

10TH ANNUAL HYPERTENSION SYMPOSIUM 2005

**“CONTROVERSIES, DEBATES AND NEW TREATMENT GOALS TO REDUCE TARGET ORGAN
DAMAGE IN HYPERTENSION, DYSLIPIDEMIA AND DIABETES MELLITUS”**

Sponsored By:

**Hypertension Institute
Saint Thomas Medical Group
Saint Thomas Hospital
Nashville, Tennessee**

**The Consortium for Southeastern Hypertension Control (COSEHC)
Winston-Salem, North Carolina**

Thursday – Saturday, October 6-8, 2005

Offered At:

**Loews Vanderbilt Hotel
2100 West End Avenue
Nashville, TN 37203
615-320-1700**

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 will address the new clinical and research aspects in clinical patient care and practice skills, resulting in 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:

1. Discuss results of clinical trials.
2. Examine new NCEP, metabolic syndrome and obesity recommendations for 2005.
3. Identify treatment goals of hypertensive and diabetic renal disease, dyslipidemia, metabolic syndrome and hypertension.
4. 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 20 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.

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.

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. 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 October 5, 2005** 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.

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.

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OCTOBER 6-8, 2005

AGENDA

THURSDAY, OCTOBER 6, 2005

- 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

EPIDEMIOLOGY AND PATHOPHYSIOLOGY OF VASCULAR DISEASE

- 8:00 a.m. Nutritional Epidemiology of Cardiovascular Disease
Frank B. Hu, M.D., Ph.D.
- 8:45 a.m. Questions and Answers
Frank B. Hu, M.D., Ph.D.
- 9:00 a.m. The Blood Vessel on Fire: Inflammatory and Autoimmune Atherosclerosis: Pathophysiology and
Nutritional Approaches to Prevention and Treatment
Jeffrey S. Bland, Ph.D., FACN, CNS
- 9:45 a.m. Questions and Answers
Jeffrey S. Bland, Ph.D., FACN, CNS
- 10:00 a.m. Refreshment Break and Visit Exhibits
- 10:30 a.m. Vascular Aging: How to Age Successfully
Leon F. Ferder, M.D., Ph.D., FAHA, FASN
- 11:15 a.m. Panel Discussion/Questions and Answers
Jeffrey S. Bland, Ph.D., FACN, CNS
Leon F. Ferder, M.D., Ph.D., FAHA, FASN
Frank B. Hu, M.D., Ph.D.
- 12:00 noon Break
- 12:15 Sponsored Lunch
- 1:15 Break

TREATMENT OF HYPERTENSION: CLINICAL TRIALS AND THE COMPLICATED HYPERTENSIVE

- 1:30 p.m. Treatment of Hypertension: Evidenced Based Clinical Approach 2005
Jan N. Basile, M.D., FACP
- 2:15 p.m. Questions and Answers
Jan N. Basile, M.D., FACP
- 2:30 p.m. Treatment of Hypertension in the Complicated Patient with Concomitant Risk Factors and Diseases
William J. Elliott, M.D., Ph.D.

- 3:15 p.m. Questions and Answers
William J. Elliott, M.D., Ph.D.
- 3:30 p.m. Refreshment Break
- 4:00 p.m. Meet the Professors Workshop
Case Presentations/Questions and Answers
Jan N. Basile, M.D., FACP
Jeffrey S. Bland, Ph.D., FACN, CNS
William J. Elliott, M.D., Ph.D.
Leon F. Ferder, M.D., Ph.D., FAHA, FASN.
Frank B. Hu, M.D., Ph.D.
- 5:15 p.m. Adjourn

FRIDAY, OCTOBER 7, 2005

- 7:30 A.M. Registration and Check-In
Continental Breakfast

MANAGEMENT OF HYPERTENSION: MINORITIES, RENAL DISEASE AND DIABETES MELLITUS

- 8:00 a.m. Management of Hypertension and Cardiovascular Disease in Minorities
Kenneth A. Jamerson, M.D.
- 8:45 a.m. Questions and Answers
Kenneth A. Jamerson, M.D.
- 9:00 a.m. Hypertension and Renal Disease: Diagnosis, Prevention and Treatment
George L. Bakris, M.D., FACP, FCP
- 9:45 a.m. Questions and Answers
George L. Bakris, M.D., FACP, FCP
- 10:00 a.m. Refreshment Break
- 10:30 a.m. Diabetes Mellitus, Type II, and Insulin Resistance: Diagnosis, Prevention and Treatment
Alan L. Graber, M.D.
- 11:15 a.m. Questions and Answers
Alan L. Graber, M.D.
- 11:30 a.m. Panel Discussion/Questions and Answers
George L. Bakris, M.D., FACP, FCP
Alan L. Graber, M.D.
Kenneth A. Jamerson, M.D.
- 12:00 noon Break
- 12:15 p.m. Sponsored Lunch
- 1:15 p.m. Break

METABOLIC SYNDROME, DYSLIPIDEMIA AND OBESITY

- 1:30 p.m. Dyslipidemia, Diagnosis, Prevention and Treatment
William C. Cromwell, M.D.
- 2:15 p.m. Questions and Answers
William C. Cromwell, M.D.
- 2:30 p.m. Obesity and Adipose Tissue as an Inflammatory, Endocrine, Atherosclerotic-Inducing Organ.
The Metabolic Syndrome Revisited
Brent M. Egan, M.D.
- 3:15 p.m. Questions and Answers
Brent M. Egan, M.D.
- 3:30 p.m. Refreshment Break
- 4:00 p.m. Meet the Professors Workshop
Case Presentations/Questions and Answers
George L. Bakris, M.D., FACP, FCP
William C. Cromwell, M.D.
Brent M. Egan, M.D.
Alan L. Graber, M.D.
Kenneth A. Jamerson, M.D.
- 5:15 p.m. Adjourn

SATURDAY, OCTOBER 8, 2005

- 7:30 a.m. Registration and Check-In
Continental Breakfast

INNOVATIVE STRATEGIES FOR THE PREVENTION AND TREATMENT OF CORONARY HEART DISEASE AND RENAL DISEASE

- 8:00 a.m. 1. Management of High Risk Patients with Heart Disease/Myocardial Infarctions and
Hypertension
2. The Europa Trial
Douglas J. Pearce, M.D.
- 8:45 a.m. Questions and Answers
Douglas J. Pearce, M.D.
- 9:00 a.m. Role of Antioxidants in Prevention and Treatment of Coronary Heart Disease
Mark C. Houston, M.D., MSc, FACP, FAHA
- 9:45 a.m. Questions and Answers
Mark C. Houston, M.D., MSc, FACP, FAHA
- 10:00 a.m. Refreshment Break
- 10:20 a.m. The Role of Statins, Anti-Lipid Drugs, Antioxidants and COX2 Inhibitors in Renoprotective
Strategies
Ralph G. Hawkins, M.D., FRCPC, LLM
- 11:05 a.m. Questions and Answers
Ralph G. Hawkins, M.D., FRCPC, LLM

11:20 a.m. Summary of Symposium
Mark C. Houston, M.D., MSc, FACP, FAHA

11:30 a.m. Panel Discussion/Questions and Answers
Ralph G. Hawkins, M.D, FRCPC, LLM
Mark C. Houston, M.D., MSc, FACP, FAHA
Douglas J. Pearce, M.D.

12:00 noon Adjourn

SPEAKER INFORMATION

George L. Bakirs, M.D., FACP, FCP

Professor of Preventive and Internal Medicine
Vice-Chairman, Department of Preventive Medicine
Director of the Hypertension and Clinical Research Center
Rush Medical College
Chicago, Illinois

Jan N. Basile, M.D., FACP

Associate Professor of Medicine
Medical University of South Carolina
Lead Physician, Primary Care Program
Ralph H. Johnson Veterans Administration Medical Center
Charleston, South Carolina

Jeffrey S. Bland, Ph.D., FACN, CNS

President and Chief Science Officer
Metagenics, Inc.
Gig Harbor, Washington

William C. Cromwell, M.D.

Adjunct Associate Professor
Medical Director, Lipoprotein and Metabolic Disorders Institute
Wake Forest University School of Medicine
Raleigh, North Carolina

Brent M. Egan, M.D.

Professor of Medicine and Pharmacology
Head, Hypertension Section
Medical University of South Carolina
Charleston, South Carolina

William J. Elliott, M.D., Ph.D.

Professor of Preventive Medicine, Internal Medicine and Pharmacology
Rush-Presbyterian-St. Luke's Medical Center
Chicago, Illinois

Leon F. Ferder, M.D., Ph.D., FAHA, FASN

Professor and Chairman
Physiology and Pharmacology Department
Ponce School of Medicine
Ponce, Puerto Rico

Alan L. Graber, M.D.

Assistant Professor of Medicine
Vanderbilt University School of Medicine

Ralph G. Hawkins, M.D., FRCPC, LLM

Assistant Clinical Professor of Medicine
Vanderbilt University School of Medicine
Section Chief, Research and Nephrology
Hypertension Institute
Nashville, Tennessee

Mark C. Houston, M.D., MSc, FACP, FAHA

Associate Clinical Professor of Medicine
Vanderbilt University School of Medicine
Director, Hypertension Institute
Nashville, Tennessee

Frank B. Hu, M.D., Ph.D.

Associate Professor of Nutrition and Epidemiology
Harvard School of Public Health
Boston, Massachusetts

Kenneth A. Jamerson, M.D.

Professor of Internal Medicine
University of Michigan Medical Center
Ann Arbor, Michigan

Douglas J. Pearce, M.D.

Assistant Clinical Professor of Medicine
Vanderbilt University School of Medicine
Co-Medical Director, Advanced Heart Failure Program
Saint Thomas Hospital
Nashville, Tennessee

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

REGISTRATION FORM

10TH ANNUAL HYPERTENSION SYMPOSIUM 2005

Controversies, debates and new treatment goals to reduce target organ damage in hypertension, dyslipidemia and diabetes mellitus

Name: _____

Social Security Number: _____

Mailing Address: _____

Daytime Telephone Number: (____) _____

Fax Number: (____) _____

E-Mail Address: _____

Specialty: _____

Registration Fee Structure

Payment Received Before October 5, 2005	\$495.00
All Three Days	\$495.00
One Day (Thursday, Friday or Saturday)	\$250.00
Received After October 5, 2005	\$595.00
At The Door	\$595.00

I will attend the following (please check one):

- October 6-8, 2005
- October 6, 2005 ONLY
- October 7, 2005 ONLY
- October 8, 2005 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 (Be sure that you are registering for the 10th Annual Hypertension Symposium on October 6-8, 2005 at Loews Vanderbilt Hotel and NOT the 12th Annual Meeting (COSEHC) at Opryland Hotel on August 11-13, 2005.

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 October 1, 2005. Cancellations after October 1, 2005 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 September 7, 2005.

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