CARDIA: Cardiac Arrhythmia, Sudden Death, Inherited Cardiovascular Disease, Athletes

June 21, 2018 8:00 am - 6:10 pm to June 22, 2018 8:00 am - 12:45 pm
Paul Brest Hall, Munger Conference Center
Stanford University

A Continuing Medical Education Conference Presented by the Department of Cardiovascular Medicine and the Stanford Center for Inherited Cardiovascular Disease at the Stanford University School of Medicine

Sponsored by the Stanford University School of Medicine

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

Stanford Faculty
Katherine Beutner, NP
Nurse Practitioner
Stanford Center for Inherited Cardiovascular Disease

Kara Motoshina, MS, LCGC
Genetic Counselor
Stanford Center for Inherited Cardiovascular Disease

Tom Collins, MD
Clinical Associate Professor, Pediatric Cardiology
Anne M. Dubin, MD
Professor, Pediatric Cardiology

Kyla Dunn, MS, LCGC
Genetic Counselor
Stanford Center for Inherited Cardiovascular Disease

Dominik Fleischmann, MD
Professor, Radiology

Victor Froelicher, MD
Professor, Cardiovascular Medicine
Palo Alto Veterans Affairs Health Care System, Emeritus

Valerie Hoover, PhD
Clinical Instructor, 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, Cardiovascular Medicine
Chief Medical Officer, Familial Hypercholesterolemia (FH) Foundation

Cynthia Lamendola, NP
Nurse Practitioner
Stanford Center for Inherited Cardiovascular Disease

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

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

Anjali Owens, MD
Assistant Professor of Medicine
University of Pennsylvania

Chris Semsarian, MBBS, PhD, MPH, FRACP, FCSANZ, FHR, FAHA
Professor of Medicine, University of Sydney
Head, Molecular Cardiology Program, Centenary Institute
Cardiologist, Royal Prince Alfred Hospital

Eric Sibbald, 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

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>7:00–8:00 am</td>
<td><strong>Registration and Light Breakfast</strong></td>
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<tr>
<td>8:00–8:10</td>
<td><strong>Welcome &amp; Announcements</strong></td>
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<tr>
<td></td>
<td>Euan Ashley, FRCP, DPhil, FACC</td>
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<tr>
<td>8:10–10:00</td>
<td><strong>Panel: Familial Hypercholesterolemia (FH)</strong></td>
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<td>Moderators: Tia Moscarello, MS, LCGC and David Maron, MD</td>
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<td>8:10–8:30</td>
<td><strong>Population Scale Screening for FH</strong></td>
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<td>Eric Sijbrands, MD</td>
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<td>8:30–8:45</td>
<td><strong>Should We Test Children for FH? Should We Treat FH in Children?</strong></td>
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<td>James Priest, MD</td>
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<td>8:45–9:00</td>
<td><strong>Lipoprotein(a): An Emerging Casual Risk Factor for Cardiovascular Disease</strong></td>
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<td>Cindy Lamendola, NP</td>
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<td>9:00–9:20</td>
<td><strong>Comprehensive FH Care for Individuals, Their Families and the Public</strong></td>
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<td>Joshua Knowles, MD</td>
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<td>9:20–10:00</td>
<td><strong>Panel Discussion and Q &amp; A</strong></td>
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<td>10:00–10:10</td>
<td><strong>Break</strong></td>
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<tr>
<td>10:30-12:15 pm</td>
<td><strong>Panel: Exercise in Inherited Cardiovascular Disease</strong></td>
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<td><strong>Sports Cardiology</strong></td>
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<td>Moderators: Kate Beutner, NP and Jonathan Myers, PhD</td>
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<td>10:30-10:45</td>
<td><strong>Exercise in Hypertrophic Cardiomyopathy: The RESET Study and More</strong></td>
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<td>Sharlene Day, MD</td>
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<td>10:45-11:00</td>
<td><strong>Exercise in Dilated and Arrhythmogenic Cardiomyopathy</strong></td>
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<td>Anjali Owens, MD</td>
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<td>11:00-11:15</td>
<td><strong>Cardiopulmonary Testing in Patients and Athletes</strong></td>
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<td>Jonathan Myers, PhD</td>
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<td>11:15-11:30</td>
<td><strong>Impact of Exercise Limitations on Quality of Life and Family</strong></td>
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<td>Julia Platt, MS, LCGC</td>
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<td>11:30-12:15</td>
<td><strong>Panel Discussion and Q&amp;A</strong></td>
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<td>12:15-1:30</td>
<td><strong>Lunch</strong></td>
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<td>1:30-3:30</td>
<td><strong>Panel: Inherited Arrhythmia - What's New?</strong></td>
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<td>Moderators: Kara Motonaga, MD and Allysonne Smith, RN</td>
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<td>1:30-1:45</td>
<td><strong>New Insights into Cardiac Channelopathies</strong></td>
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<td>Steven Lubitz, MD</td>
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<td>1:45-2:00</td>
<td><strong>Early Onset Atrial Fibrillation</strong></td>
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<td>Marco Perez, MD</td>
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<td>2:00-2:15</td>
<td><strong>New Therapies for Arrhythmogenic Disease</strong></td>
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<td>Calum Macrae, MD</td>
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<td>2:15-2:30</td>
<td><strong>Puzzling Pediatric Arrhythmias</strong></td>
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<td>Anne M. Dubin, MD</td>
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<td>2:30-2:45</td>
<td><strong>Genetic Counseling for Inherited Arrhythmia Syndromes</strong></td>
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<td>Jodie Ingles, PhD</td>
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<td>2:45-3:30</td>
<td><strong>Panel Discussion and Q &amp; A</strong></td>
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<td>3:30-4:00</td>
<td><strong>Break</strong></td>
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<tr>
<td>4:00-6:00</td>
<td><strong>Panel: Marfan Disease and Aortopathies</strong></td>
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<td>Moderators: Mitchel Pariani, MS, LCGC and Aistė Narkevičiūtė, MS, LCGC</td>
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<tr>
<td>4:00-4:15</td>
<td><strong>Genetics of Aortopathies</strong></td>
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<td>Dianna Milewicz, MD</td>
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## Friday, June 22, 2018

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<tr>
<th>Time</th>
<th>Event</th>
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<tr>
<td>4:15-4:30</td>
<td><strong>Imaging the Heart and Blood Vessels</strong></td>
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<td>Dominik Fleischmann, MD</td>
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<td>4:30-4:45</td>
<td><strong>Connective Tissue Disease and Children</strong></td>
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<td>Tom Collins, MD</td>
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<td>4:45-5:00</td>
<td><strong>Aortic Emergencies and Their Surgical Treatment</strong></td>
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<td>David Liang, MD</td>
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<td>5:00-5:15</td>
<td><strong>Psychological Issues in Aortopathies</strong></td>
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<td>Valerie Hoover, PhD</td>
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<tr>
<td>5:15-6:00</td>
<td><strong>Panel Discussion and Q&amp;A</strong></td>
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<tr>
<td>6:00-6:10</td>
<td><strong>Closing Remarks</strong></td>
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<tr>
<td>6:10</td>
<td><strong>Adjourn</strong></td>
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**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.

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; 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 relicensure.

Registration
Registration fee includes course materials, certificate of participation, breakfast and lunch. Registration 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 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 (PS6) 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)
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.

Stanford Center for Continuing Medical Education
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REGISTER AT CME.STANFORD.EDU/CARDIA