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

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

Jonathan Myers, MD
Clinical Professor (Affiliated)

Mitchel Pariani, MD, LGGC
Genetic Counselor, SCICD
Stanford Health Care

Kara Motonaga, MD
Clinical Assistant Professor, Pediatrics – Cardiology

Jonathan Parikh, MD
Chief Fellow, Cardiovascular Medicine

Marco Perez, MD
Assistant Professor of Medicine

Julia Platt, MS, LGGC
Genetic Counselor
SCICD, Stanford Health Care

James Priest, MD
Assistant Professor of Pediatrics (Cardiology)

Heidi Salisbury, RN, MSN, CNS
Clinical Nurse Specialist

Karim Sallam, MD
Clinical Assistant Professor of Medicine (Cardiovascular Medicine)

Allysonne Smith, RN
Registered Nurse Coordinator

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

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

Steve Lubitz, MD, MPH
Cardiologist, 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.
Thursday, June 21, 2018

7:00–8:00  Registration and Light Breakfast
8:00–8:05  Welcome & Announcements
Euan Ashley, MRCP, DPhil, FACC
8:05–10:00  Panel: Familial Hypercholesterolemia (FH)
Moderators: Tia Moscarello, 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?
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, MD
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
Jonathan Myers, MD
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
12:30–1:00  Lunch

1:00–1:30  Panel: Inherited Arrhythmia - What’s New?
Moderators: Kara Motonaga, MD and Allysonne Smith, RN
1:30–1:45  New Insights into Cardiac Channelopathies
Steven Lubitz, 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, MD, LCGC and Tia Moscarello, MS, CGC
3:30–4:00  Genetics of Aortopathies
Dianna Milewicz MD, PhD
4:00–4:15  Imaging the Heart and Blood Vessels
David Liang, MD, PhD
4:15–4:30  Connective Tissue Disease and Children
Tom Collins, MD
4:30–4:45  Aortic Emergencies and Their Surgical Treatment
Michael Fischbein, MD
4:45–5:00  Psychological Issues in Aortopathies
Valerie Hoover, PhD
5:00–5:15  Difficult Cases in Inherited Cardiovascular Disease in Adults
Victor Froelicher, MD; Matthew Wheeler, MD, PhD; Joshua Knowles, MD, PhD
5:00–6:00  Panel Discussion and Q&A
6:00–6:10  Closing Remarks
6:10 pm  Adjourn

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, MD, LCGC; 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 Caleshu, 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.
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

Credit Designation
The 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.

Accreditation
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.

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.

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 (P5) 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: $429 (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: $249 (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 mxisney@stanford.edu.

Stanford Center for Continuing Medical Education
1520 Page Mill Road, Palo Alto, CA 94304
(650) 497-8554 • stanfordcme@stanford.edu • cme.stanford.edu

Stanford University School of Medicine is committed to ensuring that its programs, services, goods, and facilities are accessible to individuals with disabilities specified under Section 504 of the Rehabilitation Act of 1973 and the Americans with Disabilities Amendments Act of 2008. If you have needs that require special accommodations, including dietary concerns please contact dziehm@stanford.edu.