



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 penncme@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

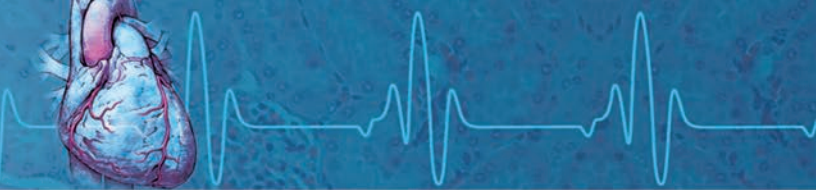
Blood Pressure 2019: Cardiovascular Risk: If You Don't Measure it, You Can't Manage it will be held Friday, September 20, 2019 at the Smilow Center for Translational Research (CTR), Perelman School of Medicine at the University of Pennsylvania, 3400 Civic Center Boulevard, Philadelphia, Pennsylvania,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

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



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
*Associate Professor of Clinical Medicine
Division of Endocrinology,
Diabetes and Metabolism
Diplomate, American Board
of Obesity Medicine
Medical Director, Penn Metabolic Medicine*

Archna 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-Statins 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

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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 • penncme@pennmedicine.upenn.edu

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 University of Pennsylvania, Drexel/Hahnemann
University Faculty, Staff, Fellows, Residents and Students and
Jefferson University Residents, Fellows and Students
- Penn Medicine Attendee
(email penncme@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
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