Controversies of Today, Tomorrow’s Frontiers

Hypertension Update 2014

Course Director: Arif Asif, MD, FASN, FNKF
Co-Director: Roy O. Mathew, MD

Learn From Experts: Speakers are chosen based on the expertise in various aspects of hypertension. We are honored to bring guest faculty who are hypertension experts in JNC, American Society of Hypertension and International Society of Hypertension Guidelines and who have conducted major clinical trials and presented in multiple national and international scientific meetings on multiple aspects of hypertension.

Thursday, April 3 - Friday April 4, 2014
Thursday 12:30 PM - 5:15 PM • Friday 8 AM - 3:45 PM

Hilton Garden Inn - Troy
235 Hoosick Street, Troy, NY 12180

Sponsored by Albany Medical College’s Division of Nephrology and Hypertension and the Office of Continuing Medical Education
Pre-registration is required. Please type or print clearly & register one person per form.

Name & Degree (As to appear on conference information, up to two degrees only)

CME Credit Tracking (Month of Birth - Day of Birth - First 4 Characters of First Name)

Specialty

Organization

Department

Office Address

City State Zip

Office Phone Office Fax

E-mail Address (You must provide an e-mail address to gain access to the on-line syllabus)

Please check one:

- I am attending both Thursday and Friday
- I am attending Thursday Only
- I am attending Friday Only

If you are attending Friday please check the breakout sessions you will be attending. Please check one:

- 1 – 2:00 pm: Session VI
- 1 – 2:00 pm: Diet, Lifestyle Modification and Hypertension

- 2:15-3:45 pm: Session VII
- 2:15-3:45 pm: Hypertension for Mid-Level Practitioners
- 2:15-3:45 pm: Pediatric Hypertension

Please check method of payment:

- My check for $________________, payable to Albany Medical College is enclosed.
- Please charge my credit card for the amount of $_______________

- MasterCard
- Visa
- AMEX
- Discover

Method of Registration: Fax or Mail

Fax: (518) 262-5679 Registrations accepted with credit card payment. Fax registrations without credit card information will not be processed. This is a secure fax line.

Mail: Return this form with payment to: Albany Medical College, Office of Continuing Medical Education, Hypertension Conference - Mail Code 1, J408, 47 New Scotland Avenue, Albany, NY 12208-3479

Office Use Only

Check #: _________ B/P: ___________ Date Received: ___________ Amount: _____________

C.C. Approval #: _____________ Note: ________________
Course Description

This hypertension meeting is specifically designed to provide the most up to date information based on the recent guidelines to practitioners that will be readily applicable and clinically useful in the management of their hypertensive patient population.

This conference will review the latest concepts in the diagnosis and management of hypertension. Hypertension guidelines from the American Society of Hypertension, International Society of Hypertension and the Joint National Commission Report 8 (JNC8) regarding the management goals will be reviewed.

Some of the topics that will be discussed in the meeting include:
1) Diagnosis and mechanisms of hypertension.
2) Complications of hypertension.
3) Management strategies for various forms of hypertension and its complications.
4) Recognition of resistant hypertension and its management.
5) Renal denervation and management of hypertension.
6) Psychology and hypertension.
7) Diet and hypertension.

Complex mechanisms will be broken down into simple concepts during concise and to the point lectures. Point counterpoint sessions will emphasize important elements and management strategies. Meet the professors sessions will focus on case discussions and a direct interaction with attendees in the management of hypertension. Finally, breakout sessions will focus on pediatric hypertension and hypertension management by nurse practitioners and physician assistants.

Target Audience

This course is designed for Internists, Family Medicine, Hospitalists, General Medicine, Pediatrics, Nephrologists, Cardiologists, Endocrinologists, OB/GYN, Pharmacists, Nurses, Nurse, Practitioners, Physicians Assistants and Dieticians.

Interested allied health providers are welcome to attend.

Objectives

Upon completion of the course, the participant should be able to:
• Discuss the mechanisms of hypertension.
• Recognize the complications of hypertension.
• Describe the management strategies for various forms of hypertension.
• Develop familiarity with important anti-hypertensive medication.
• Recognize resistant hypertension and its management.
• Discuss the role of renal denervation in the management of hypertension.
• Discuss the role of diet in hypertension.

Tuition

Full Course Tuition (Thursday and Friday)

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<tr>
<th>By March 21</th>
<th>After March 21</th>
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<tbody>
<tr>
<td>Physicians</td>
<td>$250.00</td>
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<tr>
<td>Full Time AMC &amp; Stratton VA Staff, Residents, Students and EMS</td>
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<tr>
<td>Others (NP’s, PA’s, RD’s, Nurses etc.)</td>
<td>$175.00</td>
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Tuition includes course registration, access to the on-line syllabus material if available, a continental breakfast and boxed lunch on Friday and beverage breaks on Thursday and Friday.

Thursday Only

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Tuition includes course registration, access to the on-line syllabus material if available and beverage breaks.

Friday Only

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<tr>
<td>Others (NP’s, PA’s, RD’s, Nurses etc.)</td>
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Tuition includes course registration, access to the on-line syllabus material if available, a continental breakfast, boxed lunch and beverage breaks.

Refunds minus a $25.00 administrative fee are possible if cancellation of registration is received in writing by March 21. After that date, one half of the paid tuition, minus a $25.00 administrative fee, is refundable with written notification.
**Conference Information**

**Accreditation**

**Physician:**
The Albany Medical College is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Albany Medical College designates this Live activity for a maximum of 11.00 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

**Physician Assistant:**
AAPA accepts Category I credit from AOACCME, Prescribed credit from AAFP, and AMA Category I CME credit for the PRA from organizations accredited by ACCME.

**Registered Dietitians:**
CEUs have been applied for through the American Dietetic Association.

**Nursing:**
Albany Medical Center Hospital is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center’s Commission on Accreditation.

This learning activity will be awarded a maximum of 10.25 continuing nursing education contact hours.

**Nursing Liaison:**
Linda Maguire, MS, RN, CCRN Education Specialist, The Center for Learning & Development, Albany Medical Center

**Confirmation**

All registrants will receive a confirmation. If you register and do not receive a confirmation notice within one week of your registration, please call the Office of Continuing Medical Education at (518) 262-5828 to be sure we have received your information.

**On-line Syllabus**

Printed syllabus material will NOT be available at the conference. If syllabus material is available it will be available on-line prior to and after the conference. In order to receive access to the syllabus material you must provide your e-mail address on the registration form. You will receive access information via e-mail. If you do NOT receive access information please call (518) 262-5828.

**Overnight Rooms**

A block of overnight rooms has been reserved at the Hilton Garden Inn – Troy for the evening of April 3. The rate for a standard room is $114.00 Queen or King. These rates are per night and do not include tax. Please call 877/STAY HGI or go on-line at troy.HGI.com. Please use the group code ACHC. After March 10 the rooms will be released and the above rate is not guaranteed. Check-in is 4:00 pm: checkout is 12:00 noon.

**Directions**

**FROM THE NORTH:** Take the Adirondack Northway/ NY Route 87, South, to Exit 7/Route 7, East towards Troy/ Cohoes. Follow Route 7 over Route 787, about 5 miles. At the bottom of the bridge, go straight through the light and proceed up the hill on Hoosick Street. The Hilton Garden Inn Troy will be three quarters of a mile up the hill on the left hand side.

**FROM THE SOUTH:** Take the New York State Thruway/ I-87 North towards Albany. Merge onto I-787 North, via Exit 23 towards Downtown Albany/Rensselaer/Troy, for about 9 miles. Merge onto NY 7 via Exit 9E towards Troy/Albany. Go East, up the hill, on Hoosick Street, at the light at the bottom of the bridge. The Hilton Garden Inn Troy will be three quarters of a mile up the hill, on the left hand side.

**Need Information?**

For further information regarding this conference, contact the Office of Continuing Medical Education by phone @ (518) 262-5828, by fax @ (518) 262-5679 or e-mail at pricej@mail.amc.edu. For emergency calls during the conference, please call the Troy Hilton Garden Inn at (518) 272-1700.

Be sure to visit the Albany Medical Center website @ www.amc.edu.

**Special Needs**

Should you have disabilities, dietary restrictions or other requirements, please contact the Office of Continuing Medical Education at (518) 262-5828 by March 21 to discuss your needs.

**Attire**

Because everyone has a different comfort level we suggest you dress in layers or bring a sweater.

**Acknowledgement**

A complete list of supporters will be available at the conference.

**Do You Have Specific Questions?**

If you have questions regarding any of the scheduled topics, write them on a separate sheet of paper and enclose with the registration form. Our faculty will do their best to include the information in their talk.
### Thursday, April 3, 2014 • 12:30-5:15 PM

#### Afternoon Session I: 12:50-2:30 PM  
**Moderator: Arif Asif, MD**

<table>
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<tr>
<th>Time</th>
<th>Activity</th>
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| 12:50-1:00 PM | Welcome and Presentation of Faculty  
*Richard Blinkhorn, MD* |
| 1:00-1:15 PM | Physiologic Mechanisms of Hypertension: A Targeted Approach.  
*Roy O. Mathew, MD* |
| 1:15-1:30 PM | Anxiety, Stress and Type A Personalities: Is There a Connection with Hypertension?  
*A. Jill Clemence, PhD* |
| 1:30-2:15 PM | Hypertension: The Evolution of JNC 8 and Other Guidelines, Roadmaps, Itineraries and What Not.  
*Barry J. Materson, MD, MBA* |

#### SESSION II: 2:45-4:15 PM  
**Moderator: Ferdinand Venditti, MD**

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| 2:45-3:00 PM | Developing Infrastructure of a System to Control Hypertension on a Large Scale  
*George Clifford, PhD* |
| 3:00-3:15 PM | Race, Gender, Age and Prevalence of HTN: Could An Organized Approach To Control Hypertension Work?  
*David Conti, MD* |
| 3:15-3:30 PM | Hypertension Burden: A Primary Care Physician’s Perspective  
*Louis Snitkoff, MD* |
| 3:30-3:45 PM | Economic Burden of Hypertension: Are We Entering the P4P Dragon?  
*John Bennett, MD* |
| 3:45-4:00 PM | Hypertension at the State Level  
*Foster Gesten, MD* |
| 4:00-4:15 PM | Questions and Comments |

### Friday, April 4, 2014 • 8 AM-3:45 PM

**SESSION IV: 8:30-10:30 AM**  
**Moderator: Paul Sorum, MD**

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<th>Time</th>
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| 8:30-8:40 AM | Opening Remarks  
*Paul Sorum, MD* |
| 8:40-8:50 AM | Hypertension and Its Impact On Population  
*Ferdinand Venditti, MD* |
| 8:50-9:20 AM | We Are Awash with Guidelines! How Do We Treat Our Patients?  
*Barry J. Materson, MD, MBA* |
| 9:20-9:40 AM | Point Counter-Point ACE-Inhibitors and Angiotensin Receptor Blockers: These Agents Should Not Be Used For Hypertension in CKD  
*Anthony Nappi, MD* |

#### SESSION V: 10:45 AM-12:00 Noon  
**Moderator: Ivelisse Verrico, MD**

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<th>Time</th>
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| 10:45-11:05 AM | Resistant Hypertension: What Should We Know and Do About This Entity?  
*Jai Radhakrishnan, MD, MS* |
*Mathew Weir, MD* |
| 11:25-11:45 AM | Hypertension in Blacks. What's the Most Effective Anti-Hypertensive Agent?  
*Arif Asif, MD* |

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<tr>
<td>11:45-12:00 PM</td>
<td>Questions and Comments</td>
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| 12:00-1:00 PM | Selected Cases Of Hypertension  
Meet the Professors Session. This session would highlight cases discussing hypertension in the elderly, genetics of hypertension, secondary hypertension and more. |
Friday, April 4, 2014 • 8 AM-3:45 PM

SESSION VI: 1:00-2:00 PM
Moderator: Mikhail Torosoff, MD

1:00-2:00 PM
Renal Artery Stenosis: A Practical Approach To Diagnosis
Mathew Weir, MD

Aldosteronism: A Simplified Approach To Diagnosis and Management
Matthew Leinung, MD

Point Counter-Point: 45 Year Old Male With BP=180/100 on 4 Meds (ARB + CCB + HCTZ + Spironolactone)
Continue Optimizing the Dose and Add Another Agent
Jeff Wang, MD

Should We Consider Renal Nerve Ablation Therapy
Gary Siskin, MD

2:00-2:15 PM Exhibits and Break

BREAkOUT SESSION: 1:00-2:15 PM
DIET, LIFESTYLE MODIFICATION AND HYPERTENSION
Moderator: Snezana Mijovic-Das, MD

1:00-1:15 PM Dietary Patterns
TBA

1:15-1:30 PM Hypertension: A Dietary Perspective
TBA

1:30-2:00 PM Is There Scientific Evidence That Diet and Exercise Reduce Blood Pressure?
Snezana Mijovic-Das, MD

2:00-2:15 PM Questions and Comments

SESSION VII: 2:15-4:10 PM
Moderator: John Rosenberger, MD

2:15-2:35 PM Metabolic Syndrome and Hypertension
James Desemone, MD

2:35-2:55 PM Point Counter Point: A Patient With Palpitation, Sweating, Headache, Hypertension Spells and Multiple Admissions To ED with Intravenous Agents To Control Blood Pressure.
Its Pheochromocytoma…Go All the Way To MIBG Scan To Find It
Mikhail Torosoff, MD

What About An Alternative Diagnosis
Robin Tassinari, MD

2:55-3:15 PM HTN in the Emergency Department: Who Should Be Admitted and What Should We Do With Those Being Discharged From the ED
Michael Waxman, MD

3:15-3:45 PM Point Counter Point: Hypertension with Proteinuria: Only Blood Pressure Lowering is Essential to Treat This Condition
Joseph Roglieri, MD

Blood Pressure Lowering with Anti-Proteinuric Agents is Essential to Treat This Condition
James Horn, MD

3:45-4:00 PM Stroke: How Do We Lower the Risk of This Devastating Complication of Hypertension?
Syed S. Haqqie, MD

4:00-4:10 PM Questions and Comments

BREAkOUT SESSION: 2:15-3:45 PM
HYPERTENSION SESSION FOR MID-LEVEL PRACTITIONERS
Moderators: Darius Mason, PharmD, BCPS and Vincent Carsillo, DO

2:15-2:25 PM Why Should We Treat Hypertension?
Arif Asif, MD

Elizabeth Anderson, MSN, RN, BC

2:35-2:45 PM Workup of Hypertension: What Labs Should We Check?
Donna Merrill, RN

2:45-3:05 PM Common Anti-Hypertensive Agents and Their Mechanism of Action
Darius Mason, PharmD, BCPS

3:05-3:15 PM Adverse Effects of Anti-Hypertensive Agents
Vincent Carsillo, DO

3:15-3:45 PM Interactive Session: A Case-Based Approach to Hypertension Management
Case #1: Vincent Carsillo, DO

Case #2: George Eisele, MD

BREAkOUT SESSION: 2:15-3:45 PM
PEDIATRIC HYPERTENSION
Moderator: Ivelisse Verrico, MD

2:15-2:30 PM Pediatric Hypertension: What Number Do We Pick and What Does It Mean?
Melinda Clark, MD

2:30-2:45 PM Pediatric Hypertension and Metabolic Syndrome: Are We Prepared For It?
Jennifer E. Lindstrom, MD

3:00-3:30 PM Management of Hypertension In Pediatric Population
James Listman, MD

3:30-3:45 PM Questions and Comments


**Course Director**

Arif Asif, MD, FASN, FNKF  
*Thomas Ordway Distinguished Professor of Medicine*  
*Chief, Division of Nephrology and Hypertension*  
Albany Medical College  
Albany, NY 12208

**Co-Director**

Roy O. Mathew, MD  
*Assistant Professor of Medicine*  
Albany Medical College  
*Nephrology Section Lead*  
Stratton VA Medical Center  
Albany, NY

**Guest Faculty**

John Bennett, MD  
*President and CEO*  
Capital District Physicians Health Plan  
Albany, NY

Vincent Carsillo, DO  
*Capital District Renal Physicians, PC*  
Albany, NY

Foster Gesten, MD, FACP  
*Medical Director*  
Office of Quality and Patient Safety  
New York State Department of Health  
Albany, NY

James Horn, MD  
*Capital District Renal Physicians, PC*  
Albany, NY

Barry J. Materson, MD, MBA  
*Senior Professor of Medicine*  
Department of Medicine  
Division of Clinical Pharmacology  
University of Miami  
Miller School of Medicine  
Miami, FL

Jai Radhakrishnan, MD, MS  
*Professor at Columbia University Medical Center*  
*Associate Division Chief for Clinical Affairs*  
Columbia University  
New York, NY

Joseph Roglieri, DO  
*Northeast Nephrology Associates, PC*  
Troy, NY

Louis Snitkoff, MD, FACP  
*Medical Director*  
Capital Care Medical Group  
Albany, NY

Jeffrey Wang, MD  
*Division of Nephrology*  
Stratton VA Medical Center  
Albany, NY

Mathew Weir, MD  
*Professor and Director*  
Division of Nephrology  
University of Maryland School of Medicine  
Baltimore, MD

**Albany Medical College Faculty**

Anderson, MSN, RN, BC  
*Nurse Administrator for Faculty Physicians*

William Boden, MD  
*Professor of Medicine*  
Albany Medical College  
*Chief of Medicine*  
Stratton VA Medical Center  
Albany, NY

Melinda Clark, MD  
*Associate Professor*  
General Pediatrics

A Jill Clemence, PhD  
*Assistant Professor*  
Department of Psychiatry

George Clifford, PhD  
*Administrator*  
Department of Medicine

David Conti, MD  
*Chief, Section of Transplant Surgery*  
Department of Surgery

James Desemone, MD  
*Associate Professor of Medicine*  
Section of Inpatient Diabetes

George Eisele, MD  
*Professor of Medicine*  
Division of Nephrology and Hypertension

Syed S. Haqqie, MD  
*Professor of Medicine*  
Division of Nephrology and Hypertension

Matthew Leinung, MD, FACE  
*Professor of Medicine*  
Head, Division of Endocrinology & Metabolism

Jennifer E. Lindstrom, MD  
*Assistant Professor of Internal Medicine and Pediatrics*  
*Medical Director, Bariatric Surgery Program*  
*Assistant Program Director Combined Internal Medicine and Pediatrics*  
Division of Medicine

James Listman, MD  
*Associate Professor of Medicine*  
Division of Nephrology and Hypertension

Darius Mason, PharmD, BCPS  
*Assistant Professor*  
Department of Pharmacy Practice  
Albany College of Pharmacy and Health Sciences  
*Adjunct Assistant Professor*  
Department of Medicine  
Division of Nephrology and Hypertension  
Albany Medical College

Donna Merrill, RN, CCRC  
*Nurse Supervisor*  
Division of Nephrology and Hypertension

Snezana Mijovic-Das, MD  
*Associate Professor of Medicine*  
Division of Nephrology and Hypertension

Anthony Nappi, MD  
*Assistant Professor of Medicine*  
Division of Cardiology

Edward Philbin, MD  
*Professor of Medicine*  
George E. Pataki Chair in Cardiology  
*Associate Chair for Clinical Affairs of Department of Medicine*  
*Director, Heart Failure Cardiology*

John Rosenberger, MD  
*Professor of Medicine*  
*Section Chief, Internal Medicine*

Elisabeth Simon, MD  
*Assistant Professor of Medicine*  
Division of Pediatric Nephrology

Gary Siskin, MD  
*Professor of Radiology*  
*Chairman, Department of Radiology*  
Albany Medical Center  
Community Care Physicians, PC

Paul Sorum, MD  
*Professor of Medicine and Pediatrics*  
Department of Internal Medicine and Pediatrics

Robin Tassinari, MD  
*Professor of Psychiatry*  
*Director, Consultation-Liaison Psychiatry Service*  
Department of Psychiatry

Mikhail Torosoff, MD, PhD, FACC, FASE  
*Associate Professor of Medicine*  
Division of Cardiology

Ferdinand Venditti, MD, FACP, FHRS  
*Vice Dean of Clinical Affairs*  
*President of the Albany Medical College Faculty Physicians*  
*Professor of Medicine*

Ivelisse Verrico, MD, FACP, FAAP  
*Assistant Professor of Internal Medicine and Pediatrics*  
*Program Director of the Combined Internal Medicine and Pediatrics Residency*  
Division of Medicine

Michael Waxman, MD  
*Associate Professor*  
Emergency Medicine
Register by March 21 and save $$$$$$$$$!

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