

SLEEP, SODIUM, AND CVD

A CARDIOLOGY PERSPECTIVE



SATURDAY, JUNE 3 | 5:30 - 7:30 PM
JW MARRIOTT INDIANAPOLIS | JW GRAND BALLROOMS 1-2



This activity is jointly provided by Partners for Advancing Clinical Education and Cardiometabolic Health Congress.

Supported by an educational grant from Jazz Pharmaceuticals, Inc.

PROGRAM OVERVIEW:

Increased sodium intake is considered to be a leading risk factor for cardiovascular disease (CVD), including in the development of hypertension and risk of adverse cardiovascular outcomes. Additionally, the impact of commonly-used medications with high sodium content contributes to this burden. As such, it is important to address the risk of increased sodium intake in patients with CVD or at CVD risk, including in patients with sleep disorders, as well as practical strategies to minimize the impact of elevated sodium.

Join us in a fireside chat surrounding the latest in sodium and CVD risk. The faculty, who span a wide range of expertise, will cover:

- The Impact of Increased Sodium on CVD Risk and CVD Outcomes
- Beyond Hypertension: Considering and Evaluating the Impact of Sodium Across the Spectrum of CVD Risk
- The Sleep Specialist's Perspective: Impact of Increased Sodium on Sleep Disorders
- Patient Case & Practical Strategies to Address the Impact of Increased Sodium Intake on CVD Risk

LEARNING OBJECTIVES:

After completing this activity, the participant should be better able to:

- Summarize the data about the association of increased sodium intake and its impact on CVD risk and CVD outcomes.
- List current recommendations on daily sodium intake in adults with CVD or at-risk for CVD.
- Consider the full spectrum of CVD risk beyond hypertension when evaluating sodium intake, including in patients with sleep disorders, cardiovascular and cardiometabolic comorbidities, and those using medications high in sodium content.
- Develop practical strategies to minimize the impact of dietary and non-dietary sodium to reduce CVD risk.

FACULTY



Virend K. Somers, MD, PhD (Chair)
Professor of Medicine,
Mayo Clinic
Rochester, MN



Lawrence J Appel, MD, MPH, FACP, FAHA
C. David Molina
Professor of Medicine
Director, Welch Center
for Prevention,
Epidemiology and
Clinical Research
Johns Hopkins
University School of
Medicine
Baltimore, MD



Richard K. Bogan, MD, FCCP, FAASM
Owner, Bogan Sleep
Consultants, LLC
Columbia, SC



Deborah J. Clegg, PhD, RD
Vice President for
Research
Professor, Internal
Medicine
Texas Tech University
Health Sciences Center
El Paso, TX

JOINT PROVIDERSHIP STATEMENT



In support of improving patient care, this activity has been planned and implemented by Partners for Advancing Clinical Education (PACE) and Cardiometabolic Health Congress (CMHC). PACE is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.

PHYSICIAN CONTINUING EDUCATION

PACE designates this live activity for a maximum of 1.5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

NURSING CONTINUING EDUCATION

The maximum number of hours awarded for this Continuing Nursing Education activity is 1.5 contact hours.

Pharmacotherapy contact hours for Advance Practice Registered Nurses will be designated on your certificate.

PHARMACY CONTINUING EDUCATION

PACE designates this continuing education activity for 1.5 contact hour(s) (0.15 CEUs) of the Accreditation Council for Pharmacy Education.

Universal Activity Number - JA4008073-9999-23-148-L01-P. Type of activity: Application

HOW TO REQUEST CE CREDIT

An evaluation link will be emailed to all attendees after the symposium. We will send the evaluation link using the email you entered in the iPads provided during the meeting. Upon completion of the CME/CE evaluation, you will be able to print your certificate.

Several email reminders will be sent post-meeting. Please claim your credits by completing the evaluation by **Monday, June 12, 2023**.

For Pharmacists: Please allow 2-3 weeks after the June 12 deadline for your credit to be submitted to the CPE Monitor. For questions regarding the evaluation, please contact: cmhc_eval@cardiometabolichealth.org

DISCLOSURES

Planners and Managers

The PACE planners and others have no relevant financial relationship(s) to disclose with ineligible companies. The CMHC planners and others have no relevant financial relationship(s) to disclose with ineligible companies.

Faculty

Dr. Appel has nothing to disclose.

Dr. Bogan discloses the following:

- Shareholder WaterMark Medical, Healthy Humming, LLC
- Board of Directors: WaterMark Medical
- Consultant to Jazz, Harmony Biosciences, Takeda, Avadel, Oventus
- Industry funded research for Avadel, Bresotec, Idorsia, Suven, Jazz, Balance, Vanda, Merck, Eisai, Philips, Fresca, Takeda, Liva Nova, Roche, Sommetrics, NLS, Sanofi, Apnimed
- Speakers Bureau for Jazz, Eisai, Harmony, Idorsia

Dr. Clegg has nothing to disclose.

Dr. Somers discloses the following:

- Advisor: Good Sleep

DISCLOSURE OF CONFLICT OF INTEREST

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DISCLAIMER

Participants have an implied responsibility to use the newly acquired information to enhance patient outcomes and their own professional development. The information presented in this activity is not meant to serve as a guideline for patient management. Any procedures, medications, or other courses of diagnosis or treatment discussed or suggested in this activity should not be used by clinicians without evaluation of their patient's conditions and possible contraindications and/or dangers in use, review of any applicable manufacturer's product information, and comparison with recommendations of other authorities