



Mayo School of Continuous Professional Development

Arrhythmias & the Heart: A Cardiovascular Update

January 28 – February 1, 2013



Fairmont Kea Lani
Maui, Hawaii

NEW PROGRAM FORMAT!
*Update on Select Topics in
Cardiovascular Disease 2013*

- Atrial fibrillation: drugs, ablation, stroke prevention
- Preventing sudden death
- ECG pearls for clinical practice
- Heart failure update: drugs and devices
- Update on channelopathies and sports
- Risk factors and prevention
- Coronary artery disease
- Cardiac resynchronization
- Valvular heart disease

Course Directors:

Paul A. Friedman, M.D.

Stephen C. Hammill, M.D.

Douglas L. Packer, M.D.



General Information

Course Description

Arrhythmias & the Heart: A Cardiovascular Update will highlight key topics in cardiology to keep the practitioner current, with an emphasis on cases, updates, and guidelines. The diagnosis, management, and prevention of common rhythm disorders, atrial fibrillation and ventricular arrhythmias, will be reviewed along with challenging aspects of congestive heart failure, coronary artery disease, valvular heart disease, pulmonary hypertension, and preventive cardiology. Special sessions will highlight ECG pearls useful in all aspects of cardiology. There will be an emphasis on patient management, case-based presentations, and panel discussion sessions to provide interaction between the faculty and attendees. Mayo Clinic and guest faculty will share “pearls” to aid in the evaluation and assessment of patients with commonly seen cardiovascular diseases. An audience response system will be used for each case and also for the lectures. It will be used in a pre-test/post-test format.

Special Session

Preventing Disease at the Dinner Table: Food Choices for Wellness Tuesday, January 29, 2013

For the first time, we will offer an evening session open to attendees, their guests, or others with an interest in learning more on ideas and tips for healthy living and eating. Expert speakers will highlight the pros and cons of several diets ranging from “high fat low carbohydrate” to “Paleo”. Food samples and preparation tips will be provided during the session. This unique learning opportunity will provide scientific and practical information for preventing cardiovascular disease that is useful for the clinician and lay person.

Additional fees apply and pre-registration is requested. Event is open to the public and guests.

Course Learning Objectives

Upon conclusion of this program, participants should be able to:

- Describe the current status of stroke prevention options in atrial fibrillation;
- Identify which patients are at risk for sudden death and how to best treat them;
- Demonstrate appropriate use of medications and cardiac resynchronization therapy for heart failure;
- Review the role of new treatments for heart failure including LVADs and transplantation;
- Recognize the latest diagnostic and management strategies for hypertrophic cardiomyopathy;
- Assess the current status of interventions for structural heart disease; and,
- Describe cardiovascular risk factors, current guidelines, and new strategies for prevention.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

Intended Audience

The symposium is designed for cardiologists, internists, family practitioners, physician assistants, and cardiovascular nurse practitioners and specialists caring for patients with cardiovascular disease.

General Information

Credit

College of Medicine, Mayo Clinic, is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

College of Medicine, Mayo Clinic, designates this live activity for a maximum of 23.25 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Optional Program - Preventing Disease at the Dinner Table

College of Medicine, Mayo Clinic, designates this live activity for a maximum of 3.0 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Other Health Care Professionals

A certificate of attendance will be provided to other health care professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

Date and Location

Arrhythmias & the Heart: A Cardiovascular Update will be held January 28 – February 1, 2013, at the Fairmont Kea Lani, 4100 Wailea Alanui Drive, Wailea, Maui, Hawaii 96753.

The Fairmont Kea Lani is located on the pristine white sands of Polo Beach providing the ideal setting for a winter escape and a valuable education experience. The weather in Wailea is just about perfect for outdoor activities with long sunny days to enjoy snorkeling, golf, and island exploring following the educational program.

The hotel offers many value-added benefits such as complimentary self-parking, no resort fee, a keiki (kids) dining program, full-service spa, three swimming pools (including an adults-only pool and two activity pools connected by a 140-foot waterslide). The Fairmont Kea Lani is also conveniently located within minutes of Wailea's championship golf courses and tennis courts

Travel

The Kahului Airport (OGG) is located 17 miles from the Fairmont Kea Lani Maui hotel. Travel time is approximately 30 minutes. A rental car is recommended to enjoy the island activities.

Travel arrangements are the sole responsibility of the individual registrant.

Lodging Accommodations

The Fairmont Kea Lani offers all-suite accommodations. Guest rooms have been reserved for attendees and their guests with special course rates. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of **December 26, 2012**, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the Mayo Clinic Arrhythmias & the Heart conference when making your reservation.

Fairmont Kea Lani	\$325	Fairmont Suite
4100 Wailea Alanui Drive	\$385	Partial Ocean View Suite
Maui HI 96753	\$435	Ocean View Room
800-659-4100 or 800-441-1414	\$545	Deluxe Ocean View Suite

Lodging arrangements are the sole responsibility of the individual registrant.

General Information

A two night's deposit is required at the time of booking the reservation. Please note that sleeping rooms are limited and you are encouraged to make your reservations early.

All guests enjoy complimentary: Lei greeting upon arrival, 24 hour fitness access, yoga classes, cultural activities, self-parking, wireless or wired secure high speed internet access in guest rooms, local and calling card calls, and 10% off at the Spa Kea Lani. The program rates are available three (3) days prior and three (3) days after the program dates based on availability of group rooms.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

Parking

The current overnight valet parking rate is \$20.00 per day. This rate is subject to change without notice. Self parking is complimentary.

Faculty

Course Directors

Paul A. Friedman, M.D.
Stephen C. Hammill, M.D.
Douglas L. Packer, M.D.

Mayo Faculty

Michael J. Ackerman, M.D., Ph.D.
Rajiv Gulati, M.D., Ph.D.
Donald D. Hensrud, M.D.
R. Todd Hurst, M.D.
Steve R. Ommen, M.D.
Margaret M. Redfield, M.D.
Guy S. Reeder, M.D.
John A. Schirger, M.D.
Win-Kuang Shen, M.D.
Roger F. Shepherd, M.B., B.Ch.
Virend K. Somers, M.D., Ph.D.
K. L. Venkatachalam, M.D.
Eric H. Yang, M.D.

Guest Faculty

T. Jared Bunch, M.D.
Intermountain Healthcare, Murray, UT

T. Colin Campbell, M.D., Ph.D.
Professor Emeritus of Nutritional Biochemistry
at Cornell University, New York, NY

James H. O'Keefe Jr., M.D.
Professor of Medicine, University of Missouri–
Kansas City; St. Luke's Cardiovascular
Consultants, Kansas City, KS

Charles D. Swerdlow, M.D.
Cedars-Sinai Medical Center, Los Angeles, CA

Gary Taubes
Co-founder, The Nutrition Science Initiative
Oakland, CA

Clyde W. Yancy, M.D.
Northwestern University, Chicago, IL

Faculty Disclosure

As a provider accredited by ACCME, College of Medicine, Mayo Clinic (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity, and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.

Program Schedule

Monday, January 28, 2013

6:50 a.m. Registration and Continental Breakfast

7:10 a.m. Welcome and Pre-Test
Paul A. Friedman, M.D.

Atrial Fibrillation

Moderator: *Paul A. Friedman, M.D.*

7:30 a.m. New Risk Factors for Atrial Fibrillation: Inflammation, Obesity, and Upstream Therapies
Paul A. Friedman, M.D.

7:55 a.m. Sleep, Atrial Arrhythmias, and Stroke: What are the Connections and What Can We Do?
Virend K. Somers, M.D., Ph.D.

8:20 a.m. Achieving Rate Control for Atrial Fibrillation: Medications vs. AV Node Ablation
Win-Kuang Shen, M.D.

8:45 a.m. Maintaining Sinus Rhythm: Following the AHA/ACC/HRS Guidelines and Practical Management Pearls
Stephen C. Hammill, M.D.

9:10 a.m. Panel Discussion
Drs. Friedman, Somers, Shen, and Hammill

9:30 a.m. Refreshment Break

10:00 a.m. Preventing Stroke in Atrial Fibrillation: From Warfarin to New Drugs and Devices
Paul A. Friedman, M.D.

10:25 a.m. Curative Ablation for Atrial Fibrillation: Whom to Treat, Expectations, and Post-Ablation Management
Douglas L. Packer, M.D.

10:50 a.m. Panel Discussion
Drs. Friedman, Packer, Hammill, and Shen

11:35 a.m. Atrial Fibrillation and Flutter Cases
Moderator: *Dr. Friedman*
Panelists: *Drs. Hammill, Packer, Shen, and Somers*

12:05 p.m. Adjourn

Tuesday, January 29, 2013

6:30 a.m. Continental Breakfast

7:00 a.m. **EARLY BIRD SESSION**
Wide Complex Tachycardias
Stephen C. Hammill, M.D.

Ventricular Arrhythmias

Moderator: *Douglas L. Packer, M.D.*

7:30 a.m. The Cardiac Channelopathies: Who Needs an ICD?
Michael J. Ackerman, M.D., Ph.D.

7:55 a.m. Primary Prevention of Sudden Cardiac Death in Patients with Heart Disease: Patient Selection and Long-Term Outcomes
Charles D. Swerdlow, M.D.

Program Schedule

- 8:20 a.m. Device and Ablation Therapy in Patients with Sustained VT/VF in the Setting of Underlying Disease
K. L. Venkatachalam, M.D.
- 8:45 a.m. ICD Management for the Non-EP Doc: Dealing with Everything from Cell Phones to Airports to Shocks to Rate Response
Paul A. Friedman, M.D.
- 9:10 a.m. Panel Discussion
Drs. Ackerman, Swerdlow, Friedman, and Venkatachalam
- 9:30 a.m. Refreshment Break
- 10:00 a.m. Denervation Therapy for VF Syndromes
Michael J. Ackerman, M.D., Ph.D.
- 10:25 a.m. Identifying and Treating Idiopathic VT in the Normal Heart
Paul A. Friedman, M.D.
- 10:50 a.m. Arrhythmias in Athletes: When are Sports not Worth the Risk?
Michael J. Ackerman, M.D., Ph.D.
- 11:15 a.m. Panel Discussion
Drs. Ackerman and Friedman
- 11:35 a.m. Case-Based Workshop: Ventricular Arrhythmias
Moderator: *Dr. Packer*
Panelists: *Drs. Ackerman, Friedman, and Swerdlow*
- 12:15 p.m. Adjourn

Special Session - Preventing Disease at the Dinner Table: Food Choices for Wellness Pre-registration is required.

- 5:30 p.m. Registration
- 6:00 p.m. Welcome & Program Overview
Drs. Friedman and Hensrud
- 6:10 p.m. What is the Optimum Diet?
Donald D. Hensrud, M.D.
- 6:30 p.m. Facts, Tips, and Ideas for a Healthier Life
James H. O'Keefe, Jr., M.D.
- 7:00 p.m. Plant-Based Nutrition: Nutrition Fundamentals
T. Colin Campbell, M.D., Ph.D.
- 7:30 p.m. Why We Get Fat
Gary Taubes
- 8:00 p.m. Panel Discussion
Faculty
- 9:00 p.m. Adjourn

Wednesday, January 30, 2013

- 6:30 a.m. Continental Breakfast
- 7:00 a.m. **EARLY BIRD SESSION**
Learning From the 12-Lead ECG
Stephen C. Hammill, M.D.

Heart Failure

Moderator: *Stephen C. Hammill, M.D.*

- 7:30 a.m. Practical Management of Congestive Heart Failure in Patients with Systolic Dysfunction
Clyde W. Yancy, M.D.

Program Schedule

- 7:55 a.m. Heart Failure with Normal Systolic Function: What is it and How is it Treated?
Margaret M. Redfield, M.D.
- 8:20 a.m. Keys to Selecting and Managing Patients Receiving CRT Systems
Charles D. Swerdlow, M.D.
- 8:45 a.m. Remote Monitoring: Current Role in Therapy for Heart Failure and Reducing Hospital Admissions
Clyde W. Yancy, M.D.
- 9:10 a.m. Panel Discussion
Drs. Yancy, Redfield, and Swerdlow
- 9:30 a.m. Refreshment Break
- 10:00 a.m. Treatment Options for End Stage Heart Failure When Medications and CRT are not Helping: LVADs and Transplantation
John A. Schirger, M.D.
- 10:25 a.m. Sleep, Heart Failure, and Ventricular Arrhythmias
Virend K. Somers, M.D., Ph.D.
- 10:50 a.m. Managing Atrial Fibrillation in Heart Failure
Douglas L. Packer, M.D.
- 11:10 a.m. Case-Based Workshop: Heart Failure Management with Medications and Devices
Moderator: *Dr. Redfield*
Panelists: *Drs. Swerdlow, Somers, Packer, Schirger, and Yancy*
- 12:15 p.m. Adjourn

Thursday, January 31, 2013

- 6:30 a.m. Continental Breakfast
- 7:00 a.m. **EARLY BIRD SESSION**
ECG Pearls for Diagnosing Heart Disease
Stephen C. Hammill, M.D.

Special Patients/Special Care

Moderator: *Paul A. Friedman, M.D.*

- 7:30 a.m. The Healthy Heart and SVT: AV Node Reentry, WPW, and Atrial Tachycardia
K. L. Venkatachalam, M.D.
- 7:55 a.m. Drugs, Devices, and Ablation in the Elderly: How to Approach Those 75 and Up
Win-Kuang Shen, M.D.
- 8:15 a.m. Driving and ICD Recipients
K. L. Venkatachalam, M.D.
- 8:40 a.m. Challenges in the Young: POTS, Inappropriate Sinus Tachycardia, and Recurrent Vaso-Vagal Syncope
Win-Kuang Shen, M.D.
- 9:05 a.m. Interesting Cases
Paul A. Friedman, M.D.
- 9:30 a.m. Panel Discussion
Drs. Shen, Venkatachalam, and Montori
- 9:50 a.m. Refreshment Break

Program Schedule

Risk Factors in 2013

- 10:15 a.m. Lipid Management and the Big Picture: Risk Factors for Development of Cardiovascular Disease – Strategies for Primary and Secondary Prevention
R. Todd Hurst, M.D.
- 10:40 a.m. Hypertension: Medical and Non-Medical Management
Roger F. Shepherd, M.B., B.Ch.
- 11:05 a.m. Interesting Cases in Hypertension Management
Roger F. Shepherd, M.B., B.Ch.
- 11:30 a.m. Vascular Health and Imaging for Risk Assessment
R. Todd Hurst, M.D.
- 11:55 a.m. Panel Discussion
Drs. Hurst, Shepherd
- 12:15 p.m. Adjourn

Friday, February 1, 2013

- 7:00 a.m. Continental Breakfast

Coronary Artery Disease/Hypertrophic Cardiomyopathy

Moderator: *Steve R. Ommen, M.D.*

- 7:30 a.m. Chronic Coronary Artery Disease: When PCI is Not an Option
Eric H. Yang, M.D.
- 7:55 a.m. Carotid Artery Disease: A Guide to Therapy for Cardiologists
Rajiv Gulati, M.D., Ph.D.
- 8:20 a.m. NSTEMI-ACS: Update on Antithrombotic and Antiplatelet Recommendations
Eric H. Yang, M.D.
- 8:45 a.m. Hypertrophic Cardiomyopathy: Challenging Decision Making
Steve R. Ommen, M.D.
- 9:10 a.m. Hypertrophic Cardiomyopathy: Approach to Atrial Fibrillation
T. Jared Bunch, M.D.
- 9:35 a.m. Panel Discussion
Drs. Bell, Gulati, and Bunch
- 9:50 a.m. Photo Contest Voting and Refreshment Break

Case-Based Approach to Heart Disease

- 10:00 a.m. Case – Resistant Hypertension: Renal Artery Ablation to Treat Hypertension and More: What are the Data and Who Should be Treated?
Rajiv Gulati, M.D., Ph.D.
- 10:25 a.m. Case – Aortic Stenosis: What to Do When It's Not Straightforward
Steve R. Ommen, M.D.
- 10:50 a.m. Transcatheter Valve Therapies
Guy S. Reeder, M.D.
- 11:15 a.m. Case – Dyspnea and Normal EF: Practical Approach to Evaluation and Management
Margaret M. Redfield, M.D.
- 11:40 a.m. **Illustrative Cases and Discussion:** Structural Heart Disease
Moderator: *Dr. Ommen*
Panelists: *Drs. Reeder, Gulati, and Redfield*
- 12:00 p.m. Post-Test
Drs. Friedman and Packer
- 12:15 p.m. Closing Comments and Adjourn

REGISTRATION

Register online:

<http://www.mayo.edu/cme/cardiovascular-diseases-2013R997>

Registration Fee:

Course Registration (MD, PhD, DO, PharmD)	\$700.00
Course Registration (Fellow, RN, NP, PA)	\$575.00

Evening Session –

“Preventing Disease at the Dinner Table” (Pre-Registration Requested)	\$50.00
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Mayo Clinic Division of Cardiology has recently implemented an online conference registration system. If this is your first time using the online system, you will need to create a profile and login account.

Register by entering the url:

<http://www.mayo.edu/cme/cardiovascular-diseases-2013R997>

and click on Register Now. The system will guide you through the profile and login process. An e-mail address is required upon registration. A letter of confirmation will be forwarded to this address upon receipt of payment and submitted registration. Present this letter of confirmation when checking in at the meeting registration desk.

The registration fee includes tuition, electronic course syllabus, continental breakfasts, and break refreshments. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised.

For additional information, contact:

Cardiovascular Continuing Education
200 First Street SW – Gonda 6
Rochester, MN 55905

E-mail: cvcme@mayo.edu

Phone: 800-283-6296 or 507-266-0677

Website: www.mayo.edu/cme/cardiovascular-diseases

Cancellation Policy

If you cancel your participation in this course, your registration fee, less a \$75 administrative fee, will be refunded when written notification is received by Mayo CV CME before January 14, 2013 (email: cvcme@mayo.edu or fax: 507-538-0146).

No refunds will be made on or after January 14, 2013. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.

MAYO CLINIC
200 First Street SW
Rochester, MN 55905

19th Annual

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A Cardiovascular Update

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- Preventing sudden death
- ECG pearls for clinical practice
- Heart failure update: drugs and devices
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- Coronary artery disease
- Cardiac resynchronization
- Valvular heart disease

REGISTER TODAY!

<http://www.mayo.edu/cm/cv/cardiovascular-diseases-2013R997>



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