



**Penn Medicine**

Continuing Medical and  
Interprofessional Education

Renal-Electrolyte & Hypertension and Cardiology Divisions at Penn Medicine  
Presents

**LIVE VIRTUAL**

# HYPERTENSION, LIPIDS, AND APPROACHES TO CV PHARMACOLOGIC RISK REDUCTION – WHAT'S NEW IN 2022

CME/CE-ACCREDITED CONFERENCE



**FRIDAY, SEPTEMBER 30, 2022**

8:00 AM – 1:15 PM EST



Delaware Valley Chapter

<https://upenn.cloud-cme.com/PreventiveCardiology2022>



## 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 guidelines for hypertension, diabetes and dyslipidemia management, and will discuss the advances in pharmacotherapeutics in these fields.

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 goals and management in several special patient populations
- Review the controversies regarding the appropriate treatment of and management of pregnant patients at risk for CVD
- Achieve competence in providing the best screening and treatment options for hypertension in patients with hyperlipidemia in young patients
- Apply appropriate pharmacologic and non-pharmacologic approaches to cardiovascular risk prevention

### HOSTING DEPARTMENT

*Hypertension, Lipids, and Approaches to CV Pharmacologic Risk Reduction – What's New in 2022* is hosted by the Renal-Electrolyte & Hypertension and Cardiology Divisions at Penn Medicine.



## 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 5.0 *AMA PRA Category 1 Credits™*. 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 5.0 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 5.0 NCPD hours.

**Pharmacists:** This knowledge-based activity is approved for 5.0 ACPE contact hours of continuing pharmacy education credit. JA0000324-0000-22-032-L04-P.

**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 5.0 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.

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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**

*Hypertension, Lipids, and Approaches to CV Pharmacologic Risk Reduction – What's New in 2022* will be live-streamed on Friday, September 30. 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.

## **REGISTRATION FEES**

Please register online at

**<https://upenn.cloud-cme.com/preventivecardiology2022>**.

*Hypertension, Lipids, and Approaches to CV Pharmacologic Risk Reduction – What's New in 2022* 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 PENNBP22 to receive complimentary registration.

**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 due to the U.S. postal service issues. 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 no later than September 29, 2022. **BE SURE TO CHECK YOUR SPAM BOX FOR EMAILS REGARDING THIS CONFERENCE.**

**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 disclosure information will be made available in the conference materials and syllabi. Faculty members are also expected to disclose products or devices within to participants any discussions of off-label and/or investigational uses of pharmaceutical products within their presentations.

## **CANCELLATION POLICY**

In order to process refunds for course withdrawals, cancellations must be received in writing by September 16, 2022 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.





# FACULTY

## COURSE DIRECTORS

### **Debbie Cohen, MD**

Professor of Medicine  
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### **Jordana Cohen, MD, MSCE**

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### **Douglas Jacoby, MD**

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## SPEAKERS

### **Sandeep Aggarwal, MD**

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### **Archna Bajaj, MD, MSCE**

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Chief, Division of Translational Medicine  
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### **Daniel Soffer, MD, FNLA**

Clinical Associate Professor of Medicine  
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Human Genetics  
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Philadelphia, PA

### **Kevin Steinberg, MD**

Clinical Assistant Professor of Medicine  
Penn Medicine  
Philadelphia, PA

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

Nurse Practitioner  
Division of Cardiovascular Medicine  
Penn Medicine  
Philadelphia, PA

\*Nurse Planner



## AGENDA | FRIDAY, SEPTEMBER 30, 2022

7:45 AM Sign into Virtual Platform

8:00 AM – 8:10 AM **Welcome**  
*Debbie Cohen, MD*

### FOUNDATIONS: REFRESHER OF THE CURRENT GUIDELINES

8:10 AM – 8:25 AM **Hypertension**  
*Matthew Denker, MD, MSCE*

8:25 AM – 8:40 AM **Cholesterol**  
*Daniel Soffer, MD, FNLA*

8:40 AM – 8:55 AM **DM/Weight Loss**  
*Christina M. Mitchell, MD*

8:55 AM – 9:20 AM **Clinical Case Discussion**  
*Yonghong Huan, MD and Emma MacAllister, CRNP*

9:20 AM – 9:30 AM Break

### SPECIAL POPULATIONS

9:30 AM – 9:45 AM **BP Goals/Management in Elderly (STEP Trial and SPRINT)**  
*S. Mehrdad Hamrahan, MD*

9:45 AM – 10:00 AM **BP Goals and Use of Thiazides in Advanced CKD**  
*Christopher McFadden, MD*

10:00 AM – 10:15 AM **Peripartum CV Risk Reduction**  
*Monika Sanghavi, MD*

10:15 AM – 10:30 AM **Lipid Management and Risk Assessment in Younger Patients**  
*Douglas Jacoby, MD*

10:30 AM – 10:45 AM **Weight Loss Strategies in Highly Comorbid Patients**  
*Kevin Steinberg, MD*

10:45 AM – 11:15 AM **Clinical Case Discussion**  
*Maria Bonanni, CRNP and Jesse Goldman, MD*

11:15 AM – 11:25 AM Break

### WHAT'S NEW IN CV RISK REDUCTION?

11:25 AM – 11:40 AM **Update in Renal Denervation**  
*Taisei Kobayashi, MD, LCDR, USNR*

11:40 AM – 11:55 AM **Polypill – Quad Study/Combo Therapy for BP and Lipids**  
*Sandeep Aggarwal, MD*

11:55 AM – 12:10 PM **Non-steroidal MRAs in HTN, DM2, and CKD**  
*Debbie Cohen, MD*

12:10 PM – 12:25 PM **New Agents in Lipid Management**  
*Archana Bajaj, MD, MSCE*

12:25 PM – 12:40 PM **Population-Wide Effects and Local Public Health Efforts of Sodium Reduction**  
*Jordana Cohen, MD, MSCE*

12:40 PM – 1:05 PM **Clinical Case Discussion**  
*Daniel Rader, MD and Gayley Webb, MSN, CRNP*

1:05 PM – 1:15 PM **Final Remarks and Adjourn**  
*Jordana Cohen, MD, MSCE and Douglas Jacoby, MD*

1:15 PM – 2:00 PM **Board Meeting**  
*Not certified for CME/CE*

## Registration Form

**LIVE VIRTUAL**

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<https://upenn.cloud-cme.com/PreventiveCardiology2022>

**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
- Penn Medicine Department of Medicine or Cardiovascular Medicine Attendee (Use PENNBP22)
- I will attend the Board Meeting

### PAYMENT METHOD

- If you are paying by check or credit card, please register online at  
<https://upenn.cloud-cme.com/PreventiveCardiology2022>
- 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.