

CARDIA: Cardiac Arrhythmias, Sudden Death, Inherited Disease, Athletes



June 21, 2018 8:00AM-6:10PM – June 22, 2018 8:00AM-12:45PM

Paul Brest Hall, Munger Conference Center
Stanford University

A Continuing Medical Education Conference Presented by the Department of Cardiovascular Medicine
at the Stanford University School of Medicine

Sponsored by the Stanford University School of Medicine and the Stanford Center for Inherited Cardiovascular Disease



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MEDICINE

Message from the Course Director



Dear Colleagues,

Welcome to CARDIA 2018! We are so excited that you are able to join us on the sunny Stanford campus to learn more about Inherited Cardiovascular Disease, and Sudden Death. We have lined up an amazing program of national and international speakers who will give you practice-focused summaries of the state of the art in the field, as well as a glimpse into what we can expect on the near horizon. We hope you will find time at the breaks to catch up with old friends, make some new acquaintances, and continue your learning. I look forward to meeting you!

Sincerely,

Euan Ashley FRCP, DPhil, FACC

Professor of Medicine (Cardiovascular) and Genetics

Director, Stanford Center for Inherited Cardiovascular Disease (SCICD)

Faculty

Course Director

Euan Ashley, FRCP, DPhil, FACC (Course Director)

*Professor of Medicine (Cardiovascular) and Genetics
Director, Stanford Center for Inherited Cardiovascular
Disease (SCICD)*

Stanford Faculty

Katherine Beutner, NP

*Nurse Practitioner
SCICD, Stanford Health Care*

Colleen Caleshu, ScM, CGC

*Lead Genetic Counselor, Clinical Assistant Professor
(Affiliated)
Center for Inherited Cardiovascular Disease
Stanford Health Care*

Jeffrey Christle, PhD

*Clinical Exercise Physiologist
Cardiovascular Medicine, SCICD*

Tom Collins, MD

Clinical Associate Professor, Pediatrics (Cardiology)

Anne M. Dubin, MD

Professor of Pediatrics, (Pediatric Cardiology)

Kyla Dunn, MS, CGC

*Genetic Counselor,
SCICD, Stanford Health Care*

Michael Fischbein, MD, PhD

Associate Professor of Cardiothoracic Surgery

Victor Froelicher, MD

*Professor of Medicine (Cardiovascular) Palo Alto
Veterans Affairs Health Care System, Emeritus*

Valerie Hoover, PhD

*Clinical Instructor of Medicine
(Cardiovascular Medicine), Clinical Instructor (by
Courtesy), Psychiatry & Behavioral Sciences*

Beth D. Kaufman, MD

Clinical Associate Professor (Pediatric Cardiology)

Joshua W. Knowles, MD, PhD

*Assistant Professor of Medicine,
Cardiovascular Medicine
Chief Medical Officer,
Familial Hypercholesterolemia (FH) Foundation*

Cindy Lamendola, NP

*Nurse Practitioner
SCICD, Stanford Health Care*

David Liang, MD, PhD

*Associate Professor of Medicine
(Cardiovascular Medicine)*

David Maron, MD

Professor of Medicine (Cardiovascular Medicine)

Tia Moscrello, MS, CGC

*Genetic Counselor
SCICD, Stanford Health Care*

Kara Motonaga, MD

Clinical Assistant Professor, Pediatrics – Cardiology

Jonathan Myers, PhD

Clinical Professor (Affiliated)

Mitchel Pariani, MSc, CGC

*Genetic Counselor, SCICD
Stanford Health Care
Clinical Assistant Professor (Affiliated)
Department of Pediatrics, Division of Medical Genetics*

Victoria Parikh, MD

Chief Fellow, Cardiovascular Medicine

Marco Perez, MD

*Assistant Professor of Medicine
(Cardiovascular Medicine)*

Julia Platt, MS, LCGC

*Genetic Counselor
SCICD, Stanford Health Care*

James Priest, MD

Assistant Professor of Pediatrics (Cardiology)

Heidi Salisbury, RN, MSN, CNS

*Clinical Nurse Specialist
SCICD, Stanford Health Care*

Karim Sallam, MD

*Clinical Assistant Professor of Medicine
(Cardiovascular Medicine)*

Allysonne Smith, RN

*Registered Nurse Coordinator
SCICD*

Matthew Wheeler, MD, PhD

Instructor of Medicine (Cardiovascular Medicine)

Guest Faculty

Sharlene M. Day, MD

*Associate Professor of Internal Medicine (Cardiology)
Director, Program for Inherited Cardiomyopathies
University of Michigan*

Jonathan Drezner, MD

*Professor, Department of Family Medicine Director
University of Washington Center for Sports Cardiology*

Carolyn Ho, MD

*Associate Professor (Cardiovascular Medicine)
Medical Director of the Cardiovascular Genetics
Center Harvard Medical School
Brigham and Women's Hospital*

Jodie Ingles, PhD, MPH

*Senior Lecturer, Sydney Medical School, University
of Sydney, Research Officer, Molecular Cardiology
Program, Centenary Institute, Cardiac Genetic
Counsellor, Royal Prince Alfred Hospital*

Steven Lubitz, MD, MPH

*Cardiac Electrophysiologist
Massachusetts General Hospital
Assistant Professor of Medicine
Harvard Medical School*

Calum Macrae, MD, PhD

*Associate Professor and Chief
Cardiovascular Medicine, Harvard Medical School,
Brigham and Women's Hospital*

Dianna Milewicz, MD, PhD

*Division Director and Professor
Vice Chair, Medical Genetics
McGovern Medical School
The University of Texas
Health Sciences Center at Houston*

Chris Semsarian, MBBS, PhD, MPH

*Professor of Medicine, University of Sydney
Head, Molecular Cardiology Program,
Centenary Institute
Cardiologist, Royal Prince Alfred Hospital*

Eric Sijbrands, MD, PhD

*Professor of Internal Medicine
Eerasmus Medical College
Rotterdam, The Netherlands*

Faculty Disclosure

The Stanford University School of Medicine adheres to ACCME Essential Areas, Standards, and Policies regarding industry support of continuing medical education. Disclosure of faculty and commercial relationships will be made prior to the activity.

Commercial Support Acknowledgement

This CME activity is supported in part by educational grants. A complete list of commercial supporters will be published in the course syllabus.

Program *(subject to change)*

Thursday, June 21, 2018

7:00–8:00	Registration and Light Breakfast
8:00–8:10	Welcome & Announcements Euan Ashley, MRCP, DPhil, FACC
8:05–10:00	Panel: Familial Hypercholesterolemia (FH) Moderators: Kyla Dunn, MS, CGC and David Maron, MD
8:05–8:30	Population Scale Screening for FH Eric Sijbrands, MD, PhD
8:30–8:45	Should We Test Children for FH? Should We Treat FH in Children? James Priest, MD
8:45–9:00	Lipoprotein(a): An Emerging Casual Risk Factor for Cardiovascular Disease Cindy Lamendola, NP
9:00–9:20	Comprehensive FH Care for Individuals, Their Families and the Public Joshua Knowles, MD, PhD
9:20–10:00	Panel Discussion and Q & A
10:00–10:30	Break
10:30–12:30	Panel: Exercise in Inherited Cardiovascular Disease Sports Cardiology Moderators: Kate Beutner, NP and Jonathan Myers, PhD
10:30–10:45	Exercise in Hypertrophic Cardiomyopathy: The RESET Study and More Sharlene Day, MD
10:45–11:00	What's a Normal ECG for an Athlete? The Seattle 2 Criteria Jonathan Drezner, MD
11:00–11:15	Cardiopulmonary Testing in Patients and Athletes Jeffrey Christle, PhD
11:15–11:30	Impact of Exercise Limitations on Quality of Life and Family Julia Platt, MS, LCGC
11:30–12:30	Panel Discussion and Q&A Carolyn Ho, MD; Calum Macrae, MD, PhD Jodie Ingles, PhD, MPH; Ray Hershberger, MD
12:30–1:30	Lunch
1:30–3:30	Panel: Inherited Arrhythmia - What's New? Moderators: Kara Motonaga, MD and Allysonne Smith, RN
1:30–1:45	New Insights into Cardiac Channelopathies Steven Lubbitz, MD, MPH
1:45–2:00	Early Onset Atrial Fibrillation Marco Perez, MD
2:00–2:15	New Therapies for Arrhythmogenic Disease Calum Macrae, MD, PhD
2:15–2:30	Puzzling Pediatric Arrhythmias Anne M. Dubin, MD
2:30–2:45	Genetic Counseling for Inherited Arrhythmia Syndromes Jodie Ingles, PhD, MPH
2:45–3:30	Panel Discussion and Q & A
3:30–4:00	Break
4:00–6:00	Panel: Marfan Disease and Aortopathies Moderators: Mitchel Pariani, MSc, CGC and Tia Moscarello, MS, CGC

3:30–4:00	Break
4:00–4:15	Genetics of Aortopathies Dianna Milewicz MD, PhD
4:15–4:30	Imaging the Heart and Blood Vessels David Liang, MD, PhD
4:30–4:45	Connective Tissue Disease and Children Tom Collins, MD
4:45–5:00	Aortic Emergencies and Their Surgical Treatment Michael Fischbein, MD
5:00–5:15	Psychological Issues in Aortopathies Valerie Hoover, PhD
5:00–6:00	Panel Discussion and Q&A
6:00–6:10	Closing Remarks
6:10 pm	Adjourn
7:00–9:00	Dinner with Keynote Speaker (No CME) Thomas Fogarty Winery

Friday, June 22, 2018

7:00–8:00	Light Breakfast
8:00–8:05	Announcements Euan Ashley, MRCP, DPhil
8:05–10:00	Breakout Sessions (choose one) Nursing Challenges and Opportunities Cindy Lamendola, RN; Heidi Salisbury, RN, MSN, CNS; Calum Macrae, MD, PhD; Kate Beutner, NP Genetic Counseling Challenges and Opportunities Julia Platt, MS, CGC; Mitchel Pariani, MS, CGC; Kyla Dunn, MS, CGC Difficult Cases in Inherited Cardiovascular Disease in Adults Victor Froelicher, MD; Matthew Wheeler, MD, PhD; Joshua Knowles, MD, PhD Difficult Cases in Inherited Cardiovascular Disease in Children Anne M. Dubin, MD; Beth D. Kaufman, MD; James Priest, MD
10:05–10:35	Break
10:35–12:35	Panel: Familial Cardiomyopathy Moderators: Karim Sallam, MD and Colleen Caeshu, ScM, CGC
10:35–10:50	Classifying Cardiomyopathy: New Insights into Pathophysiology Chris Semsarian, MBBS, PhD, MPH
10:50–11:05	Arrhythmic Cardiomyopathy – ARVC is Only the Beginning Victoria Parikh, MD
11:05–11:20	Cardiomyopathy in the Young Beth Kaufman, MD
11:20–11:35	New Insights into Preclinical and Early Stage Hypertrophic Cardiomyopathy Carolyn Ho, MD
11:35–11:50	New Therapies for Hypertrophic Cardiomyopathy Matthew Wheeler, MD, PhD
11:50–12:35	Panel Discussion and Q&A
12:35–12:45	Closing Remarks

Opportunities for Q&A will be provided at the conclusion of each of each presentation.

REGISTER AT CME.STANFORD.EDU/CARDIA

Conference Information

Statement of Need

This conference seeks to fulfill the need among clinicians, nurses, and genetic counselors who treat and/or refer patients with cardiac conditions to increase and improve the fund of knowledge as well as procedural skill set for the prevention of sudden death, treatment of inherited cardiovascular disease, and cardiovascular care of the trained athlete. The workshop will utilize lectures, breakout tracks by specialty, interdisciplinary sessions, and case-based learning.

Target Audience

This national conference is designed to meet the needs of Physicians, Nurses, Genetic Counselors, and other Allied Health Professionals specializing in:

- Cardiology
- Primary Care
- Family Practice
- Internal Medicine
- Pediatrics
- Electrophysiology

Learning Objectives

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

- Apply updated American College of Cardiology (ACC) and American Heart Association (AHA) guidelines for:
 - Diagnosing and managing patients with hypertrophic cardiomyopathy
 - The use of genetic testing for the diagnosis and management of inherited cardiovascular disease
- Develop a strategy to evaluate and provide preventive treatment for patients and athletes within sports cardiology with conditions known to be associated with sudden cardiac death.
- Apply 2015 American Heart Association (AHA) and European Atherosclerosis Society (EAS) pediatric guidelines for diagnosing and managing patients with Familial Hypercholesterolemia, Marfan Syndrome and other aortic disorders
- Apply 2017 ACC/AHA/HRS guidelines for the evaluation and management of patients with syncope and familial cardiac arrhythmias

Accreditation

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

Credit Designation

Stanford University School of Medicine designates this live activity for a maximum of **11.50 AMA PRA Category 1 Credits™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

The California Board of Registered Nursing recognizes that Continuing Medical Education (CME) is acceptable for meeting RN continuing education requirements; as long as the course is certified for *AMA PRA Category 1 Credits™* (rn.ca.gov). Nurses will receive a Certificate of Attendance following this activity that may be used for license renewal.

Registration

Registration fee includes course materials, certificate of participation, breakfast and lunch. Register online with Visa or Master Card by visiting cme.stanford.edu/cardia. If you prefer to pay by check or need assistance, please call (650) 497-8554 or email stanfordcme@stanford.edu. Be sure to register with an email address that you check frequently. Your email address is used for critical information including registration.

	Early Bird Rate	After May 21, 2018
Physicians	\$595	\$695
Nurses and Allied Health Professionals	\$350	\$400
OPTIONAL		
Dinner with Keynote Speaker at Fogarty Winery		\$100pp
Open to conference registrants and their guests		

Cancellation Policy

Cancellations received in writing no less than 30 days before the course will be refunded, less a 20% administrative fee. No refunds will be made on cancellations received after that date. Please send cancellation requests to stanfordcme@stanford.edu. We are not responsible for other costs incurred such as nonrefundable airline tickets or hotel penalties.

Stanford University School of Medicine reserves the right to cancel this program; in the event of cancellation, course fees will be fully refunded.

Conference Location & Contact Information

Paul Brest Hall

555 Salvatierra Walk, Stanford, California 94305
(650)723-6776

Directions

For driving directions and maps to Paul Brest Hall please visit <https://tinyurl.com/PaulBrestHall>

Parking

Parking Parking Structure (PS)6 is the closest garage to Paul Brest Hall. Parking rates are \$2.50/hour or \$12.00/day. For your convenience you can download the Parkmobile app to expedite payment or pay at the kiosk in the parking garage.

Marguerite Shuttle

Marguerite Shuttle service is available at the Palo Alto Transit Center (Caltrain platform) on the southbound side of the tracks, (one block from the Sheraton Palo Alto and the Westin Palo Alto). Take the Y Line from Palo Alto Caltrain to Campus Drive and Arguello Way.

Accommodations

For your convenience room blocks have been established at the Sheraton Palo Alto and the Westin Palo Alto. There are a limited number of rooms available on a first come first served basis. Room reservations should be made directly with each hotel.

Sheraton Palo Alto – Reserve by May 18, 2018

625 El Camino Real, Palo Alto, (650) 328-2800
Reference "Stanford CARDIA Conference" when booking.
Room Rate, June 20-21, 2018: \$349 (plus tax and fees)
Room Rate, June 22, 2018: \$149 (plus tax and fees)
Valet Parking: \$23/day; Self-parking: \$18/day

West Palo Alto – Reserve by May 18, 2018

675 El Camino Real, Palo Alto, (650) 321-4422
Reference "Stanford CARDIA Conference" when booking.
Room Rate, June 20-21, 2018: \$429 (plus tax and fees)
Valet Parking: \$23/day; Self-parking: \$18/day

Other area hotels with Stanford discounted rates are available and listed on the conference website.

Visitor Information

The Stanford campus offers a wealth of sightseeing and educational opportunities for tourists and first-time visitors. Click [here](#) to learn more about visiting the area.

Contact Information

For questions about the symposium, please contact **Mary Sisney**, CME Conference Coordinator, at **(650) 724-7166** or email msisney@stanford.edu.

Stanford Center for Continuing Medical Education

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