UPenn HFpEF Symposium 2023

Friday-Saturday
March 24-25, 2023

Arthur H. Rubenstein Auditorium at the Smilow Center for Translational Research
3400 Civic Center Blvd.
Philadelphia, PA 19104

This conference will be live streamed
https://upenn.cloud-cme.com/HFpEF2023
While the incidence of heart failure with reduced ejection fraction (HFrEF) has decreased, that of heart failure with preserved ejection fraction (HFpEF) continues to rise, accounting for ~50% of heart failure hospitalizations. Patients with HFpEF suffer mentally and physically, similar to their HFrEF counterparts, and are markedly limited in terms of their functional capacity and quality of life. Yet in contrast to HFrEF, there are few effective pharmacologic treatments for HFpEF, despite numerous clinical trials. To address this urgent need, many clinicians and researchers have focused on this important medical and societal issue. Improved strategies now exist to diagnose this condition, and multifaceted treatment options can help to alleviate some of the morbidity of the disease. This symposium will highlight diagnostic strategies and review the evidence base for pharmacologic therapies. Treatment of comorbid conditions found in HFpEF patients will also be discussed. Additional didactics highlighting the sources of exertional intolerance in HFpEF patients will be presented, with an emphasis on cardiopulmonary exercise testing.

The topics chosen for this conference represent the state-of-the-art in HFpEF management, incorporating the expertise of numerous disciplines including cardiology, pulmonology, radiology, sleep medicine, and endocrinology. The meeting is intended to provide an in-depth summary of HFpEF management to practicing clinicians across numerous disciplines, including Physicians, Nurse Practitioners, and Physician Assistants.

LEARNING OBJECTIVES
Upon conclusion of this educational activity, the participant will be better able to:

- Review the diagnostic criteria for HFpEF, including when to use advanced imaging or hemodynamic assessment
- Discuss HFpEF mimickers, including amyloidosis, sarcoidosis, and inherited cardiomyopathies
- Discuss the role of non-cardiac structures (such as the arterial system and other organs) in the pathogenesis and treatment of HFpEF
- Describe the electrophysiologic manifestations of HFpEF and their treatments
- Discuss novel therapies that are on the horizon for HFpEF
- Review the potential causes of exertional intolerance in HFpEF patients

The UPenn HFpEF 2023 Symposium is officially endorsed by the Heart Failure Society of America. The opinions presented in this educational activity do not necessarily reflect the opinions or recommendations of the HFSA.
UPenn HFpEF Symposium 2023 will be held Friday-Saturday, March 24-25, 2023 by in-person or live-stream (virtual) attendance. The live and virtual presentations will follow the scheduled agenda in real time (EDT).

IN-PERSON MEETING LOCATION:
Arthur H. Rubenstein Auditorium at the Smilow Center for Translational Research,
3400 Civic Center Blvd., Philadelphia, PA 19104

LIVE-STREAM (VIRTUAL) ATTENDANCE:
48 hours before the symposium, those who are registered to attend virtually will receive an email that includes a link to join the symposium. All virtual attendees will be required to sign into the meeting using your first name, last name, and email address in order to be marked as attended and receive credit.

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 15.5 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 15.5 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 15.5 NCPD 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 15.5 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 and 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.
ATTENTION YOUNG INVESTIGATORS!

Young investigators (currently in training or within 5 years of completion of the terminal degree) are invited to submit an expanded abstract on original research related to HFpEF within two categories: (1) Clinical/Translational Research, and (2) Basic Research. Investigators whose abstracts are selected will present in front of a panel of judges during a 10-minute presentation followed by 5 minutes of questions. A monetary prize will be awarded to the top presenter in each category during the reception on the final day of the symposium. The date range for submissions is September 1, 2022 – January 31, 2023. The categories are Basic Research and Clinical/Translational Research. For more information and to upload your abstract (PDF preferred), please visit https://upenn.cloud-cme.com/HFpEF2023

REGISTRATION FEES

IN-PERSON ATTENDANCE:

The fees to attend in-person are as follows: $250 for physicians and industry attendees, $100 for Non-US Based physicians, $100 for nurse practitioners, physician assistants and other healthcare professionals, $50 for Non-Penn residents and fellows. There is no fee for residents, fellows, students and Penn Medicine employees, faculty and staff to attend.

All pre-registered, in-person attendees will receive access to the conference, attendee booklet, continental breakfast, lunch and snacks during the breaks. A reception on Friday and reception and dinner on Saturday are also included. Registration also includes access to view the presentations online for one year. Due to the COVID-19 pandemic, walk-ins are discouraged. Please be sure to register in advance.

LIVE-STREAM (VIRTUAL) ATTENDANCE:
Please register online at https://upenn.cloud-cme.com/HFpEF2023

The fees to attend virtually are as follows: $100 for physicians (US and Non-US based) and industry, $50 for nurse practitioners, physician assistants and other healthcare professionals, and $25 for residents, fellows and students. There is no fee for Penn Medicine residents, fellows, students and Penn Division of Cardiovascular Medicine employees, faculty and staff to attend.

48 hours before the symposium, those who are registered to attend virtually will receive an email that includes a link to join the symposium. The email will also include the downloadable (PDF) attendee booklet. Registration also includes access to view the presentations online for one year.

Need to Register by Mail? Please note: mailed registrations can take up to 5-10 business days before they are received. We continue to experience longer delays in receiving mail due to the COVID-19 pandemic. 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 March 23, 2023.
The course director and planning committee listed below are all faculty of the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine, Philadelphia, PA.

**COURSE DIRECTOR**

Payman Zamani, MD, MTR
Assistant Professor of Medicine
Perelman School of Medicine

**PLANNING COMMITTEE**

Thomas P. Cappola, MD, ScM
William Smilow Professor
Chief, Division of Cardiovascular Medicine

Julio A. Chirinos, MD, PhD
Professor of Medicine
Co-Director, Clinical Research
Training Program in CV Biology and Medicine

Cassandra J. Demastus, MSN, CRNP, AG-ACNP-BC
Nurse Practitioner
*Nurse Planner

Lee R. Goldberg, MD, MPH
Professor of Medicine
Section Chief, Advanced Heart Failure and Cardiac Transplant

Daniel P. Kelly, MD
Director, Cardiovascular Institute
Willard and Rhoda Ware Professor of Diabetes and Metabolic Diseases

Kenneth B. Margulies, MD
Professor of Medicine
Research Director, Heart Failure/Transplantation

Jeremy A. Mazurek, MD
Assistant Professor of Clinical Medicine
Medical Director
Pulmonary Hypertension Program
Director, Pulmonary Hypertension/Pulmonary Vascular Disease Fellowship

Stuart B. Prenner, MD
Assistant Professor of Clinical Medicine
Program Director, Advanced Heart Failure and Transplant Cardiology

Margaret Shanks, MSN, FNP-C, ACGNP-BC
Nurse Practitioner
*Nurse Planner

Ross Zimmer, MD
Clinical Assistant Professor of Medicine
Director, Heart Failure Program
Penn Medicine Presbyterian Medical Center

**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 discussions of off-label and/or investigational uses of pharmaceutical products or devices within their presentations.
The speakers listed below are all faculty of the Perelman School of Medicine at the University of Pennsylvania and Penn Medicine, Philadelphia, PA.

Nadine Al-Naamani, MD, MS
Assistant Professor of Medicine

Anastassia Amaro, MD
Medical Director, Penn Metabolic Medicine
Associate Professor of Clinical Medicine

Paco E. Bravo, MD
Director of Nuclear Cardiology
Director of the Cardiovascular Phenotyping Unit
Center for Human Phenomic Science
Nuclear Medicine Modality Chief
Vice-Chair for the Radiation Research Safety Committee
Chair for Nuclear Cardiology Governance

Brian M. Drachman, MD
Associate Professor of Clinical Medicine
Associate Chief of Cardiovascular Medicine
Co-Director, Amyloidosis Program

Sharlene M. Day, MD
Presidential Associate Professor
Director, Translational Research
Division of Cardiovascular Medicine and Cardiovascular Institute

Lauren Eberly, MD, MPH
Cardiovascular Fellow

David Frankel, MD
Associate Professor of Medicine
Director, Cardiac Electrophysiology Fellowship Program

Jason S. Fritz, MD
Associate Professor of Clinical Medicine
Co-Director, Dyspnea Program

Marie Guerraty, MD, PhD
Assistant Professor of Medicine

Howard Herrmann, MD
John Winthrop Bryfogle Professor of Cardiovascular Diseases
Professor of Medicine in Surgery
Director, Cardiac Catheterization Laboratories
Director for Interventional Cardiology

H. Luise Holzhauser, MD
Assistant Professor of Clinical Medicine

Matthew C. Hyman, MD, PhD
Assistant Professor of Medicine

Hansie M. Mathelier, MD, FACC
Clinical Assistant Professor of Medicine

Paul J. Mather, MD
Professor of Clinical Medicine
Director, Faculty Development

Jorge I. Mora, MD
Associate Professor of Clinical Medicine
Associate Chief, Clinical Affairs
Division of Sleep Medicine
Medical Director, Penn Sleep Center

Juan M. Ortega-Legaspi, MD, PhD
Assistant Professor of Clinical Medicine

Anjali T. Owens, MD
Assistant Professor of Medicine
Medical Director, Center for Inherited Cardiac Disease

Nosheen Reza, MD
Assistant Professor of Medicine
Director, Penn Women in Cardiology Program
Assistant Program Director Cardiovascular Disease Fellowship Program

Janice Pieretti, MD
Associate Professor of Clinical Medicine

Marielle Scherrer-Crosbie, MD, PhD
Professor of Medicine
Director of Echocardiography
Penn Cardiovascular Institute

Daniel R. Schwartz, MD
Associate Professor of Clinical Medicine
Director, Heart Failure Program
Philadelphia VA Medical Center
Kiran Sidhu, MD, MPH  
Assistant Professor of Clinical Medicine

Esther Sung Hee Pak, MD  
Assistant Professor of Clinical Medicine

Monique Tanna, MD  
Assistant Professor of Clinical Medicine  
Director, Ambulatory Heart Failure

Benjamin J. Vaccaro, MD  
Assistant Professor of Clinical Medicine

Teresa Sue Wang, MD  
Assistant Professor of Clinical Medicine

CANCELLATION POLICY: In order to process refunds for course withdrawals, cancellations must be received in writing by March 10, 2023 (subject to a service charge equivalent to 10% of the registration fee, but no less than $25.00). 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.

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.

SERVICES FOR THE DISABLED: If special arrangements are required for an individual with a disability to participate this meeting, please contact the Office of Continuing Medical and Interprofessional Education no later than March 23, 2023, at 215-898-6400.
Barry A. Borlaug, MD
Professor of Medicine
Chair for Research, Division of Circulatory Failure
Department of Cardiovascular Medicine
Mayo Clinic
Rochester, MN

Marat Fudim, MD, MHS
Assistant Professor of Medicine
Duke University School of Medicine
Durham, NC

David A. Kass, MD
Abraham and Virginia Weiss
Professor of Cardiology
Professor of Biomedical Engineering
Professor of Pharmacology and Molecular Sciences
Director, Institute of CardioScience
Duke University School of Medicine
Durham, NC

Benjamin Levine, MD
Director of the Institute for Exercise and Environmental Medicine
S. Finley Ewing Chair for Wellness
Harry S. Moss Heart Chair for Cardiovascular Research
Distinguished Professor of Exercise Sciences
Professor of Internal Medicine/Cardiology
University of Texas Southwestern Medical Center
Dallas, TX

Senthil Selvaraj, MD, MSTR, MA
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Duke University School of Medicine
Durham, NC

Sanjiv J. Shah, MD
Director, Institute for Augmented Intelligence in Medicine
Center for Deep Phenotyping and Precision Therapeutics
Neil J. Stone, MD Professor of Medicine
Northwestern University Feinberg School of Medicine
Chicago, IL

Nancy K. Sweitzer, MD, PhD
Professor of Medicine
Vice Chair of Clinical Research
Department of Medicine
Director of Clinical Research
Division of Cardiology
Washington University School of Medicine
St. Louis, MO

Jeffrey Testani, MD, MTR
Director of Heart Failure Research
Co-Director Heart & Vascular Center
Clinical Research
Associate Professor of Medicine
Yale School of Medicine
New Haven, CT

Gregory Lewis, MD
Associate Professor of Medicine
Section Head, Heart Failure
Director, Cardiopulmonary Exercise Testing Laboratory
Medical Director, Cardiac Transplantation Program
Massachusetts General Hospital
Boston, MA
AGENDA | FRIDAY, MARCH 24, 2023

8:00 AM – 9:00 AM  In-person Sign-in and Continental Breakfast
8:45 AM – 9:00 AM  Virtual Audience Sign-in
9:00 AM – 9:10 AM  Welcome Address  
                   Thomas P. Cappola, MD, ScM

FRIDAY MORNING SESSION:  IS IT HEART FAILURE? GETTING THE DIAGNOSIS RIGHT

9:10 AM – 9:25 AM  HFpEF Epidemiology – a Growing Program  
                   Stuart B. Prenner, MD

9:25 AM – 9:40 AM  Clinical Factors and Biomarkers – Scoring Systems (e.g. H₂FPEF)  
                   Senthil Selvaraj, MD, MSTR, MA

9:40 AM – 9:55 AM  Advanced Echo Techniques (Rest/Exercise) to Diagnosis HFpEF  
                   Marielle Scherrer-Crosbie, MD, PhD

9:55 AM – 10:10 AM  To the Cath Lab –  
                    Manuevers and Challenges to Make the Diagnosis and When to Biopsy  
                    Barry A. Borlaug, MD

10:10 AM – 10:25 AM  Advanced Imaging – PET and cMRI in HFpEF  
                     Paco Bravo, MD

10:25 AM – 10:40 AM  HFpEF – A Global Perspective  
                      Juan M. Ortega-Legaspi, MD, PhD

10:40 AM – 11:00 AM  Case Presentation: HF/Cardiology Fellow  
                      Discussants: Jason S. Fritz, MD, Hansie Mathelier, MD, FACC,  
                      Margaret Shanks, MSN, FNP-C, ACGNP-BC and Daniel R. Schwartz, MD

11:00 AM – 11:45 AM  Keynote: HFpEF Diagnosis – What Have We Learned  
                      David A. Kass, MD

11:45 AM – 12:45 PM  Lunch
FRIDAY AFTERNOON SESSION:
GUIDELINE-DIRECTED PHARMACOLOGY AND DEVICES FOR HFpEF

12:45 PM – 1:00 PM  Diuretics and Overcoming Resistance
Jeffrey Testani, MD, MTR

1:00 PM – 1:15 PM  SGLT2i’s: Mechanisms and Outcomes
Payman Zamani, MD, MTR

1:15 PM – 1:30 PM  MRAs and Entresto – Controversy and Recommendations
Jeremy A. Mazurek, MD

1:30 PM – 1:45 PM  Implantable PA Monitors in HFpEF
Monique Tanna, MD

1:45 PM – 2:00 PM  Addressing Disparities in the Management of HFpEF and its Comorbidities
Lauren Eberly, MD, MPH

2:00 PM – 2:15 PM  Update on Amyloid Therapies
Brian M. Drachman, MD

2:15 PM – 2:40 PM  Case Presentation: HF/Cardiology Fellow
Discussants: Brian M. Drachman, MD, Paul J. Mather, MD, H. Luise Holzhauser, MD, and Janice Pieretti, MD

Sanjiv J. Shah, MD

3:25 PM – 3:40 PM  Break

3:40 PM – 5:00 PM  YOUNG INVESTIGATOR’S COMPETITION
CLINICAL/TRANSLATIONAL RESEARCH
Moderated by: Payman Zamani, MD, MTR

5:00 PM – 7:00 PM  Reception – Please Join Us!
AGENDA | SATURDAY, MARCH 25, 2023

7:30 AM – 8:00 AM  In-person Sign-in and Continental Breakfast
7:45 AM – 8:00 AM  Virtual Audience Sign-in

SATURDAY MORNING SESSION:
MANAGEMENT OF HFpEF RELATED COMORBIDITIES

8:00 AM – 8:15 AM  Recap of Day 1 and Intro to Day 2
Daniel P. Kelly, MD

8:15 AM – 8:30 AM  Overcoming the Sedentary Lifestyle – Exercise as Prevention and Treatment for HFpEF
Benjamin Levine, MD

8:30 AM – 8:45 AM  Chronotropic Incompetence: Modulating Sinus Rhythm and Pacing
Matthew C. Hyman, MD, PhD

8:45 AM – 9:00 AM  Atrial Fibrillation in HFpEF – Should We Ablate Sooner?
David Frankel, MD

9:00 AM – 9:15 AM  Management of Obesity – Drugs and Surgical Considerations
Anastassia Amaro, MD

9:15 AM – 9:30 AM  Microvascular Dysfunction in HFpEF
Marie Gueratty, MD, PhD

9:30 AM – 9:45 AM  Sleep Apnea in HFpEF
Jorge Mora, MD

9:45 AM – 10:00 AM  Lung Disease and Pulmonary Hypertension in HFpEF
Nadine Al-Naamani, MD, MS

10:00 AM – 10:20 AM  Case Presentation: Cardiology Fellows/Junior Faculty
Discussants: Lee R. Goldberg, MD, MPH, Kiran Sidhu, MD, MPH, Esther Sung Hee Pak, MD, and Benjamin J. Vaccaro, MD

10:20 AM – 10:35 AM  Break
### AGENDA | SATURDAY, MARCH 25, 2023

#### SATURDAY MORNING SESSION (PART 2):
**WHAT’S ON THE HORIZON**

<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
<th>Speaker(s)</th>
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<tbody>
<tr>
<td>10:35 AM – 10:50 AM</td>
<td>Drugs to Modulate Contractility – Levosimendan and Mavacamten</td>
<td>Anjali Owens, MD</td>
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<td>10:50 AM – 11:05 AM</td>
<td>Fibrosis In HFpEF – What it Means and What to do About it?</td>
<td>The New and the Old – Alagebrium, Pirfenidone, and Novel Diagnostics</td>
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<td>11:05 AM – 11:20 AM</td>
<td>Splanchnic Nerve Modulation in HFpEF</td>
<td>Marat Fudim, MD, MHS</td>
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<td>11:20 AM – 11:35 AM</td>
<td>Intracardiac Shunt Devices</td>
<td>Howard Herrmann, MD</td>
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<td>11:35 AM – 12:00 PM</td>
<td>Case Presentation: Cardiology Fellows/Junior Faculty</td>
<td>Discussants: Sharlene M. Day, MD, Anjali Owens, MD, Nosheen Reza, MD, Teresa Sue Wang, MD</td>
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<td>12:00 PM – 12:15 PM</td>
<td>Break</td>
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<tr>
<td>12:15 PM – 1:00 PM</td>
<td>Keynote: The Future of HFpEF Treatment</td>
<td>Nancy K. Sweitzer, MD</td>
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<tr>
<td>1:00 PM – 2:30 PM</td>
<td>Lunch</td>
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#### MINI-SYMPOSIUM:
**EXERCISE CAPACITY IN HFpEF**

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<tr>
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<tr>
<td>2:30 PM – 2:50 PM</td>
<td>Exercise Physiology, as seen Through a CPET Test</td>
<td>Jason S. Fritz, MD</td>
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<td>2:50 PM – 3:20 PM</td>
<td>CPET Live Demo</td>
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<td>3:20 PM – 3:35 PM</td>
<td>Break/Q&amp;A</td>
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<td>3:35 PM – 4:05 PM</td>
<td>Debate: It’s the Heart! High Pressures &quot;Limit&quot; Exercise in HFpEF</td>
<td>Barry A. Borlaug, MD</td>
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<td>4:05 PM – 4:35 PM</td>
<td>Debate: The Heart Isn’t Normal but It’s Not Everything – Peripheral Limitations in HFpEF</td>
<td>Gregory Lewis, MD</td>
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<td>4:35 PM – 5:00 PM</td>
<td>Rebuttal, Q&amp;A and Questions</td>
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<tr>
<td>5:00 PM – 5:15 PM</td>
<td>Break</td>
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AGENDA | SATURDAY, MARCH 25, 2023

5:15 PM – 6:15 PM  YOUNG INVESTIGATOR’S COMPETITION PART 2
                  BASIC RESEARCH
                  Moderated by Payman Zamani, MD, MTR

6:15 PM  Closing Remarks & Adjourn
            Payman Zamani, MD, MTR

6:20 PM – 8:00 PM  Reception and Dinner

7:20 PM  Young Investigator’s Competition Award
Registration Form

IN-PERSON AND VIRTUAL:

UPenn HFpEF Symposium 2023

We strongly encourage you to register for this conference online by check or credit card at https://upenn.cloud-cme.com/HFpEF2023

Questions? Contact us at:
penncme@pennmedicine.upenn.edu • Phone: 215-898-6400 or 215-898-8005

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

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<td>Academic Degree</td>
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REGISTRATION FEES

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- $50 for Non-Penn residents and fellows
- There is no fee for residents, fellows, students and Penn Medicine employees, faculty and staff to attend.

Optional:
- ☐ I will attend the reception on Friday
- ☐ I will attend the reception and dinner on Saturday

LIVE-STREAM (VIRTUAL) ATTENDANCE:
- $100 for physicians (US and Non-US based) and industry attendees,
- $50 for nurse practitioners, physician assistants and other healthcare professionals.
- $25 for residents, fellows and students
- There is no fee for residents, fellows, students and Penn Medicine employees, faculty and staff to attend.

PAYMENT METHOD
- If you are paying by check or credit card, please register online at https://upenn.cloud-cme.com/HFpEF2023
- 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.