

## Course Information

### NEEDS ASSESSMENT/PURPOSE

There have been rapid developments of new concepts in pathophysiology, diagnosis, clinical aspects and treatment of hypertension, obesity, dyslipidemia, diabetes mellitus, metabolic syndrome and associated CVD and TOD. Publication of many new clinical trials have also occurred. This course's content is based on the new clinical and research aspects of clinical patient care and practice skills related to the earlier detection and improved treatment of hypertension, dyslipidemia, diabetes, metabolic syndrome, cardiovascular disease and renal disease. The course is designed to improve physicians' knowledge and their clinical skills.

### 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 educational techniques. Panel Discussions and Meet the Professors Workshops 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:

- Discuss results of clinical trials and nutrition.
- Examine new global risk analyses, metabolic syndrome and obesity recommendations for 2006-2007.
- Identify treatment goals of dyslipidemia and hypertension.
- Discuss vascular biology.

### 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 joint sponsorship of the Consortium for Southeastern Hypertension Control (COSEHC) with the Hypertension Institute. The Consortium for Southeastern Hypertension Control is accredited by the ACCME to provide continuing medical education for physicians.

### CME DESIGNATION

The Consortium for Southeastern Hypertension Control designates this educational activity for a maximum of 15 hours in Category 1 credit towards the AMA Physician's Recognition Award. Each physician should claim only those hours he/she actually spent in the educational activity. The activity has also been submitted to the American Academy of Family Physicians for review of prescribed credits.

### ACKNOWLEDGEMENT OF COMMERCIAL SUPPORT

This program is supported by unrestricted educational grants from several commercial sources. All commercial support will be made known to the program participants prior to the program.

### COMMERCIAL CONFLICTS OF INTEREST DISCLOSURES

All commercial conflicts of interest of the course's Planning Committee and course Faculty members will be disclosed to the course participants before the beginning of the course.

## Logistical Information

### LOCATION

This course will be offered at the Loews Vanderbilt Hotel, 2100 West End Avenue, Nashville, Tennessee.

### LODGING

Attendees are encouraged to stay at the Loews Vanderbilt Hotel where block rooms and reduced conference rates are available. The cutoff date for receiving the reduced conference rate is October 25, 2006. This Hotel is the location for all Symposium lectures and activities and is convenient. Registrants are responsible for making their own reservations.

Loews Vanderbilt Hotel  
2100 West End Avenue  
Phone: (615)320-1700

If you need additional hotel information, please call the Hypertension Institute at (615)297-5551.

### REGISTRATION

The registration fee for the entire two and one-half day course is \$495 if payment is received before November 15, 2006 or \$595 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. To register, you can 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. The room contains a limited number of seats.

### EMERGENCY TELEPHONE

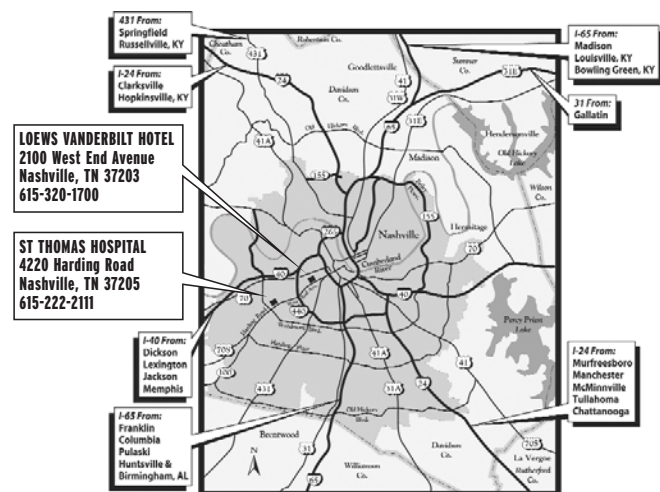
During the conference, you may be reached at (615) 297-5551. Telephones will be available.

### AMERICANS WITH DISABILITY ACT

It is the policy of COSEHC and the Hypertension Institute 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 COSEHC Office of CME at (336) 716-8238.

### FOR MORE INFORMATION...

Contact the Registration Secretary at (336)716-8238.



## Speaker Information

LAWRENCE J. APPEL, M.D., MPH  
Professor of Medicine, Epidemiology and International Health  
JOHNS HOPKINS UNIVERSITY SCHOOL OF MEDICINE  
*Baltimore, Maryland*

JORDAN R. ASHER, M.D., M.S.  
Assistant Clinical Professor of Medicine  
VANDERBILT UNIVERSITY SCHOOL OF MEDICINE  
*Nashville, Tennessee*

JAN N. BASILE, M.D., FACP  
Professor of Medicine  
MEDICAL UNIVERSITY OF SOUTH CAROLINA  
Manager, Primary Care Service Line  
RALPH H. JOHNSON VETERANS ADMINISTRATION MEDICAL CENTER  
*Charleston, South Carolina*

DAVID A. CALHOUN, M.D.  
Associate Professor of Medicine  
Vascular Biology and Hypertension Program  
UAB Sleep-Wake Disorders Center  
UNIVERSITY OF ALABAMA AT BIRMINGHAM  
*Birmingham, Alabama*

FLOYD H. (SKI) CHILTON, III, PH.D.  
Director of the Wake Forest and Brigham & Women's Center for Botanical Lipids  
WAKE FOREST UNIVERSITY HEALTH SCIENCES  
*Winston-Salem, North Carolina*

LOREN CORDAIN, PH.D.  
Professor, Department of Health and Exercise Science  
COLORADO STATE UNIVERSITY  
*Fort Collins, Colorado*

WILLIAM J. ELLIOTT, M.D., PH.D.  
Professor of Preventive Medicine, Internal Medicine and Pharmacology  
RUSH MEDICAL COLLEGE OF RUSH UNIVERSITY AT RUSH-PRESBYTERIAN-ST. LUKE'S MEDICAL CENTER  
*Chicago, Illinois*

GARY H. GIBBONS, M.D.  
Director, Cardiovascular Research Institute  
Professor of Medicine  
MOREHOUSE SCHOOL OF MEDICINE  
*Atlanta, Georgia*

JOHN R. GUYTON, M.D.  
Associate Professor of Medicine  
DUKE UNIVERSITY MEDICAL CENTER  
*Durham, North Carolina*

MARK C. HOUSTON, M.D., M.S., FACP, FAHA  
Associate Clinical Professor of Medicine  
VANDERBILT UNIVERSITY SCHOOL OF MEDICINE  
Director, Hypertension Institute  
*Nashville, Tennessee*

DAVID L. KATZ, M.D., MPH, FACPM, FACP  
Associate Professor of Public Health  
Director of Prevention Research Center  
YALE UNIVERSITY SCHOOL OF MEDICINE  
*Derby, Connecticut*

JON H. LEVINE, M.D.  
Professor of Medicine  
MEHARRY MEDICAL COLLEGE  
Chief of Endocrinology  
NASHVILLE GENERAL HOSPITAL  
*Nashville, Tennessee*

# 11TH ANNUAL HYPERTENSION SYMPOSIUM 2006



### SPONSORED BY:

HYPERTENSION INSTITUTE OF NASHVILLE  
SAINT THOMAS MEDICAL GROUP  
SAINT THOMAS HOSPITAL  
Nashville, Tennessee

Continuing Medical Education Joint Sponsorship  
with  
THE CONSORTIUM FOR SOUTHEASTERN  
HYPERTENSION CONTROL (COSEHC)  
Winston-Salem, North Carolina

## Thursday - Friday, November 16 - 17, 2006

Offered At:

LOEWS VANDERBILT HOTEL  
2100 West End Avenue / Nashville, TN 37203  
615-320-1700

# 2006

## 11TH ANNUAL HYPERTENSION SYMPOSIUM

Thursday - Friday, November 16 - 17, 2006

# Abstracts

### Thursday, November 16, 2006

- 7:30 a.m.** Registration and Check-In  
Continental Breakfast
- 7:50 a.m.** Welcome and Introductions  
MARK C. HOUSTON, M.D., MSC, FACP, FAHA – CHAIR  
JON H. LEVINE, M.D. – CO-CHAIR
- 8:00 a.m.** The Role of Nutrition in the Management of Hypertension and Dyslipidemia  
LAWRENCE J. APPEL, M.D., MPH
- 8:45 a.m.** Questions and Answers  
LAWRENCE J. APPEL, M.D., MPH
- 9:00 a.m.** The Role of Omega 3 Fatty Acids on Vascular Biology, Vascular Inflammation, Hypertension, Dyslipidemia and Cardiovascular Disease  
FLOYD (SKI) H. CHILTON, III, PH.D.
- 9:45 a.m.** Questions and Answers  
FLOYD (SKI) H. CHILTON, III, PH.D.
- 10:00 a.m.** Refreshment Break and Visit Exhibits
- 10:30 a.m.** Nutritional Management of Obesity and Vascular Disease  
DAVID L. KATZ, M.D., MPH, FACPM, FACP
- 11:15 a.m.** Questions and Answers  
DAVID L. KATZ, M.D., MPH, FACPM, FACP
- 11:30 a.m.** Panel Discussion  
ALL MORNING SPEAKERS  
Questions and Answers  
LAWRENCE J. APPEL, M.D., MPH  
FLOYD (SKI) H. CHILTON, III, PH.D.  
DAVID L. KATZ, M.D., MPH, FACPM, FACP
- 12:00 noon** Sponsored Lunch
- 1:00 p.m.** Break
- 1:15 p.m.** HDL Cholesterol: Role in Cardiovascular Disease and Treatment  
JOHN R. GUYTON, M.D.
- 2:00 p.m.** Questions and Answers  
JOHN R. GUYTON, M.D.
- 2:15 p.m.** Review of Cardiovascular Guidelines in Hypertension, Hyperlipidemia and Renal Disease  
WILLIAM J. ELLIOTT, M.D., PH.D.
- 3:00 p.m.** Questions and Answers  
William J. Elliott, M.D., Ph.D.
- 3:15 p.m.** Refreshment Break
- 3:30 p.m.** Global Cardiovascular Risk Assessment and Prevention of Cardiovascular Disease  
Mark C. Houston, M.D., M.S., FACP, FAHA
- 4:15 p.m.** Questions and Answers  
Mark C. Houston, M.D., M.S., FACP, FAHA
- 4:30 p.m.** Meet the Professors Workshop  
All Speakers  
  
Case Presentations  
LAWRENCE J. APPEL, M.D., MPH  
FLOYD (SKI) H. CHILTON, III, PH.D.  
WILLIAM J. ELLIOTT, M.D., PH.D.  
JOHN R. GUYTON, M.D.  
MARK C. HOUSTON, M.D., M.S., FACP, FAHA  
DAVID L. KATZ, M.D., MPH, FACPM, FACP
- 5:30 p.m.** Adjourn

### Friday, November 17, 2006

- 7:30 A.M.** Registration and Check-In  
Continental Breakfast
- 8:00 a.m.** Vascular Biology and the Renin-Angiotensin Aldosterone System (RAAS): The Role of ACEI's, ARB's and SARA's  
GARY H. GIBBONS, M.D.
- 8:45 a.m.** Questions and Answers  
GARY H. GIBBONS, M.D.
- 9:00 a.m.** Hyperinsulinemia and Disease  
LOREN CORDAIN, PH.D.
- 9:45 a.m.** Questions and Answers  
LOREN CORDAIN, PH.D.
- 10:00 a.m.** Refreshment Break
- 10:30 a.m.** Resistant Hypertension and Hyperaldosteronism  
DAVID A. CALHOUN, M.D.
- 11:15 a.m.** Questions and Answers  
DAVID A. CALHOUN, M.D.
- 11:30 a.m.** Panel Discussion  
ALL MORNING SPEAKERS  
Questions and Answers  
DAVID A. CALHOUN, M.D.  
LOREN CORDAIN, PH.D.  
GARY H. GIBBONS, M.D.
- 12:00 noon** Sponsored Lunch
- 1:00 p.m.** Break
- 1:15 p.m.** Metabolic Consequences of Antihypertensive Drug Do Matter: Debate Part I (Pro)  
MARK C. HOUSTON, M.D., M.S., FACP, FAHA
- 2:00 p.m.** Metabolic Consequences of Antihypertensive Drugs Do Not Matter: Debate Part II (Con)  
JAN N. BASILE, M.D., FACP
- 2:45 p.m.** Rebuttals, Discussion, Questions and Answers  
JAN N. BASILE, M.D., FACP  
MARK C. HOUSTON, M.D., M.S., FACP, FAHA
- 3:15 p.m.** Refreshment Break
- 3:30 p.m.** Optimizing the 10-Minute Visit in the Cardiovascular Patient  
JORDAN R. ASHER, M.D., M.S.
- 4:15 p.m.** Questions and Answers  
JORDAN R. ASHER, M.D., M.S.
- 4:30 p.m.** Meet the Professors Workshop  
ALL SPEAKERS  
Case Presentations  
JORDAN R. ASHER, M.D., M.S.  
JAN N. BASILE, M.D., FACP  
DAVID A. CALHOUN, M.D.  
LOREN CORDAIN, PH.D.  
GARY H. GIBBONS, M.D.  
MARK C. HOUSTON, M.D., M.S.
- 5:30 p.m.** Adjourn

This educational activity is managed by Continuing Medical Education of The Consortium for Southeastern Hypertension Control (COSEHC).

### Registration Form

# 2006

## 11TH ANNUAL HYPERTENSION SYMPOSIUM

Thursday - Friday, November 16 - 17, 2006

Name: \_\_\_\_\_

Social Security Number: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Daytime Telephone: ( ) \_\_\_\_\_

Fax Number: ( ) \_\_\_\_\_

E-Mail Address: \_\_\_\_\_

Specialty: \_\_\_\_\_

#### Registration Fee Structure:

Payment Received Before November 15, 2006	\$495.00
Two days	\$495.00
One day (Thursday or Friday)	\$250.00
Received after November 15, 2006	\$595.00
At the Door	\$595.00

**I will attend the following** (please check one)

- November 16-17, 2006  
 November 16, 2006 ONLY  
 November 17, 2006 ONLY

\* Please make check payable to COSEHC.

\* **Mail registration form and check to**

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

- Check     Visa     Mastercard

Amount Enclosed \_\_\_\_\_

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_

Signature \_\_\_\_\_

**Register online:** [www.cosehc.org](http://www.cosehc.org)

**Be sure that you are registering for the 11th Annual Hypertension Symposium on November 16-17, 2006 at Loews Vanderbilt Hotel and NOT the 13th Annual Meeting (COSEHC) at Litchfield by the Sea Resort in Pawleys Island, South Carolina on September 14-17, 2006.**

**For personal assistance with registration, call COSEHC at 336-716-8238**

**Refund Policy:** A processing fee of \$50.00 will be charged for cancellations received by November 10, 2006. Cancellations after November 10, 2006 will result in complete forfeiture of registration fee.

**Hotel Information:** Call the Hotel directly and ask for the "Hypertension Symposium Room Block." The cutoff date is October 25, 2006.

Loews Vanderbilt Hotel  
2100 West End Avenue  
Nashville, TN 37205  
(615) 321-1945