



## 13<sup>th</sup> Annual National Scientific Session

*Road Map for the Prevention and Management  
of Cardiovascular Disease in the New Millennium*



Thursday – Sunday  
September 14-17, 2006

Litchfield by the Sea Resort  
Pawleys Island, SC

[www.cosehc.org](http://www.cosehc.org)

*Sponsored by:*

**THE CONSORTIUM FOR SOUTHEASTERN HYPERTENSION CONTROL**

## COURSE INFORMATION

### ASSESSMENT/PURPOSE

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.

There is a critical need to translate the latest evidence based science to the clinical environment if the cardiovascular health of the population is going to improve.

### TARGET AUDIENCE

This course is designed for primary care physicians, including internists, family physicians, general practitioners and general surgeons, cardiologists, nephrologists, endocrinologists, neurologists, vascular specialists, hypertension specialists, nurses, pharmacists, residents and other healthcare professionals.

### FORMAT

Speakers will use a combination of lectures and interactive workshop sessions. Panel Discussions will examine in detail the practice implications of the material presented. Clinical cases will be presented. Participants will be encouraged to ask questions related to practice issues. A syllabus will be provided at registration.

### EDUCATIONAL OBJECTIVES

At the conclusion of this course, participants should be able to:

1. Discuss results of clinical trials related to cardiovascular disease.
2. Examine new updates in national and societal guidelines on hypertension, lipids and cardiovascular disease.
3. Identify treatment goals of diabetes management, dyslipidemia, metabolic syndrome, stroke prevention, and hypertension.
4. Discuss vascular biology.
5. Understand the early pathophysiology in the development of hypertension and cardiovascular disease.
6. Implement prevention strategies in early childhood for the population at high risk of developing cardiovascular disease.

### CME DESIGNATION

The Consortium for Southeastern Hypertension Control designates this educational activity for a maximum of 23 hours in Category 1 credit towards the AMA Physician's Recognition Award. The activity has also been submitted to the American Academy of Family Physicians for review of prescribed credits.

### 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 the Consortium for Southeastern Hypertension Control (COSEHC). The Consortium for Southeastern Hypertension Control is accredited by the ACCME to provide continuing medical education for physicians. The faculty and planning committee for this educational activity will disclose significant relationships with commercial companies whose products or services are discussed in educational presentations.



## COURSE INFORMATION

### ACKNOWLEDGEMENT OF COMMERCIAL SUPPORT

Grant support information will be provided at the meeting.

### LOGISTICAL INFORMATION

#### LOCATION

This course will be offered at the Litchfield by the Sea Beach and Golf Resort just south of Myrtle Beach, on Pawleys Island, SC.

#### LODGING

Attendees are encouraged to stay at the Litchfield Resort where block rooms and reduced conference rates are available. The Litchfield Resort Conference Center is the location for all Symposium lectures and activities and is located on the property along with guest accommodations. Registrants are responsible for making their own reservations.

Litchfield by the Sea  
Pawleys Island  
(843) 237-3000  
Toll Free: (800) 845-1897  
Fax: (843) 237-4282  
www.litchfieldbeach.com

When registering at the hotel, be sure to ask for the COSEHC room block. Conference site hotel rooms or nearby ocean-side rooms are available.

### REGISTRATION

The registration fee for the entire course is **\$450.00 if payment is received before September 1, 2006** or \$500.00 after September 1, and at the door. If you do not wish to attend the entire course, the registration fee is \$250 per day. The registration fee covers all program and educational material costs as well as expenses for refreshment breaks and lunches. Refund Policy: A processing fee of \$ 50.00 will be charged for cancellations received BEFORE September 1, 2006 (must be in writing/email). Cancellations received after September 1, 2006 will result in complete forfeiture of the registration fee. To register, please complete the form included in this brochure or you can register on-line at [www.cosehc.org](http://www.cosehc.org).

Early registration is encouraged.

### AMERICANS WITH DISABILITY ACT

It is the policy of COSEHC to not 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 COSEHC Office of CME at (336) 716-9274.

### FOR MORE INFORMATION...

Contact the CME office at (336) 716-9274.

### AUTHOR GUYTON NEW INVESTIGATOR AWARD

COSEHC is calling for applications from candidates for the 2007 New Investigator Award. The intent of the award is to recognize promising new investigators in the field of cardiovascular research.

**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 a M.D. or D.O.

**Application:** Candidates should provide a curriculum vitae, statement of career interests, and one letter of recommendation and submit an abstract.

**Deadline:** The deadline for receipt of applications is July 1, 2006. Application materials should be sent to Debra Diz, Ph.D., Professor, COSEHC Awards Committee Chair, Hypertension and Vascular Disease Center, Wake Forest Health Sciences, Winston-Salem, NC 27157-1032.

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

### WARREN TRUST POSTDOCTORAL ANNUAL CV FELLOWSHIP AWARD

**Objective:** 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.

**Qualifications:** Completed either a M.D., Ph.D, or D.O. at the time of the award

**Award:** \$30,000 awarded to department or facility in which awardee will conduct research; \$5,000 may be used for project support. At least 40 hours per week during the Fellowship must be dedicated to the research program.

**Application Deadline:** July 1, 2006

For application and more information, check the COSEHC website under Warren Trust Fellow: [www.cosehc.org](http://www.cosehc.org).

# AGENDA

## THURSDAY, SEPTEMBER 14, 2006

7:30 a.m. Registration and Check-In  
CONTINENTAL BREAKFAST

8:00 a.m. Welcome and Introductions  
*Carlos Ferrario, MD*  
COSEHC CEO  
  
*David Carmouche, MD*  
Program Co-Chair  
  
*Dan Wise, MD*  
Program Co-Chair

### CARDIOVASCULAR TREATMENT GUIDELINES UPDATE

Chair: Claude Lenfant, MD

8:15 a.m. COSEHC Metabolic Syndrome Guidelines  
*Michael A. Moore, MD*

8:45 a.m. American Society of Hypertension Definition  
*Thomas Giles, MD*

9:15 a.m. National Lipid Association Guidelines Update  
*Dan Wise, MD*

9:45 a.m. REFRESHMENT BREAK/EXHIBITS

10:15 a.m. International Society of Hypertension in Blacks Guidelines  
*Elijah Saunders, MD*

10:45 a.m. NHLBI Vision of Future Guidelines  
*Ed Roccella, PhD, MPH*

11:15 a.m. Panel Questions and Discussion

12:00 p.m. BUFFET LUNCH/EXHIBITS

12:30 p.m. Dr. William McBride Memorial Lecture  
"Ethnic Disparities in Cardiovascular Health:  
Why it still occurs in 2006"  
*Richard Williams, AB, MD*

### 1:30-3:00 pm WORKSHOPS

COSEHC Risk Assessment  
*Mark Houston, MD*

Systolic and Resistant High Blood Pressure  
*David Calhoun, MD and David Carmouche, MD*

Lipid Management  
*Dan Wise, MD and Thomas Whyne, MD, PhD*

Cardiovascular Management in Minority Populations  
*Elijah Saunders, MD and Sheila Garris, MD*

Improving Outcomes with Disease Management Guidelines  
*Frances Williams, RN, NP*

3:00-6:00 pm FREE TIME

6:00 pm RECEPTION IN EXHIBITS ARENA

7:00-9:00 pm AWARDS DINNER

# AGENDA

## FRIDAY, SEPTEMBER 15

6:30 a.m. Registration and Check-In  
CONTINENTAL BREAKFAST

7:00 a.m. BREAKFAST SESSION  
Anti-Inflammation and Cardiovascular Disease  
*Robert Califf, MD*

### **METABOLIC SYNDROME-CHILDHOOD BEGINNINGS**

8:15 a.m. The Bogalusa Experience  
*Gerald Berenson, MD*

8:45 a.m. Childhood Obesity and High Blood Pressure in the Southeast  
(The EDUC Experience)  
*Robinson Fulwood, PhD*

9:15 a.m. Childhood Lipids  
*Peter Kwiterovitch, MD*

9:45 a.m. REFRESHMENT BREAK / EXHIBITS

10:15 a.m. Childhood High Blood Pressure Management  
*Stephen Daniels, MD*

10:45 a.m. Insulin Resistance  
*Brent Egan, MD*

11:15 a.m. Panel Questions and Discussion

12:00 p.m. BUFFET LUNCHEON / EXHIBITS

12:30 p.m. Annual Business Meeting

1:30-3:00 p.m. **WORKSHOPS**

Management of Children at Cardiovascular Risk  
*Steve Daniels, MD and Peter Kwiterovitch, MD*

Sexual Dysfunction  
*Kathy Jones, NP and Kevin Billups, MD*

Management of Type 2 Diabetes  
*William Bestermann, MD and Pedro Velasquez, MD*

Nutritional Management in Cardiovascular Disease  
*Cheryl Kuhta-Sutter, RD, LDN*

The Significance of Non-Invasive Hemodynamic Devices  
*Joseph L. Izzo, MD and Charles Lovell, MD*

Sleep Disorders and High Blood Pressure  
*Virend Somers, MD*

3:00-6:00 pm FREE TIME



# AGENDA

6:00-9:00 pm DINNER SESSION

## **DIABETES MELLITUS-THE ULTIMATE OPPORTUNITY FOR COMBINATION THERAPIES**

6:30 p.m. The Pharmo-Economics of Type 2 Diabetes  
*Dan Lackland, DrPH*

7:00 p.m. Vascular Damage in Diabetes Mellitus  
*Ernesto Schiffrin, MD*

7:30 p.m. Global CV Management of High Blood Pressure and Lipids in the DM Patient  
*Jan Basile, MD*

8:00 p.m. Combination Glycemic Treatments  
*William Bestermann, MD*

8:30 p.m. Panel Discussion and Questions

## **SATURDAY, SEPTEMBER 16**

6:30 a.m. Registration and Check-In  
CONTINENTAL BREAKFAST

7:00 a.m. Clinical Use of Non-invasive Hemodynamic Measurements in Stage I Hypertension  
*Ron Smith, MD*

## **ELECTRONIC MEDICAL RECORDS**

8:30 a.m. National Overview of the Electronic Health Record Mandate  
*Anne Lockwood, MPH*

9:15 a.m. Critical Factors in Selecting an EMR  
*Jerry Miller, MD*

10:30 a.m. Why Your Patient Needs an EMR  
*Nick Ulmer, MD*

11:15 a.m. Panel Questions and Discussion

12:00 noon FREE TIME THE REST OF THE DAY

## **SUNDAY, SEPTEMBER 17**

### **THE BRAIN AND HYPERTENSION**

8:00 a.m. BREAKFAST BRUNCH

8:30 a.m. Mechanisms of Stroke Prevention  
*Carlos Ferrario, MD*

9:00 a.m. Lipids and Strokes  
*Robin Crouse, MD*

9:30 a.m. Sleep Disorders and Stroke  
*Virend Somers, MD*

10:00 a.m. Current Clinical Guidelines for Acute Stroke Management  
*Larry Goldstein, MD*

10:30 a.m. Panel Questions and Discussion

11:00 a.m. Meeting Adjourns

# FACULTY

Jan N. Basile, MD  
Ralph H. Johnson VA Medical Center  
Medical University of South Carolina  
Charleston, SC

Gerald Berenson, MD  
Tulane University  
New Orleans, LA

William Bestermann, MD  
LowCountry Medical Group  
Beaufort, SC

Kevin Billups, MD  
Epicerter for Sexual Health and  
Medicine  
Dina, MN

David Calhoun, MD  
University of Alabama  
Birmingham, AL

Robert Califf, MD  
Duke University  
Durham, NC

David Carmouche, MD  
Baton Rouge Clinic  
Baton Rouge, LA

Robin Crouse, MD  
Wake Forest University  
Health Sciences  
Winston-Salem, NC

Stephen Daniels, MD  
Children's Hospital  
Denver, CO

Brent M. Egan, MD  
Medical University of South Carolina  
Charleston, SC

Carlos Ferrario, MD  
Wake Forest University  
Health Sciences  
Winston-Salem, NC

Robinson Fulwood, PhD  
National Institute of Health  
Rockville, MD

Thomas Giles, MD  
Louisiana State University  
President, American Society  
of Hypertension  
New Orleans, LA

Larry Goldstein, MD  
Duke University  
Durham, NC

Mark C. Houston, MD  
Hypertension Institute/Vanderbilt  
University  
Nashville, TN

Joseph L. Izzo, MD  
SUNY  
Buffalo, NY

Kathy Jones, NP  
Presbyterian Center for Preventive  
Cardiology  
Charlotte, NC

Cheryl Kuhta-Sutter, RD, LDN  
Presbyterian Center for Preventive  
Cardiology  
Charlotte, NC

Peter Kwiterovitch, MD  
Johns Hopkins University  
Baltimore, MD

Dan Lackland, DrPH  
Medical University of South Carolina  
Charleston, SC

Claude Lenfant, MD  
Gaithersburg, MD

Anne Lockwood, MPH, CHES  
Carolinas Center for Medical  
Excellence  
Columbia, SC

Charles Lovell, MD  
York Clinical Research  
Norfolk, VA

Michael A. Moore, MD  
Wake Forest University  
Health Sciences  
Winston-Salem, NC

Ed Roccella, PhD, MPH  
National Institute of Health  
Rockville, MD

Elijah Saunders, MD  
University of Maryland  
Baltimore, MD

Ernesto Schiffrin, MD  
McGill University  
Clinical Research Institute  
of Montreal  
Montreal, PQ, Canada

Ron Smith, MD  
Wake Forest University  
Health Sciences  
Winston-Salem, NC

Virend Somers, MD  
Mayo Clinic  
Rochester, MN

Nick Ulmer, MD  
Laurens, SC

Pedro Velasquez, MD  
University of Memphis  
Memphis, TN

Thomas Wayne, MD, PhD  
University of Kentucky  
Lexington, KY

Frances Williams, RN, NP  
Presbyterian Center for  
Preventive Cardiology  
Charlotte, NC

Richard Williams, AB, MD  
University of California  
Los Angeles, CA

Dan Wise, MD  
Presbyterian Center for  
Preventive Cardiology  
Charlotte, NC

## REGISTRATION FORM

**REGISTER ONLINE: [WWW.COSEHC.ORG](http://WWW.COSEHC.ORG)**

### REGISTRATION FEE

Postmarked before September 1, 2006: \$450 for MD, PhD, DO; \$350 for Nurses, Public Health personnel, Residents, Spouses, Pharmacists, Guests, Exhibitors and all others.

Postmarked **after September 1, 2006**: \$500 for MD, PhD, DO; \$400 for Nurses, Public Health personnel, Residents, Spouses, Pharmacists, Guests, Exhibitors and all others.

One Day Attendance: \$250 Indicate day of attendance: \_\_\_\_\_

Checks should be payable to: **COSEHC**

VISA, Mastercard, American Express or checks. For personal assistance with registration call COSEHC at 336-716-9274.  Mastercard  VISA  AMEX

Amount enclosed \_\_\_\_\_ Credit Card Number: \_\_\_\_\_

Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_

### DEGREE OR SPECIALTY

Check:  MD  DO  PhD  Nurse  Public Health Resident  N.P.  Pharmacist  
 Exhibitor  Other

Mail to: COSEHC  
P.O. Box 5097  
Winston-Salem, NC  
27113-5097

Fax registration form to: 336-716-6644  
Phone: 336-716-9274 or 1-800-267-3421  
Special Needs: 336-716-9274

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

Wake Forest University School of Medicine  
COSEHC  
P.O. Box 5097  
Winston-Salem, NC 27113-5097



**REGISTER NOW TO  
ASSURE YOUR SEAT!**