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
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 Christie, 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 Moscarello, MS, CGC
Genetic Counselor
SCICD, Stanford Health Care

Kara Motonaga, MD
Clinical Assistant Professor, Pediatrics – Cardiology

Jonathan Myers, PhD
Clinical Professor (Affiliated)

Mitchel Pariani, MD, LCSC
Genetic Counselor, SCICD

Stanford Health Care

Kara Motonaga, MD
Clinical Assistant Professor, Pediatrics – Cardiology

Jonathan Myers, PhD
Clinical Professor (Affiliated)

Mitchel Pariani, MD, LCSC
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 Dreazner, 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
Erasmus 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

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<th>Activity</th>
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<td>7:00-8:00</td>
<td>Registration and Light Breakfast</td>
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<tr>
<td>8:00-8:05</td>
<td>Welcome &amp; Announcements Euan Ashley, MRCP, DPhilila, FACC</td>
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<tr>
<td>8:05-10:00</td>
<td><strong>Panel: Familial Hypercholesterolemia (FH)</strong>  Moderaors: Kyla Dunn, MS, CGC and David Maron, MD</td>
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<tr>
<td>8:05-8:30</td>
<td>Population Scale Screening for FH</td>
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<tr>
<td>8:30-8:45</td>
<td>Should We Test Children for FH? Should We Treat FH in Children?</td>
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<tr>
<td>8:45-9:00</td>
<td>Lipoprotein(a): An Emerging Casual Risk Factor for Cardiovascular Disease</td>
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<tr>
<td>9:00-9:20</td>
<td>Comprehensive FH Care for Individuals, Their Families and the Public</td>
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<tr>
<td>9:20-10:00</td>
<td>Panel: Familial Hypercholesterolemia (FH)  Moderaors: Kyla Dunn, MS, CGC and David Maron, MD</td>
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<tr>
<td>10:00-10:30</td>
<td>Break</td>
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<tr>
<td>10:30-12:30</td>
<td><strong>Panel: Exercise in Inherited Cardiovascular Disease</strong>  Sports Cardiology</td>
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<tr>
<td>10:30-10:45</td>
<td>Exercise in Hypertopic Cardiomyopathy: The RESET Study and More</td>
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<td>10:45-11:00</td>
<td>What's a Normal ECG for an Athlete? The Seattle 2 Criteria</td>
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<td>11:00-11:15</td>
<td>Cardiopulmonary Testing in Patients and Athletes</td>
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<tr>
<td>11:15-11:30</td>
<td>Impact of Exercise Limitations on Quality of Life and Family</td>
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<td>11:30-12:30</td>
<td>Panel Discussion and Q&amp;A</td>
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<td>12:30-1:30</td>
<td>Lunch</td>
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<tr>
<td>1:30-3:30</td>
<td><strong>Panel: Inherited Arrhythmia - What's New?</strong>  Moderaors: Kara Motonaga, MD and Allysonne Smith, RN</td>
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<tr>
<td>1:30-1:45</td>
<td>New Insights into Cardiac Channelopathies</td>
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<td>1:45-2:00</td>
<td>Early Onset Atrial Fibrillation</td>
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<tr>
<td>2:00-2:15</td>
<td>New Therapies for Arrhythmogenic Disease</td>
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<td>2:15-2:30</td>
<td>Puzzling Pediatric Arrhythmias</td>
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<td>2:30-2:45</td>
<td>Genetic Counseling for Inherited Arrhythmia Syndromes</td>
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<td>2:45-3:30</td>
<td>Panel Discussion and Q &amp; A</td>
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<tr>
<td>3:30-4:00</td>
<td>Break</td>
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<tr>
<td>4:00-6:00</td>
<td><strong>Panel: Marfan Disease and Aortopathies</strong>  Moderaors: Mitchel Pariani, MD, LCGC and Tia Moscarello, MS, CGC</td>
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<tr>
<td>3:30-4:00</td>
<td>Break</td>
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<tr>
<td>4:00-4:15</td>
<td>Genetics of Aortopathies Dianna Milewicz MD, PhD</td>
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<td>4:15-4:30</td>
<td>Imaging the Heart and Blood Vessels</td>
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<td>4:30-4:45</td>
<td>Connective Tissue Disease and Children</td>
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<td>4:45-5:00</td>
<td>Aortic Emergencies and Their Surgical Treatment</td>
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<td>5:00-5:15</td>
<td>Psychological Issues in Aortopathies</td>
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<td>5:00-6:00</td>
<td>Panel Discussion and Q&amp;A</td>
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<tr>
<td>7:00-9:00</td>
<td>Dinner with Keynote Speaker (No CME)  Thomas Fogarty Winery</td>
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## Friday, June 22, 2018

<table>
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<th>Time</th>
<th>Activity</th>
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<tr>
<td>7:00-8:00</td>
<td>Light Breakfast</td>
</tr>
<tr>
<td>8:00-8:05</td>
<td>Announcements Euan Ashley, MRCP, DPhil</td>
</tr>
<tr>
<td>8:05-10:00</td>
<td>Breakout Sessions (choose one) Nursing Challenges and Opportunities Cindy Lamendola, RN; Heidi Salisbury, RN, MSN, CNS; Calum Macrae, MD, PhD; Kate Beutner, NP</td>
</tr>
<tr>
<td>10:05-12:00</td>
<td>Panel: Familial Cardiomyopathy  Moderaors: Karim Sallam, MD and Colleen Caleshu, ScM, CGC</td>
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<tr>
<td>10:35-10:50</td>
<td>Classifying Cardiomyopathy: New Insights into Pathophysiology Chris Sensarian, MBBS, PhD, MPH</td>
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<tr>
<td>10:50-11:05</td>
<td>Arrhythmic Cardiomyopathy – ARVC is Only the Beginning Victoria Parikh, MD</td>
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<tr>
<td>11:05-12:00</td>
<td>Cardiomyopathy in the Young Beth Kaufman, MD</td>
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<tr>
<td>11:20-11:35</td>
<td>New Insights into Preclinical and Early Stage Hypertrophic Cardiomyopathy  Carolyn Ho, MD</td>
</tr>
<tr>
<td>11:35-11:50</td>
<td>New Therapies for Hypertrophic Cardiomyopathy Matthew Wheeler, MD, PhD</td>
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<tr>
<td>11:50-12:35</td>
<td>Panel Discussion and Q&amp;A</td>
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<tr>
<td>12:35-1:00</td>
<td>Closing Remarks</td>
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</tbody>
</table>

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

Cancellations 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, 9650) 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.

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REGISTRATION AT CME.STANFORD.EDU/CARDIA