The 12th Annual COSEHC National Scientific Sessions

The Paradigm Shift in Prevention and Treatment of Cardiovascular Disease

August 11-13, 2005

Gaylord Opryland Hotel
Nashville, TN

Register online at www.cosehc.org

Co-Chairs: Mark Houston, MD, The Hypertension Institute, Nashville, TN
Paul Farrell, MD, Jacksonville Heart Center, Jacksonville, FL

COSEHC
Consortium for Southeastern Hypertension Control

COSEHC is accredited by ACCME to provide continuing medical education for physicians.
Needs Assessment
Within the USA, there has been a consistent pattern of marked geographic variation in cardiovascular disease mortality rate. Actuarial and epidemiological data have provided further evidence for an association between the occurrence of high blood pressure and cardiovascular disease. Evidence that the Southeastern United States has a higher prevalence of hypertension and poor control rates links excess cardiovascular deaths observed in the region to this condition. Despite enhanced public awareness and advances in medical technology and basic research, data from the most recent awareness, treatment, and control rates survey in the South shows that the death rates from cardiovascular disease for the population in this region remain significantly above the national average.

Target Audience
Private practice and academic physicians, physician assistants, nurse practitioners, health care providers, managed care providers, research scientists, public health service personnel and nurses.

Conference Objectives
1. Improve the knowledge and understanding of the global risk factors associated with cardiovascular disease.
2. Learn strategies to reduce the disparities associated with improving the cardiovascular outcomes in minority populations.
3. Understand effective prevention interventions in the management of patients with coronary heart disease, CHF, stroke, and chronic renal insufficiency.
4. Improve knowledge of the effects of hypertension on central organs such as the heart and kidney.
5. Explore the pros and cons of various drug and mechanical interventions in the treatment cardiovascular disease, and their application to clinical practice.

CME Designation
The Consortium for Southeastern Hypertension Control designates this educational activity for a maximum of 22 hours in Category I credit towards the AMA Physician’s Recognition Award. Each physician should claim only those hours of credit that he/she actually spend in the educational activity.

Accreditation
This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through COSEHC. COSEHC is accredited by ACCME to provide continuing medical education for physicians.

Americans with Disabilities Act
It is the policy of COSEHC not to discriminate against any person on the basis of disabilities. If you feel you need services or the auxiliary aids mentioned in this act in order to fully participate in this continuing medical education activity, please call the Office of CME at (336) 716-8238 or attach a note to your registration.

Disclosure
COSEHC endorses the Standards of the Accreditation Council for Continuing Medical Education and Guidelines of the Association of American Medical Colleges that sponsors continuing medical education activities. The presenters and planners at these activities should disclose relationships with commercial companies whose products or services are discussed in educational presentations.

What is COSEHC Doing About Cardiovascular Disease?
- Creating partnerships throughout the Southeast with local health care providers, public health officials, consumers, and employers to raise awareness and develop programs that focus on treatment, clinical research and prevention of hypertension, heart disease, and other cardiovascular related diseases.
- Providing state-of-the-art research driven treatment of hypertension and cardiovascular disease.
- Driving research in hypertension and cardiovascular disease.
- Providing internationally renowned physician experts with medical tools and treatment protocols that pioneer new drugs and procedures for the control of hypertension, high cholesterol, strokes and heart attacks.
- Improving the management of hypertension and its related cardiovascular diseases through education, research, advocacy and policy interests.
- Providing professional education as an accredited ACCME CME Category I provider to improve the knowledge and management of hypertension and cardiovascular disease.

Want to be involved?
- COSEHC is seeking interested physician practices who manage patients with cardiovascular disease to become a Cardiovascular Center of Excellence.
- COSEHC can provide CME Category I sessions for your practice/community on hypertension and cardiovascular-related topics.
- COSEHC is interested in establishing “partnerships” with others in the healthcare industry who focus on the prevention/management of cardiovascular disease, especially with pharmaceutical, DME and computerized technology agencies.

Contact: DEBRA WIRTH-SIMMONS, RN, MSN, Executive Director
336-716-1130, (dwirth@wfubmc.edu)

COSEHC Cardiovascular Centers
Baton Rouge Clinic...........................................Baton Rouge, LA
Charleston Area Medical Center.........................Charleston, WV
Clearwater Cardiovascular & Interventional Consultants ........................................Clearwater, FL
Dr. Chip..................................................................Danville, VA
Hattiesburg Clinic ................................................Hattiesburg, MS
Holston Medical Group.................................Kingsport, TN
Hypertension Institute...............................Nashville, TN
Jacksonville Heart Center .......................Jacksonville, FL
Lowcountry Medical Group .................Beaufort, SC
Medical University of South Carolina .........Charleston, SC

Morehouse School of Medicine............................Atlanta, GA
Pee Dee Healthcare.............................................Darlington, SC
Presbyterian Center for Preventive Cardiology ....Charlotte, NC
Tulane Hypertension & Renal Center of Excellence..New Orleans, LA
University of Kentucky ..................................Lexington, KY
University of Maryland...............................Baltimore, MD
University of Miami........................................Miami, FL
University of Tennessee.................................Memphis, TN
Upper Cumberland Cardiology Consultants.......Cookeville, TN
Wake Forest University School of Medicine ....Winston-Salem, NC
Wright State University School of Medicine .....Kettering, OH
## Confirmed Faculty

<table>
<thead>
<tr>
<th>Name</th>
<th>Institution/Medical Center</th>
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<tbody>
<tr>
<td>Adler, Robert, MD</td>
<td>VA Med. Center, Richmond, VA</td>
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<td>Averill, David, PhD</td>
<td>Wake Forest University</td>
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<td>Basile, Jan, MD</td>
<td>Medical University of South Carolina</td>
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<td>Bestermann, William, MD</td>
<td>Beaufort, SC</td>
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<td>Braggioni, Italo, MD</td>
<td>Vanderbilt University</td>
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<td>Breyer, Matthew, PharmD</td>
<td>Vanderbilt University</td>
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<td>Calhoun, David, MD</td>
<td>University of Alabama at Birmingham</td>
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<td>Callahan, Fred, MD</td>
<td>Vanderbilt University</td>
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<td>Carey, Robert, MD</td>
<td>University of Virginia Health System</td>
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<td>Cline, David, MD</td>
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<td>Cromwell, William, MD</td>
<td>Presbyterian Center, Preventive Cardiology, Charlotte, NC</td>
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<td>Crouse, Robin, MD</td>
<td>Wake Forest University</td>
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<td>Curry, Charles, MD</td>
<td>Howard University</td>
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<td>Davy, Kevin, PhD</td>
<td>Virginia Polytechnic Institute</td>
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<td>Dzau, Victor, MD</td>
<td>Duke University</td>
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<td>Epstein, Andrew, MD</td>
<td>University of Alabama at Birmingham</td>
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<td>Farrell, Paul, MD</td>
<td>Jacksonville Heart Center, FL</td>
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<td>Ferder, Leon, MD</td>
<td>Ponce School of Medicine, Puerto Rico</td>
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<td>Ferrario, Carlos, MD</td>
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<td>Frohlich, Ed, MD</td>
<td>Alton Ochsner Medical Foundation</td>
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<td>Garris, Shelia, MD</td>
<td>Contemporary Med. Specialists, Norfolk, VA</td>
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<td>Hall, John, PhD</td>
<td>University of Mississippi</td>
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<td>Hawkins, Ralph, MD</td>
<td>The Hypertension Institute, Nashville, TN</td>
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<td>Houston, Mark, MD</td>
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<td>Hsia, Judith, MD</td>
<td>George Washington University</td>
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<td>Kirchner, Kent, MD</td>
<td>University of Mississippi</td>
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<td>Kong, Waine, JD, PhD</td>
<td>Association of Black Cardiologists</td>
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<td>Labarthe, Darwin, PhD</td>
<td>Centers for Disease Control and Prevention</td>
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<td>Lackland, Dan, DrPH</td>
<td>Medical University of South Carolina</td>
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<td>Lenfant, Claude, MD</td>
<td>Rockland, MD</td>
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<td>Levy, Daniel, MD</td>
<td>National Institutes of Health</td>
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<td>Messerli, Franz, MD</td>
<td>University of Rochester</td>
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<td>Miller, Jerry, MD</td>
<td>Holston Med. Group, Kingsport, TN</td>
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<td>Mimnagh, Kathleen, MD</td>
<td>Charleston Area Medical Center, WV</td>
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<td>Moore, Michael, MD</td>
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<td>Navar, Gabriel, PhD</td>
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<td>Ofili, Elizabeth, MD</td>
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<td>Opari, Suzanne, MD</td>
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<td>Pohl, Marc, MD</td>
<td>Cleveland Clinic Foundation</td>
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<td>Raij, Leopoldo, MD</td>
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<td>Reed, James, MD</td>
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<td>Rogers, Philip, MD</td>
<td>Hattiesburg Clinic, MS</td>
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<td>Schuster, Richard, MD</td>
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<td>Sequeira, Rafael, MD</td>
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<td>Smith, Ronald, MD</td>
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<td>Velasquez-Meyer, Pedro, MD</td>
<td>University of Tennessee, Memphis</td>
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<td>Ventura, Hector, MD</td>
<td>Ochsner Foundation Clinic</td>
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<td>Whayne, Thomas, MD</td>
<td>Ochsner Foundation Clinic</td>
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<td>Williams, Richard, MD</td>
<td>University of Kentucky</td>
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## Poster Submission Form

Go to COSEHC website at www.cosehc.org to complete abstract poster form
http://www.cosehc.org/cme_poster.asp
http://www.cosehc.org/cme_poster_application.asp
Wednesday, August 10, 2005

(Private Meetings)

8:00 AM - 10:00 AM Cardiovascular Centers of Excellence Committee Meetings (Private)
10:00 AM - 1:00 PM Cardiovascular Centers of Excellence Meeting (Private)
2:00 PM - 5:00 PM Board of Directors Meeting

Thursday, August 11, 2005

7:00 AM - 8:00 AM Registration and Check-In
Continental Breakfast

7:45 AM Welcome
Paul Farrell, MD and Mark Houston, MD
2005 Scientific Symposium Program Chairs

7:50 AM Cardiovascular Risks and Risk Assessment

8:00 AM Framingham Global CV Risk Assessment ............................................................ Daniel Levy, MD
8:30 AM Southeastern CV Risk Assessment ................................................................. Darwin Labarthe, PhD
9:00 AM COSEHC Global CV Risk Assessment ......................................................... Ralph Hawkins, MD
9:30 AM Refreshment Break and Visit Exhibits

10:00 AM Obesity and Hypertension – Role of Adipose Tissue as An Endocrine Organ ... John Hall, PhD
10:30 AM The Role of Lipids as Risk Factors ............................................................... Robin Crouse, MD
11:00 AM Panel Discussion / Questions and Answers .................................................. Morning Speakers

11:30 AM Luncheon Session: The William McBride Memorial Lecture
Guest Speaker: Victor Dzau, MD, Chancellor Health Affairs, Duke University
“The State of Disparities in Cardiovascular Care in Minority Populations”

1:00 PM Refreshment Break and Visit Exhibits

1:30 PM - 3:00 PM Simultaneous Workshops: Case Discussions (Select One to Attend)
1. Complex Hypertension ................................................................. Mark Houston, MD
2. Dyslipidemia ............................................................................. Judith Hsia, MD & Thomas Whayne, PhD
3. Glucose Intolerance and Diabetes Mellitus ............................................. Robert Adler, MD
4. COSEHC Risk Assessment Tool ............................................. William Bestermann, MD & Ralph Hawkins, MD
5. Preventing Diabetic Complications ................................................ James Reed, MD

3:00 PM - 5:00 PM Simultaneous Workshops Above Repeated (Select One to Attend)

6:00 PM Reception in Exhibit Hall
7:00 PM President’s AWARDS Dinner
The Program

Friday, August 12, 2005

6:30 AM  Continental Breakfast

7:00 AM  Non-Invasive Evaluation of Cardiovascular Disease ................................................................. Ronald Smith, MD & Hector Ventura, MD

Prevention/Treatment of Target Organ Disease

8:00 AM  Prevention and Treatment of Coronary Heart Disease ....................................................... Charles Curry, MD

8:40 AM  Prevention and Treatment of Congestive Heart Failure ..................................................... Elizabeth Ofili, MD

9:20 AM  Refreshment Break and Visit Exhibits

9:50 AM  Prevention and Treatment of Stroke ....................................................................................... Fred Callahan, MD

10:30 AM  Prevention and Treatment of Chronic Renal Insufficiency .............................................. Leopoldo Raij, MD

11:10 AM  Panel Discussion/Questions and Answers ........................................................................ Morning Speakers

11:30 AM  COSEHC Business Meeting Luncheon

Poster Awardee Lectures
Committee Reports – Committee Chairs
Southeast CV Epidemiology – Dan Lackland, DrPh
Current COSEHC Initiatives – Carlos Ferrario, MD

1:00 PM  Refreshment Break and Visit Exhibits

1:30 PM - 3:00 PM  Simultaneous Clinical Management Workshops (Select One to Attend)
1. Hypertension and the Heart ............................................................................................. Rafael Sequeira, MD
2. Management of Hypertension in the E.D. ........................................................................ Kathleen Mimnagh, MD & David Cline, MD
3. Hypertension and the Kidney .......................................................................................... Marc Pohl, MD
4. Sleep Disorders and Hypertension ................................................................................. David Calhoun, MD
5. Concomitant Management of Hypertension and Hyperlipidemia .................................. Robert Carey, MD & William Cromwell, MD

3:00 PM - 5:00 PM  Simultaneous Workshops Above Repeated (Select One to Attend)
FRIDAY EVENING FREE

Saturday, August 13, 2005

6:30 AM  Continental Breakfast

7:00 AM  Electrophysiology of the Heart ..................................................................................... Paul Farrell, MD & Andrew Epstein, MD

Clinical Trials and Application to Practice

8:00 AM - 9:30 AM  Is it Time to Change Directions in Hypertension Management?
Diuretics and Beta Blockers ................................................................................................. Jan Basile, MD
ACE and ARBs .................................................................................................................. Suzanne Oparil, MD
Calcium Channel Blockers ............................................................................................... Franz Messerli, MD
Arthur Guyton New Investigator Award

COSEHC is calling for applications from candidates for the 2005 New Investigator Award. The intent of the award is to recognize promising new investigators in the field of cardiovascular research. (Candidates should provide a curriculum vitae, statement of career interests along with one letter of recommendation and submit an abstract).

The deadline for receipt of applications is June 1, 2005. Application material should be sent to Debra I. Diz., Ph.D., Professor, COSEHC Awards Committee Chair, Hypertension and Vascular Disease Center, WFU Baptist Medical Center, Winston-Salem, NC 27157-1032.

Qualifications: Candidates should not be more than 10 years from the date of receiving their Ph.D. or more than 10 years post-fellowship for those having an M.D. or D.O.

Award: At the annual meeting the awardee will be presented with a check for $1,000 and COSEHC will reimburse meeting travel expenses.

Warren Trust Postdoctoral Annual Cardiovascular Fellowship Award

Objective of the award: To support career training and primary research for individuals specializing in cardiovascular disease in the Southeastern United States.

Science Focus: Research broadly related to cardiovascular disease and function, stroke, or related clinical, basic science, bioengineering and/or public health problems.

Requirements: Completed either a MD, PhD, DrPH, or DO at time of the award.

Annual Award: $30,000 including fringe benefits; $5,000 may be used for project support. At least forty hours per week during the Fellowship must be dedicated to the research program.

Application Deadline: June 1, 2005

For application and more information check the COSEHC website: www.cosehc.org or call 336-716-1130.

The Program

9:30 AM Refreshment Break

10:00 AM COX2 Inhibitors and Cardiovascular Disease Matthew Breyer, PharmD

10:45 AM Lipid - High Blood Pressure Connection Carlos Ferrarrio, MD

11:30 AM Bridging the Gap: Transition and Implementation of Clinical Studies and Science to Patient Care Michael Moore, MD

12:00 Noon Meeting Adjourns

1:00 PM - 5:00 PM Basic Science Cardiovascular Symposium (Optional)

(Must register to attend – see registration form)

The Role of the Renin-Angiotensin System in Adipose Tissue in Hypertension and the Metabolic Syndrome

David Averill, PhD
Associate Professor, Department of Physiology and Pharmacology, Wake Forest University

The Kidney in Hypertension and The Metabolic Syndrome

Gabriel Navar, PhD
Chairman & Professor, Department of Physiology, Tulane University School of Medicine

The Sympathetic Nervous System in Exercise, Hypertension, and The Metabolic Syndrome

Kevin P. Davy, PhD
Associate Professor, Department of Human Nutrition, Foods and Exercise
Virginia Polytechnic Institute and State University

Autonomic Metabolic Determinants of Obesity Related Hypertension

Italo Biaggioni, MD
Professor of Medicine and Pharmacology, Director of Clinical Trials
Vanderbilt University
Registration Form
Register online: www.cosehc.org

Registration Fee

☐ Postmarked before August 1, 2005: $450.00 for MD, PhD, DO; $350.00 for Nurses, Public Health Personnel, Residents, Spouses, Pharmacist, Guests, Exhibitors and all others.

☐ Postmarked after August 1, 2005: $500.00 for MD, PhD, DO; $400.00 for Nurses, Public Health Personnel, Residents, Spouses, Pharmacist, Guests, Exhibitors and all others.

☐ One Day Attendance: $250.00    Indicate day of attendance: _______________________

Checks should be payable to: COSEHC
Visa, Mastercard or checks. For personal assistance with registration, call COSEHC at 336-716-8238.

Amount enclosed: ___________________________    Credit Card Number: ___________________________
Signature: ___________________________    Expiration Date: ___________________________

Refund Policy: A processing fee of $50.00 will be charged for cancellations received by August 1, 2005. Cancellations after August 1, 2005 will result in complete forfeiture of registration fee.

Name ____________________________________________________________________________
Address ___________________________    City ___________________________    State ________    Zip ___________
Phone ___________________________    Fax ___________________________    Email ___________________________
Degree
Check: ☐ MD ☐ DO ☐ PhD ☐ Nurse ☐ Public Health ☐ Resident ☐ N.P. ☐ Pharmacist ☐ Exhibitor ☐ Other Specialty

Workshop Selection
Write-in your first and second choice for workshops. You will be placed in your first choice until attendance reaches capacity, then second choice will be selected.

Thursday, August 11
1:30 pm  1.__________
          2.__________
3:30 pm  1.__________
          2.__________

Friday, August 12
1:30 pm  1.__________
          2.__________
3:30 pm  1.__________
          2.__________

Saturday, August 13
☐ Mark if you plan to attend the Basic Science Cardiovascular Symposium from 1 – 5 pm.

Hotel Information
Gaylord Opryland Resort
2800 Opryland Drive
Nashville, TN 37214

Call Hotel directly and ask for
COSEHC Room Block:
615-883-2211
Mention Group Code: X-hyper
Cutoff Date: July 10, 2005

Airline Travel
Take advantage of special lower cost negotiated air fares and car rentals by calling COSEHC’s official travel service: A-1 Travel Service 1-800-443-4280.

Mail To:
COSEHC
P.O. Box 5097, Winston-Salem, NC 27113-5097
Phone: 336-716-8238 or 1-800-267-3421
Fax registration form to: 336-716-8107
Special Needs: 336-716-8238

All registrations received by phone or fax must be accompanied by credit card information

Register online: www.cosehc.org
What Is COSEHC?

Preface
Cardiovascular disease remains the leading cause of death in the United States and other industrialized societies. Regionally, the southeastern United States has higher numbers of deaths attributable to myocardial infarction, stroke, and renal failure.

COSEHC
The Consortium for Southeastern Hypertension Control (originally founded under the name Consortium of Southeastern Hypertension Centers) is a nonprofit organization created in 1992 in response to a compelling need to improve the disproportionate hypertension-related morbidity and mortality throughout the region.

COSEHC’s Mission and Goal
The COSEHC Mission is to reduce morbidity and mortality from hypertension-related conditions (heart attack and disease, stroke, and kidney failure) in the southeastern US and to reduce disparities. The COSEHC Goal is to improve the degree of control of hypertension in the Southeastern US.

COSEHC Strategies
COSEHC defined its key strategic approach as the improvement of knowledge about hypertension and of hypertension-related problems in the Southeast. This strategic approach recognizes that much has been done already to address issues in this region and COSEHC seeks to facilitate the broader dissemination of existing best-practices. It also acknowledges that there are many gaps in the translation of data into practical knowledge at many levels in the chain of influence in health care. By articulating a broad strategy that seeks to improve knowledge, a number of target audiences will be distinctly identified.

COSEHC’s Target Audience
The defined target audiences are as follows: healthcare providers (physicians and nonphysician providers such as nurses, nurse practitioners, physician assistants, pharmacists, among others); the public and patients; managed care organizations and other provider groups; and healthcare payers (employers, employer coalitions, and government).

COSEHC Cardiovascular Centers of Excellence
COSEHC established in 1998 the first series of Cardiovascular Centers of Excellence in its ongoing efforts to reduce the high incidence of cardiovascular mortality and morbidity in the Southeastern United States by enhancing the participation of physicians and health care providers to address this problem.

This initiative has lead to new opportunities for improved access to healthcare and better management of cardiovascular disease.