



Penn Medicine

Continuing Medical and
Interprofessional Education

Renal-Electrolyte & Hypertension Division

at Penn Medicine

Presents

BLOOD PRESSURE AND CARDIOVASCULAR RISK 2020:

Cutting Edge Prevention Applied to Various Populations

A CME/CE-ACCREDITED CONFERENCE

Friday, October 2, 2020

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/bp2020>

Please note that Penn Medicine that Penn Medicine is following the CDC guidelines to stop the spread of COVID-19 (Coronavirus) through social distancing. In the event *Blood Pressure 2020* cannot move forward as a live-attended conference, all pre-registered attendees will be asked to join virtually. Please be sure you will be able to join the conference virtually and review our cancelation policy before you register.



Delaware Valley Chapter



PROGRAM OVERVIEW & TARGET AUDIENCE

Cardiovascular disease is the leading cause of death in the United States. Hypertension and diabetes are among the foremost risk factors for the development of cardiovascular diseases, including stroke, peripheral artery disease, and heart attack. Several advances have been made in recent years to improve our ability to prevent the development and progression of cardiovascular disease. 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 optimal pharmacotherapy in specific high-risk patient populations, lifestyle interventions for the management of hypertension, and non-pharmacologic approaches to cardiovascular risk prevention.

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:

- Identify appropriate blood pressure goals in patients with increased risk of cardiovascular events
- Select appropriate medications to reduce adverse cardiovascular outcomes in high-risk and vulnerable populations
- Achieve competence in providing the best screening and treatment options for hypertension in patients with refractory hypertension, pregnant patients, young patients, and cancer patients
- Review the controversies regarding the appropriate management of hypertension in select high-risk hypertensive populations
- Apply appropriate pharmacologic and non-pharmacologic approaches to cardiovascular risk prevention

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



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 program provides 4.75 contact hours.

Pharmacists: This knowledge-based activity is approved for 4.75 ACPE contact hours of continuing pharmacy education credit. JA0000324-0000-20-018-L04-P.

Physician Assistants: Penn Medicine has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with the AAPA CME Criteria. This activity is designated for 4.75 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

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 and Cardiovascular Risk 2020: Cutting Edge Prevention Applied to Various Populations* is \$50 for all attendees. 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 should use code PENNBP20 to receive complimentary registration.

In the instance that the COVID-19 pandemic is still calling for social distancing in October, we are prepared to live-stream this conference. All pre-registered attendees will be notified by September 18th and automatically enrolled in the live-stream conference. Registration refunds will be processed for those who do not wish to attend via live stream.

If you are registering with a credit card or check, please register online at <https://upenn.cloud-cme.com/BP2020>. We cannot accept faxed or mailed registration forms with credit card information. To pay by check, complete your registration online and mail a copy of your confirmation email with your check.

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 as long as your registration is received no later than October 1, 2020.

Cancellation and Refund Policy

In order to process refunds for course withdrawals, cancellations must be received in writing by September 18, 2020 (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



Meeting Location

Blood Pressure and Cardiovascular Risk 2020: Cutting Edge Prevention Applied to Various Populations will be held Friday, October 2, 2020 in the Arthur H. Rubenstein Auditorium before 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

FACULTY

COURSE DIRECTORS

Debbie Cohen, MD
Professor of Medicine
Renal-Electrolyte &
Hypertension Division
Penn Medicine
Philadelphia, PA

Jordana Cohen, MD, MSCE
Assistant Professor
of Medicine and Epidemiology
Renal-Electrolyte &
Hypertension Division
Penn Medicine
Philadelphia, PA

Douglas Jacoby, MD
Associate Professor
of Clinical Medicine
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

SPEAKERS

Fran Burke, MS, RD
Clinical Dietitian
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

Neel Chokshi, MD, MBA
Associate Professor of Clinical Medicine
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

Matthew Denker, MD, MSCE
Assistant Professor of Clinical Medicine
Renal-Electrolyte &
Hypertension Division
Penn Medicine
Philadelphia, PA

S. Mehrdad Hamrahian, MD
Associate Professor of Medicine
Division of Nephrology
Jefferson University Hospital
Philadelphia, PA

Christopher McFadden, MD
Associate Professor of Medicine
Division of Nephrology
Cooper University Hospital
Camden, NJ

Kevin Meyers, MBBCh
Professor of Pediatrics
Division of Nephrology
Children's Hospital of Philadelphia
Philadelphia, PA

Kiran Musunuru, MD, PhD, MPH, ML
Associate Professor of Cardiovascular
Medicine & Genetics
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

PANELISTS

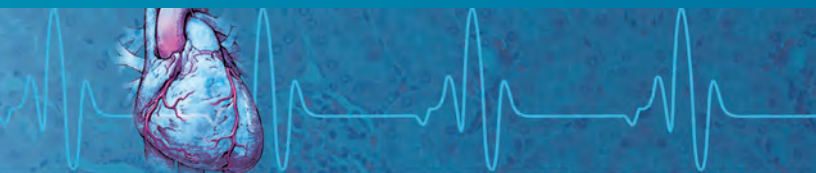
Serena Cardillo, MD
Professor of Medicine
Division of Endocrinology,
Diabetes & Metabolism
Penn Medicine
Philadelphia, PA

Allan Schwartz, MD
Professor of Medicine
Division of Nephrology
and Hypertension
Drexel University College of Medicine
Philadelphia, PA

Daniel Soffer, MD, FNLA
Clinical Associate Professor
of Medicine
Department of Internal Medicine,
Division of Translational Medicine
and Human Genetics
Penn Medicine
Philadelphia, PA

Raymond Townsend, MD
Professor of Medicine
Renal-Electrolyte &
Hypertension Division
Penn Medicine
Philadelphia, PA

Gayley Blaine Webb, MSN, CRNP
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA



AGENDA

Friday, October 2, 2020

- 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** Approach to Hypertension in Adolescents and Young Adults
Kevin Meyers, MBBCb
- Blood pressure goals
 - Optimal measurement of blood pressure
 - Barriers to achieving blood pressure goals specific to adolescents, including lifestyle, social, and behavioral factors
- 8:30 – 8:50 AM** BP Goals and Selection of Medications in Aortic Aneurysms
Neel Chokshi, MD, MBA
- Optimal blood pressure in aortic aneurysms
 - Selecting appropriate antihypertensives
 - Strategies for blood pressure assessment
- 8:50 – 9:10 AM** Renal Denervation
Debbie Cohen, MD
- New data on efficacy
 - Differences between devices
 - Adverse effects
 - Considerations in selecting appropriate patients
- 9:10 – 9:30 AM** How to Manage the Resistant Patient on ≥ 5 drugs
Matthew Denker, MD, MSCE
- Long-term risks
 - Drug-induced and secondary hypertension as causes
 - Selecting appropriate treatment regimens
 - Addressing polypharmacy, lifestyle factors, and non-adherence
- 9:30 – 9:50 AM** Hypertension in the Pregnant Patient
S. Mehrdad Hamrahan, MD
- Risk factors
 - Long-term outcomes
 - Differentiating preeclampsia and hypertension
 - Challenges in measurement and management
- 9:50 – 10:00 AM** Speaker Q&A
Panel: Neel Chokshi, MD, MBA, Debbie Cohen, MD, MSCE, Matthew Denker, MD, MSCE, S. Mehrdad Hamrahan, MD, Kevin Meyers, MBBCb
- 10:00 – 10:20 AM** Break
- 10:20 – 10:40 AM** Management of Hypertension in the Oncology Patient
Jordana Cohen, MD, MSCE
- Prevalence
 - Chemotherapy and adjuvant therapies as risk factors
 - Management



- 10:40 – 11:00 AM** **The Use of Subclinical Atherosclerosis Imaging to Guide Preventive Cardiology Management**
Douglas Jacoby, MD
- Usefulness of subclinical atherosclerosis imaging
 - Selecting the appropriate patient
 - Changing management based on the results
- 11:00 – 11:20 AM** **DASH vs Mediterranean vs Keto Diet – What is Most Effective for HTN and CV Protection?**
Fran Burke, MS, RD
- Evidence in hypertension
 - Evidence for cardiovascular risk reduction
 - Comparative effectiveness
 - Long-term adherence
- 11:20 – 11:40 AM** **SGLT2 Inhibitors and Cardiorenal Protection**
Christopher McFadden, MD
- Outcomes in chronic kidney disease
 - Outcomes in heart failure
 - Considerations for long-term monitoring
 - Coordinating care across disciplines
- 11:40 – 12:10 PM** **Genetics in Clinical Practice: What Genetic Testing Should a Practitioner Order for Preventive Cardiology**
Kiran Musumuru, MD, PhD, MPH, ML
- What genetic tests are available for preventive cardiology?
 - Selecting the appropriate patient
 - Changing management based on the results
- 12:10 – 12:20 PM** **Speaker Q&A**
Panel: Fran Burke, MS, RD, Jordana Cohen, MD, Douglas Jacoby, MD, Christopher McFadden, MD, Kiran Musumuru, MD, PhD, MPH, ML
- 12:20 – 12:50 PM** **Panel with Case Discussions**
Gayley Blaine Webb, MSN, CRNP (Moderator)
Allan Schwartz, MD (Panelist, HTN)
Raymond Townsend, MD (Panelist, HTN)
Serena Cardillo, MD (Panelist, DM)
Daniel Soffer, MD, FNLA (Panelist, Lipidology)
- Rapid fire discussion
 - Multidisciplinary cases
 - Identifying tools for the management of challenging patients
- 12:50 – 1:00 PM** **Wrap-up/Adjourn/CE Activity Ends**
- 1:00 – 2:00 PM** **Board Meeting with Lunch**
**Sign-up Required; Not certified for CME/CE*

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You may register by credit card, or check, online at:
<https://upenn.cloud-cme.com/bp2020>

Questions? Contact us at:

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

We are unable to accept faxed or mailed registration forms with credit card payment.

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
- Penn Medicine Department of Medicine or Cardiovascular Medicine
Attendee (Use PENNBP20)
- I will Attend the Board Meeting with Lunch (No additional charge)

Payment Method

- If you are paying by credit card or check, register online at
<https://upenn.cloud-cme.com/bp2020>
- 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
3400 Civic Center Blvd, Smilow/SPE, Bldg 421, 6th Floor, JMEC/CME
Philadelphia, PA 19104
- 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.



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