

# 21st Annual North Carolina Cardiovascular Update

Friday, October 28, 2022  
at the Carolina Club



**Location** George Watts Hill Alumni Center  
Carolina Club

150 Stadium Drive  
Chapel Hill, NC 27514

**Date** Friday, October 28, 2022

**Check-in** 7:00 am–8:00 am

**Program** 8:00 am–5:00 pm

**REGISTER  
ONLINE**

## DESCRIPTION

This educational activity will provide a refresher on optimal treatment of various cardiovascular diseases. Also, new technologies and drug therapies will be discussed. Challenging cases will be reviewed to put current treatment recommendations in perspective. Lastly, panel discussions will be held and questions solicited from the audience.

## TARGET AUDIENCE

Cardiologists, cardiac surgeons, internists, family practice and primary care physicians, emergency physicians, nurses, nurse practitioners, physician assistants, and other health professionals involved in the treatment of cardiovascular disease.

## OBJECTIVES

**Upon completion of this program, participants will be able to:**

- Identify and integrate various state-of-the-art treatments for cardiovascular disease, including percutaneous and surgical therapies, by primary care physicians and cardiologists.
- Review state-of-the-art diagnostic techniques and imaging options for assessing patients with cardiovascular disease.
- Review important clinical trials in cardiology that have been completed within the past year, including but not limited to cholesterol-lowering drugs, and apply information learned to daily practice

## EARLY FEES AVAILABLE THROUGH 10/21/2022

<b>\$250.00</b>	MDs & DOs
<b>\$150.00</b>	Other Healthcare Professionals
<b>\$90.00</b>	Nurses
<b>\$50.00</b>	Non-UNC Residents and Fellows
<b>\$50.00</b>	Alamance, Chatham, & Orange PCP ( <i>must preregister</i> )
<b>Free</b>	All UNC-Affiliated Staff ( <i>must preregister with UNC email address</i> )

## DIRECTIONS

George Watts Hill Alumni Center  
150 Stadium Drive  
Chapel Hill, NC 27514

**GET  
DIRECTIONS**

## HAVE A QUESTION?



**Special Services**  
828-407-2412

### Program Planner

Dina Gillespie  
828-771-4216 | [Dina.Gillespie@mahec.net](mailto:Dina.Gillespie@mahec.net)

### Registration Phone

828-257-4475

### Email

[registration@mahec.net](mailto:registration@mahec.net)

### Registration Fax

828-257-4768

### Mail

MAHEC Registration  
121 Hendersonville Road  
Asheville, NC 28803

**Online Registration**  
[www.mahec.net/cpd](http://www.mahec.net/cpd)

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## CONFERENCE AGENDA

<b>7:00–8:00</b>	Registrations, Exhibitors, and Continental Breakfast	<b>2:30–2:45</b>	Break and Exhibitors
<b>8:00–8:05</b>	<b>Opening Remarks and Overview</b> — Rick Stouffer, MD, and Matt Cavender, MD, MPH, FACC	<b>2:45–3:15</b>	<b>Treating Patients with Bicuspid Aortic Valve Disease — Does One Size Fit All?</b> — John Vavalle, MD
<b>8:05–8:25</b>	<b>Updates on Pharmacotherapy for HOCM</b> — Mike Yeung, MD	<b>3:15–3:45</b>	<b>Improving Outcomes in Patients with Type 2 Diabetes</b> — Matt Cavender, MD, MPH, FACC
<b>8:25–8:50</b>	<b>Strategies to Help Patients Lose Weight</b> — Deborah Tate, PhD	<b>3:45–4:15</b>	<b>Improving Quality of Care in Patients with Heart Failure</b> — Laura Loehr, MD
<b>8:50–9:10</b>	<b>Cardio-Oncology, Current Strategies, and Unanswered Questions</b> — Brian Jensen, MD	<b>4:15–4:30</b>	<b>Pulmonary Embolism — Risk Factors for the Development and Acute Management</b> — Joe Rossi, MD
<b>9:10–9:20</b>	<b>Q&amp;A and Panel Discussion</b>	<b>4:30–5:00</b>	<b>DVT and PE: How Long to Anticoagulate?</b> — Stephan Moll, MD
<b>9:20–9:40</b>	Break and Exhibitors	<b>5:00–5:15</b>	<b>Q&amp;A and Final Remarks</b> — Rick Stouffer, MD, and Matt Cavender, MD, MPH
<b>9:40–10:00</b>	<b>Updated Guidelines for the Management of Hypertension</b> — Alan Hinderliter, MD	<b>5:15</b>	Adjourn
<b>10:00–10:30</b>	<b>Case Study — Difficult to Control Hypertension</b> — Cassie Ramm, NP; Alan Hinderliter, MD; and Rick Stouffer, MD		
<b>10:30–10:45</b>	<b>Q&amp;A and Panel Discussion</b>		
<b>10:45–11:00</b>	Break and Exhibitors		
<b>11:00–12:00</b>	<b>Craige Lecture: Controversies in the Management of Coronary Artery Disease</b> — Robert Yeh, MD, MSc		
<b>12:00–1:00</b>	Lunch (provided)		
<b>1:00–1:25</b>	<b>PVCs — Why Do They Occur? How Do You Localize Them? What Do You Need to Do About Them?</b> — Faisal Syed, MD		
<b>1:25–1:50</b>	<b>What's New in Electrophysiology? The Three Most Important Studies in 2021</b> — Anil Gehi, MD		
<b>1:50–2:15</b>	<b>Utilizing Real World Data in Clinical Care</b> — Lindsey Rosman, PhD		
<b>2:15–2:30</b>	<b>Q&amp;A and Panel Discussion</b>		

## REGISTRATION

Event fees include administrative costs and educational materials. If your registration is received after the early registration deadline, the total fee will be the registration fee + \$15.00. MAHEC has a pay-up-front policy for all CE programs. The only exceptions will be for pre-approved programs where an individual payment plan is appropriate. Registrations that are received without accompanying payment will not be processed and participants who have not paid the course fee will not be admitted into the program. Unless otherwise noted in course materials, the following cancellation policy applies to all programs:

- Cancellations must be in writing (via fax, email, or mail)
- Cancellations received more than 2 weeks prior to the event will receive 100% refund
- Cancellations received between two weeks and two full business days prior to the first day of the event are refunded at 70% of the registration fee subject to a minimum \$25 cancellation fee
- No refunds or credits will be given for cancellations received less than two full business days prior to the event
- No vouchers will be issued in lieu of a refund
- Transfers/substitute(s) are welcome (please notify us in advance of the program)

## CRAIGE LECTURER



**Robert W. Yeh, MD, MSc,** is the Founding Director of the Richard and Susan Smith Center for Outcomes Research at the Beth Israel Deaconess Medical Center. He holds the Katz-Silver Endowed Chair in Cardiovascular Outcomes Research and is Associate Professor of Medicine at Harvard Medical School. Dr.

Yeh is also Associate Chief of Interventional Cardiology at BIDMC.

Dr. Yeh's research focuses on understanding the value of novel cardiovascular devices and therapies, studying the effects of health policy interventions on cardiovascular practice, and using novel sources of data to better predict patient and procedural risk. His work is funded by the National Heart, Lung, and Blood Institute and the US Food and Drug Administration. He is a standing voting member of the FDA's Circulatory Devices Advisory Panel.

## FACULTY

**Dr. Cavender** is an active interventional cardiologist with a focus on catheter-based interventions for coronary artery disease, aortic and mitral valve disease, peripheral vascular disease, and cardiogenic shock. In addition to his clinical interests, he has an active research program with an emphasis on improving the quality of health care delivery and understanding the clinical effectiveness of pharmacological and device based-therapies for patients with coronary artery disease, diabetes, peripheral arterial disease, and valvular heart disease.

**Dr. Gehi's** clinical interests include pacemaker and defibrillator implantation and device extraction, as well as catheter ablation for SVT, VT, atrial flutter, and atrial fibrillation. Dr. Gehi's research focus includes techniques of ablation for atrial fibrillation (including hybrid ablation), processes of care in the management of atrial fibrillation, and outcomes research in atrial fibrillation through complex analyses of big data.

**Dr. Hinderliter's** principal clinical interests are hypertension, valvular heart disease, and echocardiography. He is recognized as a Hypertension Specialist and sees patients with high blood pressure that is difficult to control in the multidisciplinary UNC Hypertension Clinic. He also enjoys seeing patients with a wide variety of other cardiovascular problems in the Cardiology Clinic. He serves as the Medical Director of the UNC Hospitals echocardiography laboratory and works closely with the structural heart disease program to provide contemporary treatments for patients with diseased heart valves.

Dr. Hinderliter's research has focused on lifestyle interventions for the treatment of hypertension, novel treatments for resistant hypertension, and blood pressure measurement. Our research laboratory utilizes ultrasound imaging to examine the effects of hypertension on cardiovascular structure and function, the relationships of systemic diseases and cardiovascular risk factors to vascular endothelial function, the influence of oral health on cardiovascular disease, and the cardiovascular effects of air pollution.

**Dr. Jensen** is a physician-scientist with a clinical and investigative focus on heart failure. He has subspecialty clinical certification in Advanced Heart Failure/Transplantation and serves as an attending physician on the UNC Heart Failure/Transplant/LVAD inpatient service. Dr. Jensen also directs the UNC cardio-oncology clinic.

His laboratory uses basic and translational approaches to study heart failure and the molecular response to myocardial injury. The primary projects in the laboratory focus on (1) Understanding how alpha-1A adrenergic receptors adaptively regulate cardiomyocyte metabolism and developing an alpha-1A adrenergic receptor agonist to treat heart failure; (2) Determining the mechanisms underlying cardiotoxicity of cytotoxic and targeted cancer therapies; and (3) Identifying cardioprotective roles for the nuclear receptor ROR-alpha in regulating cardiomyocyte metabolism and inflammation.

**Dr. Loehr's** background clinically has been in both outpatient and inpatient settings, including academic and private practice. She is excited to be returning to outpatient primary care in General Internal Medicine, and will be seeing adults 18 years and over at the Ambulatory Care Center.

## FACULTY (CONTINUED)

**Dr. Moll's** clinical interest is coagulation and classical hematology, with a particular focus on thrombosis and anticoagulation. His research interests include clinical trials on new anticoagulants and better use of established anticoagulants. He takes a special interest in clinical-medical education of patients, the public, and healthcare professionals and is a cofounder of the UNC Blood Clot Education Program Clot Connect, at [www.clotcotconnect.org](http://www.clotcotconnect.org). His three main professional goals for the next 5-10 years are (1) enhance the Clot Connect information program, (2) continue to build an "Athletes and Blood Clot Program," and (3) support trainees in their career development in the field of coagulation/hematology.

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**Cassie Ramm's** clinical focus is on structural and valvular heart disease. As a key member of a patient's medical team, she works closely with patients and family members through the continuum of care to ensure optimal patient outcomes. Cassie's procedural specialties include minimally invasive structural heart interventions. She is also a dedicated nurse practitioner for patients with general cardiology and geriatric conditions.

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**Dr. Rosman** has an active multidisciplinary research program that uses longitudinal clinical databases, prospective cohort studies, machine learning, and data science approaches to examine modifiable risk factors, care patterns, and clinical outcomes in patients with arrhythmias and implanted cardiac devices. Her work also focuses on improving women's cardiovascular health across the lifespan and developing personalized, technology-based approaches to cardiovascular risk prediction and disease management.

Dr. Rosman is currently funded by a NIH/NHLBI K23 Career Development Award to examine gender differences in physical activity in patients with implantable cardioverter defibrillators (ICDs). This work aims to leverage long-term physical activity data obtained from a built-in ICD accelerometer to study patterns of inactivity after ICD implant, develop outcome-driven activity thresholds, and examine preferences for technology-based care among men and women with ICDs. She also serves as the Principal Investigator (PI) for the UNC Cardiovascular Device Surveillance Registry

and as the PI/co-investigator for several ongoing studies of social/environmental determinants of cardiovascular health, interventions to improve adherence and utilization of remote cardiac monitoring technology, and novel risk factors for heart disease and stroke in young adults.

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**Dr. Rossi** is the Director of the Cardiac Catheterization Lab at the University of North Carolina. He specializes in the treatment of complex coronary artery disease, and endovascular devices for the prevention of stroke in patients with atrial fibrillation. He is an active researcher with special interest in genetic testing to improve outcomes for patients following coronary stent placement, and the use of new technology to perform endovascular procedures.

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**Dr. Stouffer's** science research is in the areas of regulation of smooth muscle cell growth, the role of the smooth muscle cytoskeleton in regulating signaling pathways, thrombin generation, and renal artery stenosis. Clinical research is in cardiovascular hemodynamics, atherosclerosis risk factors and optimal use of CYP2C19 genotyping to select anti-platelet therapy. His work has been cited in multiple medical publications. His study on survival rates for in-hospital heart attacks was featured in The Wall Street Journal.

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**Dr. Syed** is passionate about helping patients with heart rhythm disorders. His area of clinical practice, which is cardiac electrophysiology, is additionally rewarding because of its breadth, scientific and technological depth, and the opportunity to team with multiple professional disciplines in treating patients with cardiac arrhythmia. Although much of Dr. Syed's time is spent in the cardiac electrophysiology laboratory performing procedures, it's the interactions he has with the patients that inspires him the most. The environment at UNC Chapel Hill is great for teaching, collaboration, research and innovation, aspects of his work which he also values.

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## FACULTY (CONTINUED)

**Deborah Tate** is a professor in the Department of Health Behavior with 20 years of research in behavioral weight management, particularly delivered through web and mobile platforms.

Dr. Tate conducted several of the first randomized trials using the Internet and new technologies to deliver behavioral treatments for obesity and has continued to conduct a programmatic series of studies to determine which features of digital weight control programs contribute to efficacy.

Her research focuses on two main areas: (a) strategies for improving both short- and long-term weight loss and (b) the translation of obesity treatment programs using alternatives to clinic-based care often involving new technologies. She has been continuously funded in obesity and digital health intervention research by the National Institutes of Health since 2000 and is known internationally for her work in web and mobile interventions.

Dr. Tate has published over 75 peer reviewed papers and conducted numerous RCTs based on self-regulation theory, as well as participated in multi-center trials of behavioral interventions—most involving new technologies.

**Dr. Vavalle's** main areas of interest is in percutaneous structural and valvular heart disease interventions, as well as coronary interventions. As Medical Director of the Structural Heart Disease Program at UNC, he successfully performed the first TAVR procedure at UNC in 2014. Dr. Vavalle also leads the UNC Heart Valve Clinic where a multi-disciplinary team of cardiac surgeons, cardiologists, and advanced practice providers evaluate patients with valvular heart disease to determine the best treatment options available.

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Since **Dr. Yeung** joined the faculty of UNC Cardiology in September 2012, he has been instrumental in successfully treating cardiac patients with structural heart procedures that are less invasive and have a much quicker recovery than traditional open-heart repairs. His procedural specialties include repair of atrial septal defect, mitral valvuloplasty, and use of MitraClip to treat degenerative mitral regurgitation. Dr. Yeung's research focuses on treatment for STEMI heart attacks, coronary artery disease, and aortic valve stenosis.

Dr. Yeung is a leader of the Adult Congenital Heart Disease clinic, which treats adults who are suffering from a congenital heart condition. His goal is to help these patients live a longer, more productive life by providing care to patients with PFO (patent foramen ovale), valve disorders, cyanotic heart disease, and other coronary artery abnormalities.

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## CREDIT OFFERINGS

### Continuing Medical Education

**Accreditation:** This activity has been planned and implemented in accordance with the accreditation requirements and policies of the North Carolina Medical Society (NCMS) through the joint providership of the Mountain Area Health Education Center (MAHEC) and UNC Center for Heart and Vascular Care. MAHEC is accredited by the NCMS to provide continuing medical education for physicians.

**Credit Designation:** MAHEC designates this live activity for a maximum of **7.50** AMA PRA Category 1 Credit(s)<sup>™</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

**Disclosure Statement:** MAHEC adheres to the ACCME Standards regarding industry support to continuing medical education. Disclosure of faculty and commercial support relationships, if any, will be made known at the time of the activity.

**Physician Assistants:** AAPA accepts certificate of participation for educational activities certified for AMA PRA Category 1 Credits<sup>™</sup> from organizations accredited by ACCME or a recognized state medical society. Physician Assistants may receive a maximum of **7.50** hours of Category 1 credit for completing this program.

### 7.50 Nursing Contact Hours

Mountain Area Health Education Center (MAHEC) is approved as a provider of nursing continuing professional development by the North Carolina Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Participants must attend 80% of the activity to receive credit.

**CEUs:** MAHEC designates this live continuing education activity as meeting the criteria for **0.80 CEUs** as established by the National Task Force on the Continuing Education Unit.

**Contact Hours:** MAHEC designates this live continuing education activity as meeting the criteria for **7.50 contact hours**.

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## REGISTRATION FORM

Updated contact information Event #69188

Name \_\_\_\_\_

Credentials \_\_\_\_\_

PIN # \_\_\_\_\_ (4 digits of your choosing that you will use each time you register)

Occupation \_\_\_\_\_

Email Address \_\_\_\_\_

*Program announcements will be sent to your email unless you opt out from receiving MAHEC emails. We never share our mailing lists.*

Please remove me from the MAHEC mailing list

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City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Home County \_\_\_\_\_

Home # \_\_\_\_\_ Work # \_\_\_\_\_

Employer \_\_\_\_\_

Department \_\_\_\_\_

Employer's Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Work County \_\_\_\_\_

Meal Preference  Vegetarian  Gluten-free  Vegan

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### MDs & DOs

\$250.00  \$265.00 if paying after 10/21/2022

### Other Healthcare Professionals

\$150.00  \$165.00 if paying after 10/21/2022

### Nurses

\$90.00  \$150.00 if paying after 10/21/2022

### Non-UNC Residents and Fellows

\$50.00  \$65.00 if paying after 10/21/2022

### Alamance, Chatham, & Orange PCP

*(must preregister)*

\$50.00  \$65.00 if paying after 10/21/2022

### All UNC-Affiliated Staff

*(must preregister with UNC email address)*

Free

*Full payment must accompany all submitted registrations unless a payment plan has been approved in advance. Registrations received without accompanying payment will not be processed.*

Check is enclosed  Credit card information below  
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**Fax completed registration to:** 828-257-4768