Target Audience:
Cardiologists, nephrologists, internists, and primary care physicians with an interest in the clinical treatment and management of hypertension and related diseases.

Purpose:
The ASH Clinical Hypertension Review Course is a comprehensive immersion in evidence-based treatment strategies for hypertension and related diseases.

The ASH Clinical Hypertension Review Course will help current ASH Hypertension Specialists achieve the Core Competencies of a Clinical Hypertension Specialist, and may help those preparing to take the Qualifying Examination for Specialists in Clinical Hypertension.

Format:
The Review Course format will consist of both didactic lectures reviewing the latest evidence and scientific principles, along with in-depth case discussions which illustrate the effective translation of these scientific principles into daily medical practice. A printed syllabus of all Review Course slide presentations will be available onsite for registrants.

Schedule:
Arrival: Thursday, March 14, 2013

Review Course:
Friday, March 15, 2013: 7:00 AM – 9:00 PM
Saturday, March 16, 2013: 7:50 AM – 5:00 PM

Location:
Hyatt Regency Jersey City
2 Exchange Place
Jersey City, NJ 07302
T: 201-469-4546
F: 201-469-4560
www.jerseycity.hyatt.com

Hotel Reservations

Housing:
ASH has secured discounted hotel rooms at the Hyatt Regency of $239 + tax.

Registration Fees:
Register by After
February 28, 2013 February 28, 2013
ASH Members: $695 $895
Non-Members: $995 $1,095

Registration Fees include admission to the Review Course and all meal functions (breakfasts, lunches, dinners, and beverage breaks).

Continuing Education Credit:
The American Society of Hypertension, Inc. is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians. The American Society of Hypertension, Inc. designates this live educational activity for a maximum of 18.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
**Housing:**

Sign up for housing with ASH-negotiated reduced rates at The Hyatt Regency Jersey City ($239 + tax per night single/double occupancy).

Individual deposits for hotel rooms: It is the attendee’s responsibility to submit a credit card number, or a deposit equal to one (1) night’s room/suite rate, plus tax as a guarantee, at the time the attendee makes the reservation. Attendee’s credit card will be charged the one (1) night’s room/suite rate plus tax at that time. Room reservations not guaranteed will be automatically canceled by the Hotel within fourteen (14) days of the reservation date. All guaranteed reservations will be held until 6:00 a.m. on the day after attendee’s confirmed arrival date. Attendees must pay the balance of all room, tax and incidental charges upon check-out. All guests will be responsible for their individual incidental accounts.

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**Learning Objectives:**

Upon completion of this activity, participants should be able to:

1. Design comprehensive management strategies for your hypertensive patients whose care includes the management of lipid disease, diabetes, and kidney disease in addition to hypertension.

2. Differentiate between the pathophysiology of primary and secondary hypertension in order to personalize treatment strategies for your patients.

3. Evaluate the use of combination therapy in patients with resistant hypertension and co-morbidities, and revise management strategies appropriately to reach goal BP for your patients.

4. Apply emerging data on the management of hypertension in special populations to improve BP control for your patients.

5. Determine physician-related and patient-controlled factors that impact compliance and adherence in order to develop specialized techniques for overcoming barriers to optimal BP control.

6. Counsel your patients on the importance of out-of-office BP monitoring, in order to engage patients in their own care.

7. Engage with other professionals regarding recent advances in hypertension care and emerging data in hypertension research to improve patient care.

8. Disseminate best practices in hypertension management within the general medical community to advance patient care.

9. Evaluate current practice against national standards utilizing aggregated data from the ASH National Hypertension Registry to gauge performance and identify areas for improvement in patient management.
The ASH Specialist Program, Inc.: The ASH Specialist Program has defined core competencies for the Designated ASH Hypertension Specialist:

- **Patient Care**: An ASH Specialist should provide comprehensive care for the patient with hypertension including the goals for lipid management, diabetes management, and kidney disease management. An ASH Specialist should be familiar with the importance of and how to interpret out-of-office BP measurement, 24-hour ambulatory BP monitoring (ABPM) and both white coat and masked hypertension.

- **Medical Knowledge**: An ASH Specialist should be familiar with the pathophysiology of hypertension, including resistant hypertension and the secondary (reversible) causes of hypertension, and be able to translate this knowledge into the management of hypertension in patients with co-morbidities and in special populations.

- **Practice-Based Learning**: An ASH Specialist should continue to stay up-to-date through periodic review of their clinical practice and journal reading, CME courses, and meetings sponsored by the American Society of Hypertension, Inc.

- **Interpersonal and communication skills**: An ASH Specialist should be familiar with the principles that enhance patient adherence to therapy, including the need to empathize with a patient and to consider a patient’s cultural beliefs and individual attitudes when formulating a therapeutic regimen.

- **Professionalism**: An ASH Specialist provides a public service by sharing their knowledge and expertise with the general medical community.

- **Systems-Based Practice**: An ASH Specialist should set up their clinical hypertension practice to create an environment that allows for effective communication and monitoring of both lifestyle modification and antihypertensive drug treatment in and out of the office.
Day 1  
Friday, March 15, 2013

7:00 AM  Welcome & Introduction from ASH

Session I:  
A Refined Definition of Hypertension

7:10 AM  Physiology and Genetics of Blood Pressure Regulation
7:25 AM  Epidemiologic Patterns and the Prevalence of Hypertension
7:45 AM  ASH: Organized Efforts to Control Hypertension
8:00 AM  Questions and Answers/Discussion
8:10 AM  Break

Session III:  
Diagnostic Evaluation of Hypertension

11:00 AM  Office and Out-of-Office Blood Pressure Measurement
11:20 AM  Clinical Evaluation and Global Risk Assessment
11:50 AM  Techniques for Assessing Hemodynamics and Target Organ Involvement
12:20 PM  Questions and Answers/Discussion
12:30 PM  Break for Lunch

Session II:  
Pathophysiologic Mechanisms in Hypertension

8:25 AM  Hormonal Mechanisms
8:55 AM  Neural Mechanisms
9:25 AM  Vascular Mechanisms
9:55 AM  Renal Mechanisms
10:25 AM  Questions and Answers/Discussion
10:45 AM  Break

Session IV:  
The Hypertension Syndrome and Target Organ Involvement

1:30 PM  Hypertensive Heart Disease
1:55 PM  The Brain and Hypertension
2:20 PM  Hypertensive Renal Disease
2:45 PM  Insulin Resistance, Metabolic Syndrome, and Diabetes
3:05 PM  Questions and Answers/Discussion
3:20 PM  Break
Day 1 continued

Session V: Identifiable Causes of Hypertension
3:45 PM Renovascular Hypertension
4:15 PM Aldosteronism—Primary and Secondary
4:45 PM Pheochromocytoma
5:15 PM Monogenic Causes of Hypertension
5:35 PM Sleep Apnea
5:55 PM Questions and Answers/Discussion
6:15 PM Session Adjourns

Dinner Session
7:00 PM Case Discussions
   Case 1: Patient with Hypertension and Diabetic Nephropathy
   Case 2: Patient with Hypertension and Heart Failure
   Case 3: Patient with Systolic Hypertension and Coronary Artery Disease
   Case 4: An Adolescent with Hypertension

Day 2
Saturday, March 16, 2013
7:50 AM Welcome from ASH

Session VI: Therapy of Hypertension: Evolving Concepts
8:00 AM Lifestyle Modifications and Non-drug Therapy
8:30 AM Clinical Pharmacology of Antihypertensive Agents
9:00 AM Landmark Clinical Trials in the Treatment of Hypertension
9:30 AM Combination Therapy
10:00 AM Questions and Answers/Discussion
10:30 AM Break

Session VII: Evolving Therapeutic Strategies
11:00 AM Drugs for Compelling Indications
11:25 AM Resistant Hypertension
11:50 AM Renal Nerve Ablation and Carotid Barostimulation
12:15 PM Questions and Answers/Discussion
12:30 PM Break for Lunch
Session VIII: Challenges and Insights

1:30 PM  Hypertensive Crises
1:55 PM  Hypertension in Children and Adolescents: Diagnosis
2:20 PM  Hypertension in Children and Adolescents: Management
2:45 PM  Hypertension in the Elderly
3:05 PM  Hypertension in African Americans
3:25 PM  Hypertension in Pregnancy
3:45 PM  Barriers to Control of Hypertension
4:05 PM  Institutional Systems for Efficient Blood Pressure Management
4:30 PM  Questions and Answers/Discussion
5:00 PM  Session Adjourns

Clinical Hypertension Review Course Faculty Members

Course Chairman:
Alan H. Gradman, MD
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