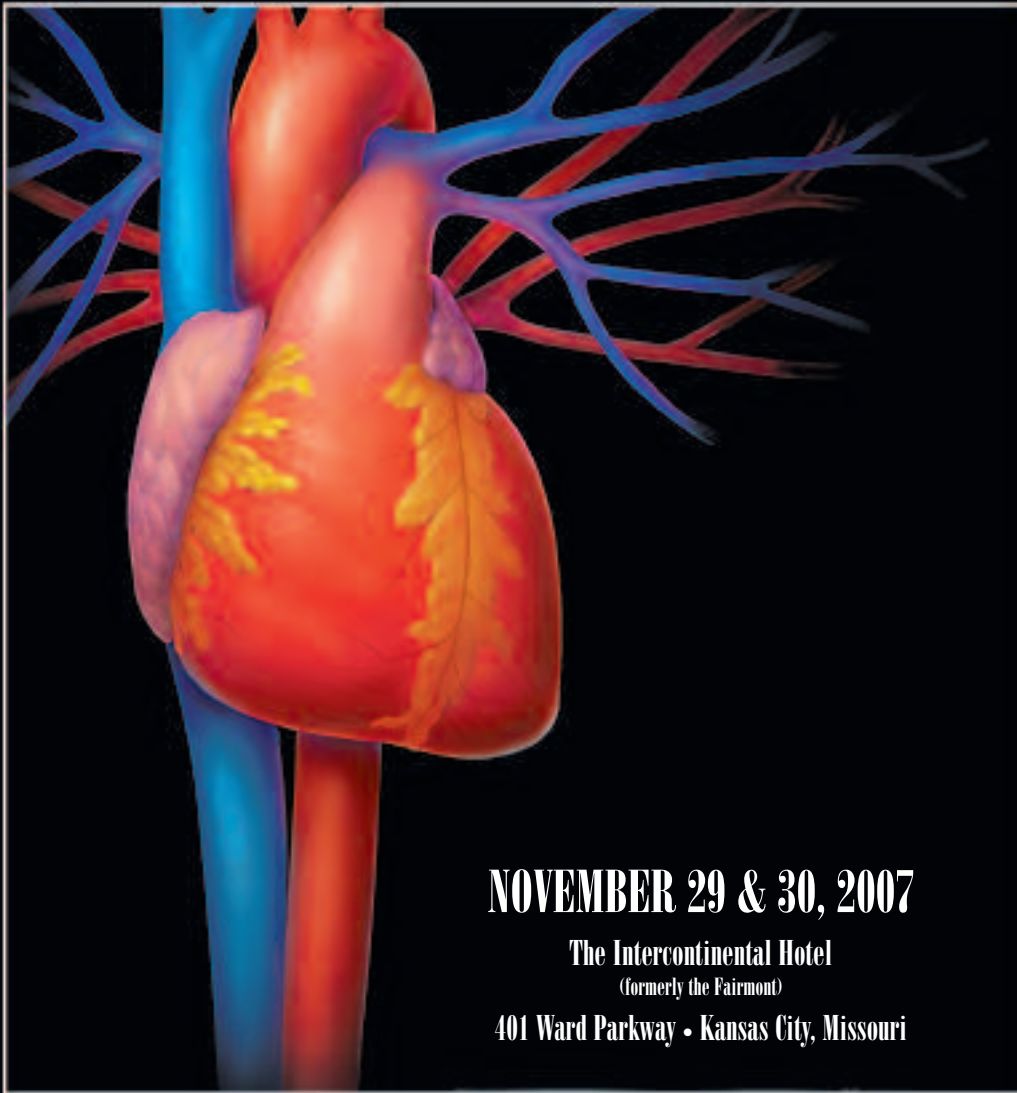


37TH ANNUAL PRESENTATION OF

*the* **HEART**



**NOVEMBER 29 & 30, 2007**

**The Intercontinental Hotel**  
(formerly the Fairmont)

**401 Ward Parkway • Kansas City, Missouri**



SPONSORED BY:  
THE OFFICE OF CONTINUING MEDICAL EDUCATION,  
SAINT LUKE'S HOSPITAL OF KANSAS CITY



PRESENTED BY:  
CARDIOVASCULAR CONSULTANTS, P.C.  
AND  
THE MID AMERICA HEART INSTITUTE OF SAINT LUKE'S  
HOSPITAL OF KANSAS CITY

## EDUCATIONAL OBJECTIVES

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

- Discuss major areas of progress in cardiovascular disease treatment and prevention.
- Discuss recent progress in areas of percutaneous management of valvular heart disease.
- Identify the high prevalence of peripheral vascular disease and the appropriate, though often under-used, secondary preventive strategies.
- Recognize the safety and emerging anti-arrhythmic roles of ranolazine.
- Describe the j-shaped relationship between alcohol and a variety of adverse cardiovascular outcomes.
- Identify the mechanism whereby alcohol at low doses confers cardiovascular protection.
- Identify increased risk for cardiovascular mortality in patients with PAD.
- Recognize the signs and symptoms of patients with PAD.
- Identify the strengths and weaknesses of SPECT, PET, and cardiac CT.
- Identify the evidence to support the respective uses of SPECT, PET and cardiac CT.
- Recognize the impact that comorbidities have on the management of heart failure patients.
- Discuss practical implications of EMR.
- Explore how using EMR can enhance practice and patient safety.
- Recognize comorbidities that are commonly noted in the patient with heart failure.
- Describe the typical clinical presentation of a patient presenting with the apical ballooning syndrome.
- Identify the clinical course and potential complications in patients with apical ballooning syndrome.
- Recognize the benefits and limitations of drug-eluting coronary stents
- Describe contraindications to the use of drug-eluting stents.
- Identify when stress testing is in order preoperatively.
- Identify non-stress tests that may be ordered pre-operatively for the patient diagnosed with coronary artery disease.
- Discuss the data supporting the use of statins in the setting of acute coronary syndromes.
- Discuss the data supporting the beneficial effects of statins in those with heart failure.
- Discuss current cardiothoracic and vascular procedures and introduce new procedures that may increase in volume in future
- Recount the various ways limited Vitamin D may impact CV health.
- Supplement and direct maintenance dose of vitamin D.
- Identify the early complications of cardiothoracic and vascular surgery that may present in the early outpatient setting
- Identify indications of rate versus rhythm control in the management of atrial fibrillation.
- Recognize the risks and limitations of catheter ablation in the treatment of atrial fibrillation.
- Recognize various ECG patterns that represent atrial tachycardia, slow atrial flutter and typical atrial flutter.
- Describe how premature atrial and ventricular beats interact with the AV node and cause subsequent conduction changes.
- Discuss new nutrition research that relate to heart disease and describe innovative ways of applying the research in clinical settings.
- To be able to describe how good nutrition enhances general health, prevents disease, and improves concentration and energy levels.
- Discuss plaque development and the process creating unstable plaques leading to a heart attack.
- Describe the inflammatory response and blood test markers of inflammation.
- Recognize the significance and etiology of contrast nephropathy.
- Recognize patients at risk for contrast nephropathy.
- Identify the role of the Renin Angiotensin Aldosterone System (RAAS) in the pathogenesis of Hypertension.
- Recognize the benefits in suppression of the Renin Angiotensin Aldosterone System (RAAS) with Direct Renin Inhibition.
- Discuss the latest in optimizing personal dental health to limit CV risk.
- Explain the CV risk associated with poor dental health.
- Describe the theoretical and clinical basis for SBE prophylaxis.
- Recognize patients who should receive SBE prophylaxis.
- Describe the relationship between postprandial glucose excursion, oxidative stress, and inflammation.
- Identify which agents are effective for improving postprandial glucose levels.
- Identify traditional and nontraditional risk factors for cardiovascular disease in women.
- Describe ECGs of cardiac conditioning that are not routinely seen but are important to recognize – long QT, hypertrophic cardiomyopathy.
- Discuss common ECG changes associated with electrolyte abnormalities.

## HEART PROGRAM

### THURSDAY, NOVEMBER 29, 2007

- A.M. Moderator: Richard M. Moe, MD, PhD
- 7:15 a.m. Exhibits, Registration, Continental Breakfast
- 8:00 a.m. Welcome and Introductions
- 8:15 a.m. What is the Future in Cardiology  
*David J. Cohen, MD*
- 8:45 a.m. Major Cardiovascular Studies for 2007  
*Randall C. Thompson, MD*
- 9:30 a.m. Alcohol: The Razorsharp Double Edged Sword  
*James H. O'Keefe, MD*
- 10:00 a.m. Refreshment Break and Exhibits  
The Doctor Is In – *Michael Zabel, MD*
- 10:30 a.m. Diagnosis and Management of Peripheral Arterial Disease – *William C. Daniel, MD*
- 11:00 a.m. Choosing Between SPECT, PET, and CT for Coronary Disease Imaging: A Few Tips to Simplify the Process – *Timothy M. Bateman, MD*
- 11:40 a.m. Panel Discussion – *Randall Thompson, MD, James O'Keefe, MD, Will Daniel, MD, Timothy Bateman, MD*
- 12:00 p.m. Luncheon (Provided)  
*\*Optional Luncheon Workshops*
- 12:10 p.m. Comorbidities in Heart Failure  
*Becky VanScoy, RN, BC, ANP*
- 12:40 p.m. Healthcare and Electronic Health Records: The Future is Now!  
*Felicia D. Menefee RN, MSN, CS, M-SCNS, ANP*
- P.M. Moderator: Tracy L. Stevens, M.D.
- 1:25 p.m. Introductions and Announcements
- 1:30 p.m. Apical Ballooning Syndrome – Can you really die of a broken heart? – *Kevin A. Bybee, MD*
- 2:00 p.m. Breakout Sessions
- A. Drug Eluting vs Bare Metal Stents – Why does one patient get one and another, the other?  
*David M. Safley, MD*
- B. Preoperative Evaluation; Non-Cardiac Surgery For Patients with CAD  
*Richard M. Moe, MD, PhD*
- C. Novel Cardiovascular Effects of Statins  
*Kevin A. Bybee, MD*
- 3:00 p.m. Refreshment Break and Exhibits  
The Doctor Is In – *Richard M. Moe, MD, PhD*
- 3:30 p.m. Post CABG Care by the Primary Physician  
*George L. "Trip" Zorn, MD*
- 4:00 p.m. Treatment of Atrial Fibrillation in the New Millennium: Achieving Cure vs Quality of Life  
*Brian M. Ramza, MD*

- 4:30 p.m. Interactive Cases/EKG Rhythms – Too Fast and Too Slow! – *David G. Skolnick, MD*
- 5:00 p.m. Adjourn
- 5:15 p.m. Reception

### FRIDAY, NOVEMBER 30, 2007

- A.M. Moderator: *James H. O'Keefe, MD*
- 8:15 a.m. Exhibits, Registration, Continental Breakfast
- 8:30 a.m. Cardiovascular Implications of Vitamin D  
*Donald D. Hensrud, MD*
- 9:15 a.m. The Practical Diet for Optimal Vascular Protection  
*Joan O'Keefe, RD and Glenna Moe, MS, RD*
- 10:00 a.m. Refreshment Break and Exhibits  
The Doctor Is In – *Tracy L. Stevens, M.D.*
- 10:30 a.m. Practical Dietary Suggestions and Demonstration  
*Richard E. Collins, MD*
- 11:30 a.m. Panel – *Joan O'Keefe, RD, Glenna Moe, MS, RD, LD, Donald Hensrud, MD, Richard Collins, MD*
- 12:00 p.m. Luncheon (Provided)  
*\*Optional Luncheon Workshops*
- 12:10 p.m. Contrast Nephropathy 2007 Updates  
*Sally McGee, ARNP*
- 12:40 p.m. The Current State of Hypertension and Renin Inhibition – *Becky K. Captain, RN, BC, FNP-C*
- P.M. Moderator: *K. Michael Zabel, M.D.*
- 1:20 p.m. Introductions and Announcements
- 1:30 p.m. Cardiovascular Implications of Dental Health  
*Barry P. Greenley, DDS*
- 2:00 p.m. The New SBE Prophylaxis Guidelines: Less is More  
*K. Michael Zabel, MD*
- 2:30 p.m. Improving the Dismal CV Prognosis for Diabetes: The Dawn of a New Era – *James H. O'Keefe, MD*
- 3:00 p.m. Refreshment Break and Exhibits  
The Doctor Is In – *Randall C. Thompson, MD*
- 3:30 p.m. Cardiovascular Disease in Women: The Traditional and Non-traditional Risk Factors  
*Tracy L. Stevens, MD*
- 4:00 p.m. Interactive Cases: Uncommon EKG's but Worth Seeing Once Plus the Common EKG's Worth Not Missing Once – *K. Michael Zabel, M.D.*
- 4:25 p.m. Drawing: At the conclusion of the program, there will be a drawing for 20 medical textbooks provided by Pfizer, Inc. You must be present to win.
- 4:30 p.m. Adjourn

# the HEART

## COURSE DESCRIPTION

Each segment of the course will be introduced by a keynote lecture. This will be followed by a series of instructive clinical cases in which each participant will have a computerized response system and will interact with the panel regarding questions presented from the cases. Specific cardiovascular topics have been selected from participation evaluation responses of previous CME activities, literature reviews and interaction with area physicians.

## THE DOCTOR IS IN

"The Doctor Is In" is a segment of the heart conference that will provide the participants with opportunity to ask conference faculty specific patient related questions. Please note times in the program schedule for when "The Doctor Is In."

## HEART FACULTY

**Timothy M. Bateman, MD**

Consulting Cardiologist  
Mid America Heart Institute  
of Saint Luke's Hospital  
Professor of Medicine  
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School of Medicine  
Kansas City, Missouri

**Kevin A. Bybee, MD**

Consulting Cardiologist  
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Assistant Professor of Medicine  
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School of Medicine  
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Mid-Level Provider  
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Medical Director  
Health Economics and Technological  
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**Richard E. Collins, MD**

"The Cooking Cardiologist"  
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Cardiac Rehabilitation and  
Lifestyle Programs  
South Denver Heart Center  
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Assistant Director of The Advanced  
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General Dentistry Program  
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**Donald D. Hensrud, MD**

Associate Professor of Preventive  
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Chairman, Department of Preventive  
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Mayo Clinic College of Medicine  
Director, Executive Health Program  
Mayo Clinic  
Rochester, Minnesota

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Mid-Level Provider  
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Kansas City, Missouri

**Felicia D. Menefee, RN, MSN,**

**CS, M-SCNS, ANP**  
Mid-Level Provider  
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**Glenma Moe, MS, RD, LD, MS**

Executive Health Dietitian  
Cardiac Rehabilitation  
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Kansas City, Missouri

**Richard M. Moe, MD, PhD**

Medical Director, Cardiac  
Rehabilitation  
Saint Luke's Hospital of Kansas City  
Director of Preventive Medicine  
Saint Luke's Health System  
Kansas City, Missouri

**James H. O'Keefe, Jr, MD**

Director, Preventive Cardiology  
Fellowship Program  
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Registered Dietician  
Private Practice  
Mission Hills, Kansas

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**Rebecca VanScoy, RN, BC, ANP**

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Clinical Assistant Professor of  
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Kansas City, Missouri

**George L. Zorn, III, MD**

Consulting Cardiothoracic Surgeon  
Mid America Heart Institute of Saint  
Luke's Hospital  
Clinical Assistant Professor of  
Medicine  
University of Missouri-Kansas City  
School of Medicine  
Kansas City, Missouri

**REGISTRATION INFORMATION**

Advance registration and payment are required and must accompany the registration form in order to confirm your reservation. The fee, which includes meeting materials, both lunches, and the reception is \$325 for physicians and \$195 for other health care professionals until **November 23, 2007**. The registration fee for registration post-marked and/or received after **November 23, 2007** will be \$375 for physicians and \$245 for all other healthcare professionals. A limited number of spaces for the conference will be available for physicians-in-training at no charge. (A letter from the program director **MUST** accompany these registrations.) If paying by check, make check payable to Saint Luke's Hospital. Visa, Mastercard, and Discover are also accepted. Please return payment with the attached Registration Form to the address indicated. FAX registration can be made if paying by credit card to (816) 932-5119. Contact the Continuing Medical Education Office at (816) 932-2220 or send E-mail to [cme@saint-lukes.org](mailto:cme@saint-lukes.org) for more information. Visit our website at [www.saint-lukes.org](http://www.saint-lukes.org).



Do you have needs that we can address to make your participation more enjoyable and meaningful? Complete the appropriate space on the registration form or call Kim McChesney at (816)932-5140.

**CANCELLATION POLICY**

A full refund of the registration fee, less a \$50 administrative fee, will be granted if the cancellation is made in writing, postmarked and/or received on or before **November 23, 2007**. Please send all cancellations to:

Office of Continuing Medical Education  
 Saint Luke's Hospital of Kansas City  
 4401 Wornall Road  
 Kansas City, MO 64111

Saint Luke's Hospital Kansas City reserves the right to cancel all programs and return all fees. The liability of Saint Luke's Hospital is limited to the course fee. Saint Luke's Hospital will not be responsible for any losses incurred by registrants including, but not limited to, airline cancellation charges or hotel deposits.

**ACCREDITATION**

**AMA** Saint Luke's Hospital of Kansas City, Missouri is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to sponsor continuing medical education for physicians.

Saint Luke's Hospital of Kansas City designates this educational activity for a maximum of 12.0 (plus 1.0 hour for attending the Optional Luncheon Workshop each day) *AMA PRA Category I Credits*.™ Physicians should only claim credit commensurate with the extent of the participation in the activity.

Faculty presenters of continuing medical education programs sponsored by Saint Luke's Hospital of Kansas City are expected to disclose any real or perceived conflict of interest related to the content of their presentations. Copies of faculty disclosures are included in participant program materials and/or given prior to the lecture.

Saint Luke's Hospital of Kansas City presents this activity for educational purposes only. Participants are expected to utilize their own expertise and judgment while engaged in the practice of medicine. The content of the presentations is provided solely by presenters who have been selected for presentations because of recognized expertise in their field.

**AAFP** Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is still pending.

**AOA** Application for AOA credit has been filed with the American Osteopathic Association. Determination of credit is pending.

**MONA** Saint Luke's Hospital is an approved provider of continuing nursing education by the Missouri Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. This course is approved for 12.0 contact hours (plus 1.0 contact hour for attending the Optional Luncheon Workshop each day).



**REGISTRATION FORM**

**THE 37TH ANNUAL PRESENTATION OF THE HEART  
 NOVEMBER 29 & 30, 2007  
 THE INTERCONTINENTAL KANSAS CITY AT THE PLAZA**

**Please Print**

Name \_\_\_\_\_  
 Degree \_\_\_\_\_  
 Specialty \_\_\_\_\_  
 Social Security Number \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 ( ) ( ) ( )  
 Office Phone \_\_\_\_\_ Home Phone \_\_\_\_\_  
 ( ) ( )  
 FAX \_\_\_\_\_ Email \_\_\_\_\_  
 Please list one personal goal you have for this course: \_\_\_\_\_



Please specify any needs including dietary: \_\_\_\_\_

- I will  will not attend Thursday's Luncheon (lunch only)
- I will  will not attend Thursday's Optional Luncheon Presentations (presentation with lunch)
- I will  will not attend Friday's Luncheon (lunch only)
- I will  will not attend Friday's Optional Luncheon Presentations (presentation with lunch)
- I will  will not attend the Reception

**Thursday Breakout Sessions**

Please indicate 1st, 2nd and 3rd choice  
 2:00 p.m.  A  B  C

**PAYMENT INFORMATION**

- \$325 Physicians (\$375 after 11/23/07)
  - \$275 Saint Luke's Health System Physicians (\$325 after 11/23/07)
  - \$195 Other Health Care Professionals (\$245 after 11/23/07)
  - \$150 Saint Luke's Health System Nurses (\$200 after 11/23/07)
  - \$ 0 Saint Luke's Hospital and Truman Medical Center Residents and Fellow (Letter from Program Director must accompany registration)
- \$ \_\_\_\_\_ **TOTAL**  
**Registration fee must accompany registration form to receive confirmation.**  
 Payment will be made by:  CHECK  VISA  MASTER CARD  
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Card Number \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

Make checks payable to: **SAINT LUKE'S HOSPITAL** and return with completed registration form to:

OFFICE OF CONTINUING MEDICAL EDUCATION  
 SAINT LUKE'S HOSPITAL OF KANSAS CITY  
 4401 WORNALL RD  
 KANSAS CITY, MO 64111

**Or FAX registration if paying by credit card ONLY to:  
 (816) 932-5119**

**PASS A COPY OF THIS BROCHURE TO A COLLEAGUE.**

## WHO SHOULD ATTEND

This conference will provide a valuable learning experience for general and family physicians, internists, cardiologists, cardiac fellows, nurses, and residents.

## A CALL FOR CASES

Do you have an interesting case that you would like to have included in the program case presentations? If you have a case that involves peripheral arterial disease, cardiac imaging, atrial fibrillation, or any other topic related to this year's agenda, please send in a history and your questions regarding the case with your registration form.

## LOCATION AND ACCOMMODATIONS

A block of rooms has been reserved at the Intercontinental Kansas City at the Plaza (formerly The Fairmont), 401 Ward Parkway, Kansas City, Missouri in the heart of Kansas City at the Country Club Plaza. The Country Club Plaza is a fourteen square block shopping, dining, and entertainment district. The city's best collection of national stores, local boutiques, restaurants, and galleries are surrounded by nearly 50 fountains and sculptures as well as the newly renovated Brush Creek "River" Walk. As in the past the conference is held during the season of the Country Club Plaza Holiday lights – a unique Kansas City experience. An entire 14-square block area is illuminated with over 175,000 jewel colored bulbs. Spanning 60 miles, the lights outline every tower, dome, balcony, courtyard and building found there. Plan to bring your family and friends to enjoy the renowned Plaza lights while doing some great holiday shopping.

To receive the negotiated group discount of \$189/night call The Intercontinental directly at (816)756-1500 or (866) 856 9717 and identify yourself as a participant in this meeting. You may also contact the Group Reservations Coordinator directly at (816) 303-2934 or send e-mail to phenuber@kansascityic.com. Reservations may be made on line at www.kansascityic.com. In order to make a reservation click on "reservations" in the middle of the page located towards the top. Enter arrival and departure dates. Click on "+" Corporate, Group & IATA. The 3 letter "group booking code" for this conference is **HRT**.

The cut-off date for the discounted rate is October 29, 2007. After this date, reservations will be accepted on a space available basis only. If you are considering extending your reservation through Saturday night, December 1, 2007, you should call as early as possible to make your arrangements since the hotel has been historically sold out over the weekends between Thanksgiving and Christmas. There are a limited number of rooms available at the group discount that evening.

## MID AMERICA HEART INSTITUTE OF SAINT LUKE'S HOSPITAL



The Mid America Heart Institute of Saint Luke's Hospital is the region's premier cardiac center, world-renowned for its work in the diagnosis and treatment of heart disease. The Mid America Heart Institute features: Four cardiac surgical suites, eight cardiac catheterization laboratories, nine non-invasive laboratories, a 12-bed coronary unit, 102 medical intermediate cardiac beds, an 18-bed cardiothoracic surgical intensive care unit, 34 surgical intermediate cardiac beds, a 15-bed angioplasty recovery unit and a 16-bed cardiovascular holding unit. More than 2,000 coronary balloon angioplasties, 6,000 cardiovascular lab procedures and 950 open heart surgeries are performed annually. The Heart Institute also supports an active and expanding heart transplantation program. The Cardiovascular Clinical Research Center is an analytical data center that facilitates and improves cardiovascular research at The Mid America Heart Institute of Saint Luke's Hospital.

## PLANNING COMMITTEE

### Richard Moe, MD, PhD

Co-course Director  
Cardiovascular Consultants, PC  
Kansas City, Missouri

### James H. O'Keefe, Jr, MD

Co-course Director  
Cardiovascular Consultants, PC  
Kansas City, Missouri

### Tracy L. Stevens, MD

Co-course Director  
Cardiovascular Consultants, PC  
Kansas City, Missouri

### K. Michael Zabel, MD

Co-course Director  
Cardiovascular Consultants, PC  
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### Becky Captain, RN, MSN, BC, FNP-C

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### Thomas G. Maddox, MD

Department of Family Practice  
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### Felicia D. Menefee, RN, MSN, CS, M-SCNS, ANP

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### Kim McChesney

CME Coordinator  
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### Ashley Peacock, RN, BN, BC

Clinical Education Specialist  
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City School of Medicine

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disability in admissions or access to, treatment or employment in, its  
programs or activities, or the provision of physician staff privileges.

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(816) 932-2103