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Twentieth Symposium

Cardiology

for the Practitioner

Yosemite National Park, California
October 26-29, 2003
OCME Course No. MMC 04004

PRAKASH C. DEEDWANIA, M.D., F.A.C.C., F.A.H.A.
Program Director

Registration Deadline:
September 26, 2003
SPACE LIMITED

**Twentieth Annual Symposium
Cardiology for the Practitioner**

October 26-29, 2003
Yosemite National Park, California

Register Early – Space Limited

UCSF

Cardiology for the Practitioner

Objectives

Yosemite National Park will be the site for the twentieth annual course, "Cardiology for the Practitioner." This three-day symposium is an intensive course designed for internists, primary care physicians, family practitioners, cardiologists, and other health care providers who encounter patients with various heart diseases. Recent advances in pathophysiology, treatment, and clinical relevance of common cardiovascular disorders will be presented. Emphasis will be placed on the frequently encountered clinical problems in cardiac patients by primary care physicians. There will be comprehensive reviews on coronary artery disease and acute coronary syndromes. Special emphasis will be placed on review of various newer diagnostic modalities in chest pain patients and selection of therapeutic choice in patients with acute coronary syndromes. There will be state-of-the-art reviews on therapeutic approaches in hypertension, hypercholesterolemia, diabetes, heart failure, and newer drugs versus devices in patients at risk of sudden death. As before, this year's program will be devoted to topics of clinical relevance in practice. The program will include special emphasis on cost-effective, office-based evaluation of various symptoms in cardiac patients. Emphasis will be placed on review of data from recent studies comparing the role of various drugs in hypertension, dyslipidemia, CAD, heart failure, and cardiac arrhythmias. The topics and speakers will put a special emphasis on the clinical problems frequently encountered by the primary care physician in his/her practice. As in previous years, special features of the program this year will include a workshop on ECG interpretation and cardiac auscultation. Throughout this course, efforts will be made to provide the clinician with practical knowledge required for the management of cardiac patients by the primary care physician. Special emphasis will be placed on selection of evidence-based, cost-effective therapies in the era of managed-care and capitation. At the conclusion of this program, participants will have gained significant knowledge in the following areas:

- ▲ New and established coronary risk factors
- ▲ Evaluation and management of systemic hypertension
- ▲ Newer targets and therapies for management of high-risk hypertensive patients
- ▲ Role of diabetes and metabolic syndrome in CVD
- ▲ Role of aggressive lipid-lowering therapy for primary and secondary prevention
- ▲ Evaluation and management of systolic dysfunction and CHF
- ▲ Pathophysiology, diagnosis, and therapy for diastolic dysfunction
- ▲ Office-based evaluation of palpitations, dyspnea, and chest pain
- ▲ Evaluation and management of patients with syncope
- ▲ Role of drugs vs. devices in patients with ventricular arrhythmias
- ▲ Rate vs. rhythm control and anticoagulation for chronic atrial fibrillation
- ▲ Interpretation of electrocardiogram and recognition of common abnormalities
- ▲ Evaluation and management of patients with valvular disorder
- ▲ Recognition of common cardiac sounds including various gallops and cardiac murmurs
- ▲ Appropriate selection of diagnostic tests in evaluation of patients with CAD
- ▲ Evaluation and management of cardiac disorders in women
- ▲ Review of various established practice guidelines for cardiovascular disorders
- ▲ Comparison of various therapeutic approaches in acute coronary syndromes
- ▲ Role of newer revascularization techniques in CHD
- ▲ Evaluation and management of patients with peripheral arterial disease

Accreditation

The University of California, San Francisco School of Medicine (UCSF) is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

UCSF designates this educational activity for a maximum of 18.75 category 1 credits toward the AMA Physician's Recognition Award. Each physician should claim only those credits that he/she actually spent in the activity.

Other Information

Faculty of CME programs who have received funds from a commercial entity whose products will be discussed will be identified in the program syllabus.

Program Chairman:

Prakash C. Deedwania, M.D., F.A.C.C., Clinical Professor of Medicine, UCSF School of Medicine, San Francisco; Clinical Professor of Medicine, Stanford University, Palo Alto; Chief, Cardiology Section, VA Medical Center, Fresno, California

Faculty:

Ezra Amsterdam, M.D., F.A.C.C., Professor of Medicine, Chief, Cardiac Care Units, UC Davis School of Medicine, Sacramento, California

Thomas A. Burdon, M.D., F.A.C.C., Chief, Surgical Service and Chief, Cardiothoracic Surgery, VA Medical Center, Palo Alto, California; Associate Professor of Surgery, Stanford University, Palo Alto, California

Enrique V. Carbajal, M.D., F.A.C.C., Assistant Clinical Professor of Medicine, UCSF School of Medicine; Staff Cardiologist, VA Medical Center, Fresno, California

Kanu Chatterjee, M.D., F.A.C.C., Professor of Medicine; Lucie Stern Professor of Cardiology; Associate Chief, Cardiovascular Division, UCSF School of Medicine, San Francisco, California

Melvin Cheitlin, M.D., F.A.C.C., Emeritus Professor of Medicine, UCSF School of Medicine, Cardiology Staff, San Francisco General Hospital, San Francisco, California

John P. Cooke, M.D., F.A.C.C., Associate Professor of Medicine; Director, Division of Cardiovascular Medicine, Stanford University School of Medicine, Palo Alto, California

John Giacomini, M.D., F.A.C.C., Professor of Medicine and Associate Chief, Cardiology, Stanford University School of Medicine, Palo Alto, California; Chief, Cardiology Section, VA Medical Center, Palo Alto, California

Nora F. Goldschlager, M.D., F.A.C.C., Professor of Clinical Medicine, UCSF School of Medicine; Director, Coronary Care Unit, San Francisco General Hospital, San Francisco, California

Robert H. Knopp, M.D., Professor of Medicine, University of Washington Department of Medicine, Seattle, Washington; Director, Northwest Lipid Research Clinic, Seattle, Washington

Barry M. Massie, M.D., F.A.C.C., Professor of Medicine, UCSF School of Medicine, San Francisco, California; Chief, Cardiology Section, VA Medical Center, San Francisco, California

George Mensah, M.D., F.A.C.C., F.A.H.A., Chief, Cardiovascular Health Branch, Centers for Disease Control and Prevention, Atlanta, Georgia

Rita Redberg, M.D., F.A.C.C., F.A.H.A., Associate Clinical Professor of Medicine, UCSF School of Medicine, San Francisco, California; Director, Center for Excellence for Heart Disease in Women at UCSF, San Francisco, California

Bramah N. Singh, M.D., F.A.C.C., Professor of Medicine, UCLA School of Medicine, Los Angeles, California; Attending Cardiologist, VA Medical Center, West Los Angeles, California

A. Jamil Tajik, M.D., F.A.C.C., Thomas J. Watson, Jr., Professor; Professor of Medicine; and Chair, Division of Cardiovascular Diseases, Mayo Clinic, Rochester, Minnesota

Planning Committee:

Chairman: Prakash C. Deedwania, M.D., F.A.C.C. **Members:** Enrique Carbajal, M.D., Susan Dominic, M.D., Yangheng Fu, M.D., Patrick Golden, M.D., Martin Lauber, M.D., Nagabushana Malakkla, M.D., Douglas Stanley, M.D., Patricia DeMasters, R.N., John Zweifler, M.D.

Program

Please note that all sessions are held at Yosemite Lodge. For emergency phone calls during the program, please give out the following numbers: The Ahwahnee Hotel Front Desk (209) 372-1407, or the Yosemite Lodge Front Desk (209) 372-1274. For babysitting services, check with the front desk at the Ahwahnee Hotel or the Yosemite Lodge.

Monday, October 27, 2003

All sessions will be held in the Cliff/Falls Room at Yosemite Lodge.

- 7:00 a.m. Registration - Yosemite Lodge (Cliff/Falls Room)
- 7:30 Complimentary Continental Breakfast (For Registrants Only)

SESSION TITLE: STATE OF THE ART REVIEWS ON HYPERTENSION, HYPERLIPIDEMIA, DIABETES, STRESS, AND VASCULAR DISEASE

Session Chair: Prakash C. Deedwania, M.D., F.A.C.C., F.A.H.A.

- 8:00 **Welcome and Introduction**
Prakash C. Deedwania, M.D., F.A.C.C., F.A.H.A., Program Director
- 8:05 Global Burden of Hypertension in CV Disorders: Where Are We and Where Are We Going? (Impact of JNC VII Guidelines)
George Mensah, M.D., F.A.C.C.
- 8:45 Questions and Answers
- 8:55 Current Strategies and Rationale for Combination Therapy: Implications of ALLHAT, ASCOT, and Other Large RCTs
Barry Massie, M.D., F.A.C.C.
- 9:40 Questions and Answers
- 9:50 Hyperlipidemia As Risk Factor for CHD: The Role of Lipid-Lowering Therapy in Primary and Secondary Prevention (How Low Should LDL-C Go?)
Robert Knopp, M.D.
- 10:35 Questions and Answers
- 10:45 Meet the Faculty and Refreshments
- 10:55 Metabolic Syndrome, Diabetes, and CVD: Another Epidemic on the Horizon
Prakash C. Deedwania, M.D., F.A.C.C.
- 11:25 Questions and Answers
- 11:30 Stress, Distress, and The Heart
Ezra Amsterdam, M.D., F.A.C.C.
- 12:00 Questions and Answers
- 12:05 The Role of Emerging Risk Factors in CVD: CRP, Lp(a), Homocysteine, etc.
George Mensah, M.D., F.A.C.C.
- 12:20 Questions and Answers
- 12:30 Vascular Biology and Endothelial Dysfunction: Pathophysiology and Therapeutic Implications
John Cooke, M.D., F.A.C.C.
- 1:15 Adjourn
- 1:30-6:00 Relaxation time for hiking, bicycling, and sightseeing

Monday p.m.

- 6:00 to 7:30 **Meet the Experts** (Each participant may attend two sessions, 45 minutes each):
 - A. How to Integrate Risk Factors in Assessment of CV Risk
Ezra Amsterdam, M.D., F.A.C.C.
 - B. How to Maximize Therapeutic Benefits in Patients with Hypertension and Heart Failure
Barrie Massie, M.D., F.A.C.C.
George Mensah, M.D., F.A.C.C.

Tuesday, October 28, 2003

- 7:30 a.m. Complimentary Continental Breakfast (Registrants Only)
- 8:00 **ECG Workshop: Special Interactive Session on ECG Interpretation (participants are encouraged to bring 35 mm slides of challenging ECGs from their practices)**
Nora Goldschlager, M.D., F.A.C.C.

SESSION TITLE: CVD IN WOMEN, CARDIAC ARRHYTHMIAS, ATRIAL FIBRILLATION, AND VALVULAR DISEASE

Session Chair: Prakash C. Deedwania, M.D., F.A.C.C., F.A.H.A.

- 8:45 Prevention and Treatment of CVD in Women: HRT Beyond Estrogen
Rita Redberg, M.D., F.A.C.C.
- 9:20 Questions and Answers
- 9:25 An Update on Atrial Fibrillation: Lessons Learned from Recent Clinical Trials for Patient Management (Rate vs. Rhythm Control and Anticoagulation)
Bramah N. Singh, M.D., F.A.C.C.
- 10:10 Questions and Answers
- 10:15 Diagnosis and Management of Asymptomatic Mitral and Aortic Valve Diseases
Jamil Tajik, M.D., F.A.C.C.
- 10:45 Questions and Answers
- 10:55 Refreshment Break and Meet the Faculty
- SESSION TITLE: CONGESTIVE HEART FAILURE: SYSTOLIC VS. DIASTOLIC DYSFUNCTION, NEUROHORMONAL BLOCKADE, CARDIAC TRANSPLANTATION, AND SUDDEN DEATH**
- 11:05 Optimal Management of Patients with Systolic Dysfunction: Role of Neurohormonal Blockade
Kanu Chatterjee, M.D., F.A.C.C.
- 11:35 Questions and Answers
- 11:40 Diastolic Dysfunction and Heart Failure: Pathophysiology, Diagnosis, and Management
A. Jamil Tajik, M.D., F.A.C.C.
- 12:10 Questions and Answers
- 12:15 End-Stage Heart Failure: Role of Cardiac Transplantation and LV Assist Devices
Thomas Burden, M.D., F.A.C.C.
- 12:40 Questions and Answers
- 12:45 Sudden Death Prevention: Is Antiarrhythmic Drug Therapy Outmoded in the Era of Device Therapy?
Bramah N. Singh, M.D., D.Phil., F.A.C.C.
- 1:20 Questions and Answers
- 1:30 Adjourn
- 3:30 Special Activity for the Entire Family: **Camera Walk and Tour of Yosemite Valley** conducted by the Yosemite Institute. (Please gather at Yosemite Lodge Amphitheater by 3:15)

Tuesday p.m.

- 6:00 - 7:30 Cardiac Auscultation Workshop Using Classic Examples: What Do I Hear and What Does It Mean?
Melvin Cheitlin, M.D., F.A.C.C., F.A.H.A.
Kanu Chatterjee, M.D., F.A.C.C., F.A.H.A.

Wednesday, October 29, 2003

- 7:30 a.m. Complimentary Continental Breakfast (Registrants Only)

SPECIAL CLINICAL SESSION: OFFICE-BASED EVALUATION OF COMMON CARDIAC SYMPTOMS: DYSPNEA, PALPITATIONS, SYNCOPE, AND CHEST PAIN

Session Chair: Enrique V. Carbajal, M.D.

- 8:00 Cost-Effective Approach in Patients with Chest Pain
Ezra Amsterdam, M.D., F.A.C.C.
- 8:20 Questions and Answers
- 8:30 How to Assess Palpitations?
Nora Goldschlager, M.D., F.A.C.C.
- 8:50 Questions and Answers
- 9:00 Systematic Evaluation of Patients with Dyspnea: Is BNP Measurement Needed for All Patients?
Kanu Chatterjee, M.D., F.A.C.C.
- 9:20 Questions and Answers
- 9:30 Rational Approach to Evaluation and Management of Patients with Syncope
Nora Goldschlager, M.D., F.A.C.C.
- 10:00 Questions and Answers
- 10:15 Refreshment Break and Meet the Faculty

SESSION TITLE: CORONARY ARTERY DISEASE: ACUTE AND CHRONIC CORONARY SYNDROMES, PERIPHERAL ARTERIAL DISEASE

- 10:30 How to Choose the Most Appropriate Diagnostic Test for Evaluation of CAD
Rita Redberg, M.D., F.A.C.C.
- 10:55 Questions and Answers
- 11:00 The Role of Newer Revascularization Techniques in Acute and Chronic CHD (PTCA and Coated Stent, etc.)
John Giacomini, M.D., F.A.C.C.
- 11:30 Newer Techniques for Myocardial Revascularization: The Role of Minimally Invasive CABG
Thomas A. Burdon, M.D., F.A.C.C.
- 12:00 Questions and Answers
- 12:05 Medical Therapy or Urgent Revascularization?
Ezra Amsterdam, M.D., F.A.C.C.
- 12:30 Questions and Answers
- 12:35 Clinical Insights Into the Diagnosis and Management of Patients with Peripheral Arterial Diseases
John Cooke, M.D., F.A.C.C.
- 1:05 Questions and Answers
- 1:15 Adjourn

(tear and mail this form)

COURSE REGISTRATION FORM
OCME Course No. MMC 04004
Cardiology for the Practitioner Symposium
Yosemite National Park, CA ▲ October 26-29, 2003

Registration Information: Fees: \$400.00 Physicians \$300.00 Non-physicians

There will be a \$50.00 service charge for refunds requested before the registration deadline. No refunds will be provided after September 26, 2003. All refund requests made before the deadline must be submitted in writing and received in our office by September 26, 2003.

Using a credit card, you may register on line at www.cme.ucsf.edu, or:

mail your check (**payable to UC Regents**) and course registration form to:

UCSF Office of CME
P. O. Box 45368
San Francisco, CA 94145-0368
Phone: (415) 476-5808; FAX: (415) 502-1795

Name _____ Degree _____

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City _____ State _____ Zip _____ Phone _____

Fax _____ Email _____ Specialty _____ Mo/DOB ___/___/XX

We accept Visa/MasterCard: Visa _____ MasterCard _____

Name on card (print) _____

Card No. _____ Exp. Date _____ Amount \$ _____

Authorized Signature _____

Location and Accommodations: There are four entrances to Yosemite National Park: California 120 from Manteca, 140 from Merced; 41 from Fresno; and the Tioga Pass Trans-Sierra Road connecting with Highway 395. Driving time from San Francisco is about 5 hours; from Los Angeles it is slightly longer.

A block of rooms has been reserved at the Ahwahnee Hotel and Yosemite Lodge. Cut-off date for receipt of reservations is **September 26, 2003**. Early reservations are necessary, as unreserved rooms will be released after September 26, 2003. Should you require assistance with your reservation, contact the Conference Reservation Department, 5410 E. Home, Fresno, CA 93727 (559)253-5675. No reservations accepted by phone.

(DO NOT FORGET TO MAKE YOUR HOTEL RESERVATIONS BY SUBMITTING THE ATTACHED RESERVATION REQUEST FORM TO YOSEMITE CONCESSION SERVICES)

YOSEMITE NATIONAL PARK
Yosemite Concession Services Corporation
RESERVATION REQUEST FORM

UCSF CARDIOLOGY FOR THE PRACTITIONER SYMPOSIUM 2002 ▲ OCTOBER 26-29, 2003

THE AHWAHNEE HOTEL \$348.00 PER NIGHT ▲ YOSEMITE LODGE HOTEL ROOM \$138.00 PER NIGHT RATE BASED ON SINGLE OR DOUBLE OCCUPANCY. ADD'L RATE \$22.00 AHWAHNEE, \$11.50 YOSEMITE LODGE (2- Children 12 and under stay free in adult's room. If there is a 3rd child add'l rate will apply) First night's room and tax (10%) deposit is required to secure your room reservation

PLEASE CHECK PREFERRED ACCOMMODATION: THE AHWAHNEE HOTEL YOSEMITE LODGE

ARRIVAL DATE: _____ DEPARTURE DATE: _____ #ADULTS _____ #CHILDREN _____

TITLE: _____ FIRST NAME: _____ LAST NAME: _____

COMPANY NAME (IF APPLICABLE): _____

MAILING ADDRESS: _____ CITY: _____

STATE: _____ ZIP: _____ PHONE (DAY TIME): _____

PLEASE CHARGE MY FIRST NIGHT'S DEPOSIT (ROOM & TAX) TO:

CREDIT CARD # _____ - _____ - _____ EXP: _____ / _____

BILLING ADDRESS: _____
(CARDHOLDER'S NAME & BILLING ADDRESS ARE MANDATORY TO PROCESS CHARGE)

CARDHOLDER'S SIGNATURE: _____

(CLIP HERE)

Reservation Deadline – SEPTEMBER 26, 2003

RESERVATIONS CANNOT BE BOOKED BY PHONE: FORM IS REQUIRED

The rooms being held for this group are limited. They are booked on first-come, first-save basis. Forms received after the specified deadline date or after rooms are filled will be reserved on a space and rate available basis.

Payments: Make check payable to **Yosemite Concession Services to Attn: Mary Lynne Gonzales 5410 East Home Ave., Fresno, CA 93727**. If paying by credit card, **you may fax your request with credit card information to (559) 456-4362**. We accept American Express, Visa, Master Card, Discover, Diners Club, Carte Blanche and JCB.

Rates: Rates are not guaranteed. Rates may change pending National Park Service Approvals. Quoted rates do not include 10% Room Tax.

Cancel/Change Policy: Cancellations or changes must be received at least **7 days** prior to arrival date in order to receive deposit refund. All early departures and no shows will be charged the contracted nightly rate for each night reserved.

For Assistance with Rooms: Conference Reservations Specialist, Mary Lynne Gonzales (559) 253-5675.

Check-In & Check-Out Times: Registration begins at 12:00 p.m. and check in is guaranteed by 5:00 p.m. Check-out is 12:00 p.m. Ahwahnee Hotel and 11:00 a.m. all other accommodations.

Ahwahnee Dining Room Seating: Individual dinner reservations are advised and may be made up to 30 days in advance by calling (209) 372-1489. Gentlemen are respectfully requested to wear sport coats or dress sweaters and long pants. Ladies are respectfully requested to wear skirts, dresses, pantsuits or pants that reach below the knee. Shorts and athletic wear may be worn at breakfast and lunch.

Road & Weather Info: Please call (209) 372-0209 for road and weather information prior to your arrival.

NPS requires chains be carried from Oct - Apr and may become mandatory on any park road at any time. There is a \$20.00 entrance fee per vehicle collected by the National Park Service at park entrance stations.

VISIT OUR WEB SITE AT WWW.YOSEMITEPARK.COM