



Penn Medicine

Continuing Medical and
Interprofessional Education

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

LIVE VIRTUAL

HYPERTENSION, LIPIDS, AND APPROACHES TO CV PHARMACOLOGIC RISK REDUCTION – WHAT'S NEW IN 2023

CME/CE-ACCREDITED CONFERENCE



FRIDAY, OCTOBER 20, 2023

8:00 AM – 1:05 PM EST



Delaware Valley Chapter

<https://upenn.cloud-cme.com/PreventiveCardiology2023>



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
- Provide the best screening and treatment options for hypertension in young patients with hyperlipidemia
- 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 2023 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 4.75 *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 4.75 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 4.75 NCPD hours.

Pharmacists: This knowledge-based activity is approved for 4.75 ACPE contact hours of continuing pharmacy education credit. JA0000324-0000-23-046-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 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 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.

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.



A VIRTUAL PRESENTATION

Hypertension, Lipids, and Approaches to CV Pharmacologic Risk Reduction – What’s New in 2023 will be live-streamed on Friday, October 20. 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.

REGISTRATION FEES

Please register online at

<https://upenn.cloud-cme.com/preventivecardiology2023>.

Hypertension, Lipids, and Approaches to CV Pharmacologic Risk Reduction – What’s New in 2023 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 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 as long as your registration is received no later than October 18, 2023. **BE SURE TO CHECK YOUR SPAM BOX FOR EMAILS REGARDING THIS CONFERENCE.** Adding 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 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 or devices within their presentations.

CANCELLATION POLICY

In order to process refunds for course withdrawals, cancellations must be received in writing by October 13, 2023 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.



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

Professor of Clinical Medicine
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

SPEAKERS

Sandeep Aggarwal, MD

Associate Professor of Clinical Medicine
Penn Medicine
Philadelphia, PA

Anastassia Amaro, MD

Associate Professor of Clinical Medicine
Medical Director, Penn Metabolic Medicine
Penn Medicine
Philadelphia, PA

Archana Bajaj, MD, MSCE

Instructor, Division of Translational Medicine
and Human Genetics
Penn Medicine
Philadelphia, PA

Maria Bonanni, CRNP

Nurse Practitioner
Penn Medicine
Philadelphia, PA

Benjamin A. Cooperberg, MD

Clinical Assistant Professor of Medicine
Chief of Endocrinology
Penn Medicine Pennsylvania Hospital
Philadelphia, PA

Matthew Denker, MD, MSCE

Assistant Professor of Clinical Medicine
Penn Medicine
Philadelphia, PA

Jeremy J. Flood, MD

Associate Professor of Clinical Medicine
Chief, Division of Endocrinology
Penn Medicine Presbyterian Medical Center
Philadelphia, PA

David J. Goldberg, MD

Associate Professor of Pediatrics
Attending Physician, Division of Cardiology
Associate Medical Director, Cardiac Care Unit
Medical Director, Infant Transitional Care Unit
Children's Hospital of Philadelphia
Philadelphia, PA

S. Mehrdad Hamrahian, MD

Associate Professor of Medicine
Division of Nephrology
Jefferson University Hospital
Philadelphia, PA

Emma MacAllister, CRNP

Nurse Practitioner
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

Christopher McFadden, MD

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

Michael Miller, MD, FACC, FAHA, FNLA, FASPC

Professor of Medicine
Penn Medicine
Philadelphia, PA

Monika Sanghavi, MD

Associate Professor of Clinical Medicine
Penn Medicine
Philadelphia, PA

Mark H. Schutta, MD

G. Clayton Kyle Professor in Diabetes
Medical Director
Penn Rodebaugh Diabetes Center
Penn Medicine
Philadelphia, PA

Daniel Soffer, MD, FNLA

Clinical Associate Professor of Medicine
Division of Translational Medicine and
Human Genetics
Penn Medicine
Philadelphia, PA

Gayley B. Webb, MSN, CRNP*

Nurse Practitioner
Division of Cardiovascular Medicine
Penn Medicine
Philadelphia, PA

*Nurse Planner



AGENDA | FRIDAY, OCTOBER 20, 2023

7:45 AM Sign into Virtual Platform

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

FOUNDATIONS IN CARDIOMETABOLIC PREVENTION

8:10 AM – 8:25 AM **When do I Evaluate for Secondary Hypertension?**
Matthew Denker, MD, MSCE

8:25 AM – 8:40 AM **How do I Address Triglycerides?**
Michael Miller, MD, FACC, FAHA, FNLA, FASPC

8:40 AM – 8:55 AM **Diabetes Monitoring:
What do I do With all of This Data and What are the Goals?**
Mark Schutta, MD

8:55 AM – 9:10 AM **Which Thiazide Should I use for Treating my Patient's Hypertension?**
Christopher McFadden, MD

9:10 AM – 9:35 AM **Clinical Case Discussion**
Sandeep Aggarwal, MD and Emma MacAllister, CRNP

9:35 AM – 9:45 AM Break

MEASUREMENTS AND MARKERS

9:45 AM – 10:00 AM **When are Ambulatory and Cuffless Blood Pressure
Measurement Appropriate?**
Jordana Cohen, MD, MSCE

10:00 AM – 10:15 AM **How do I Diagnose Insulin Resistance and Prediabetes and
What do I do With the Information?**
Benjamin A. Cooperberg, MD

10:15 AM – 10:30 AM **What are the Metabolic Consequence of Insulin Resistance and
What is the Optimal LDL in These Patients?**
Daniel Soffer, MD

10:30 AM – 10:45 AM **When do I Measure and What do I do with Polygenic Risk Scores?**
Douglas Jacoby, MD

10:45 AM – 11:10 AM **Clinical Case Discussion**
Maria Bonanni, CRNP and S. Mehrdad Hamrahan, MD

11:10 AM – 11:20 AM Break

WHAT'S NEW IN TREATMENTS FOR CARDIOVASCULAR RISK REDUCTION?

11:20 AM – 11:35 AM **Novel Treatments for Resistant Hypertension: Ready for Prime Time?**
Debbie Cohen, MD

11:35 AM – 11:50 AM **How do I Safely Introduce and Monitor SGLT-2 Inhibitors?**
Anastassia Amaro, MD

11:50 AM – 12:05 PM **How do I Prescribe GLP-1 Agonists and to Whom?**
Jeremy J. Flood, MD

12:05 PM – 12:20 PM **Who is Appropriate for PCSK-9 Inhibitors, Including Inclisiran?**
Archana Bajaj, MD, MSCE

12:20 PM – 12:35 PM **Should I use Watchman or DOACs for Stroke Prevention in Atrial Fibrillation?**
David Goldberg, MD

12:35 PM – 1:00 PM **Clinical Case Discussion**
Monika Sanghavi, MD and Gayley Webb, MSN, CRNP

1:00 PM – 1:05 PM **Final Remarks and Adjourn Certified Portion**
Jordana Cohen, MD, MSCE and Douglas Jacoby, MD

1:05 PM – 1:50 PM **Board Meeting**
Not certified for CME/CE

Registration Form

LIVE VIRTUAL

HYPERTENSION, LIPIDS, AND APPROACHES TO CV PHARMACOLOGIC RISK REDUCTION – WHAT'S NEW IN 2023

FRIDAY, OCTOBER 20, 2023

8:00 AM – 1:05 PM EST

We strongly encourage you to register for this conference online by check or credit card at

<https://upenn.cloud-cme.com/PreventiveCardiology2023>

Questions? Contact us at:

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
- Optional: 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/PreventiveCardiology2023>
- 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.