritoneal Dialysis*

*Hahnemann University Hospital*

*Philadelphia, PA*

**Seyed Mehrdad Hamrahian, MD**

*Associate Professor of Medicine*

*Division of Nephrology*

*Director of Jefferson*

*Hypertension Center*

*Thomas Jefferson University*

*Philadelphia, PA*

**Dean G. Karalis, MD**

*Cardiology Consultants of Philadelphia*

*Philadelphia, PA*

**Christopher B. McFadden, MD**

*Associate Professor of Medicine*

*Cooper Medical Center*

*Camden, NJ*

**Allan B. Schwartz, MD**

*Professor of Medicine*

*Division of Nephrology &*

*Hypertension*

*Drexel University College*

*of Medicine*

*Philadelphia, PA*

## **SPEAKERS**

**Anastassia Amaro, MD**

*Assistant Professor of Medicine*

**Archana Bajaj, MD, MSCE**

*Instructor, Translational Medicine &*

*Human Genetics*

**Jordana Cohen, MD, MSCE**

*Assistant Professor of Medicine*

*and Epidemiology*

**Benjamin Cooperberg, MD**

*Clinical Assistant*

*Professor of Medicine*

**Matthew G. Denker, MD**

*Assistant Professor*

*of Clinical Medicine*

**Jihane J. Hajj, CRNP, MSN**

*Nurse Practitioner*

**Yonghong Huan, MD**

*Assistant Professor*

*of Clinical Medicine*

**Daniel J. Rader, MD**

*Seymour Gray Professor of*

*Molecular Medicine*

*Professor of Pharmacology*

*Pediatrics and Medicine in Genetics*

**Mark H. Schutta, MD**

*G. Clayton Kyle Associate*

*Professor in Diabetes*

**Daniel Soffer, MD**

*Clinical Associate of Medicine*



# AGENDA

**Friday, September 20, 2019**

- 7:30 – 8:00 AM** Registration and Continental Breakfast
- 8:00 – 8:10 AM** Introduction and Welcome  
*Debbie Cohen, MD*
- 8:10 – 8:30 AM** Renin and Aldosterone Interpretation in Clinical Practice  
Using Clinical Examples  
*Debbie Cohen, MD*
- 8:30 – 8:50 AM** Non-Conventional Ways to Measure BP  
*Jordana Cohen, MD, MSCE*
- 8:50 – 9:10 AM** 10 Things I Betcha Don't Know Bout Blood Pressure  
*Raymond Townsend, MD*
- 9:10 – 9:30 AM** Treatment Adherence: Overview, Epidemiology, Approaches  
*Seyed Mehrdad Hamrahian, MD*
- 9:30 – 9:50 AM** Secondary Hypertension: When to Evaluate  
*Yonghong Huan, MD*
- 9:50 – 10:10 AM** Treatments for Resistant HTN  
*Christopher McFadden, MD*
- 10:10 – 10:30 AM** Break
- 10:30 – 10:50 AM** 2018 Cholesterol Guidelines: Treatment Goals  
and Non-Statin Agents  
*Douglas Jacoby, MD*
- 10:50 – 11:10 AM** Familial Hypercholesterolemia  
*Daniel Soffer, MD*
- 11:10 – 11:30 AM** High Triglycerides  
*Archana Bajaj, MD, MSCE*
- 11:30 – 11:50 AM** GLP-1 Agonists/SGT-2 Inhibitors  
*Benjamin Cooperberg, MD*
- 11:50 AM – 12:10 PM** Pre-DM/Early DM:  
When to Treat – First and Second Line Agents  
*Anastassia Amaro, MD*
- 12:10 – 1:00 PM** Ask the Experts: Panel Questions  
*Moderator: Jihane Hajj, CRNP, MSN*  
*Panelists: Matthew Denker, MD, Jesse Goldman, MD*  
*Dean Karalis, MD, Daniel Rader, MD, Mark Schutta, MD*  
*Allan Schwartz, MD*
- 1:00 PM** Adjourn and Conclusion of CME portion
- 1:00 – 2:00 PM** Board Meeting with Lunch\* *\*Sign-up required*

## BLOOD PRESSURE 2019:

*Cardiovascular Risk: If You Don't  
Measure it, You Can't Manage it*

**Friday, September 20, 2019**

**If you are registering using your credit card, please register online at:**  
<https://upenn.cloud-cme.com/bp2019>

### Questions? Contact us at:

Phone: 215-898-6400 or 215-898-8005 • [pennncme@pennmedicine.upenn.edu](mailto:pennncme@pennmedicine.upenn.edu)

**Please note we are unable to accept faxed registration forms.**

Please print or type

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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 University of Pennsylvania, Drexel/Hahnemann  
University Faculty, Staff, Fellows, Residents and Students and  
Jefferson University Residents, Fellows and Students
- ☐ Penn Medicine Attendee  
(email [pennncme@pennmedicine.upenn.edu](mailto:pennncme@pennmedicine.upenn.edu) for discount code)
- ☐ I will Attend the Board Meeting with Lunch

### Payment Method

- If you are paying by credit card, please register online at  
<https://upenn.cloud-cme.com/bp2019>
- 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 Coordinator, Penn Medicine, Office of Continuing Medical  
and Interprofessional Education, 150 Anatomy/Chemistry Building  
3620 Hamilton Walk, Philadelphia, PA 19104-6061
- Do not include any credit card information on the registration form or email  
any credit card information

Please Note: Walk-in registrants must bring payment to the program.  
Seating may be limited for walk-in registrants.



150 Anatomy/Chemistry Building  
3620 Hamilton Walk  
Philadelphia, PA 19104-6061



## **BLOOD PRESSURE 2019:**

*Cardiovascular Risk: If You Don't Measure it,  
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A CME/CE-ACCREDITED CONFERENCE

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**Delaware Valley Chapter**

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