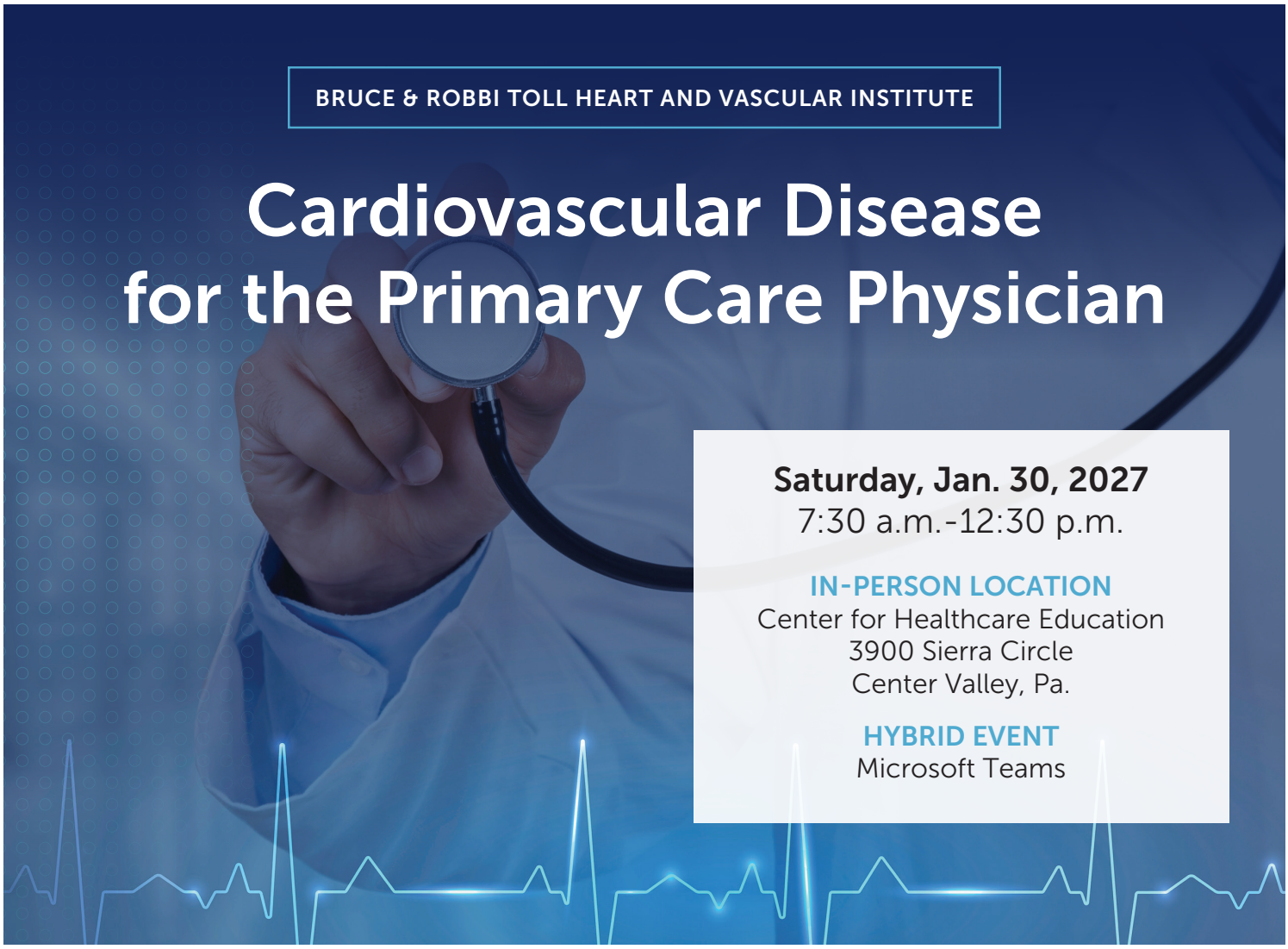
BRUCE & ROBBI TOLL HEART AND VASCULAR INSTITUTE

Cardiovascular Disease for the Primary Care Physician



Saturday, Jan. 30, 2027
7:30 a.m.-12:30 p.m.

IN-PERSON LOCATION
Center for Healthcare Education
3900 Sierra Circle
Center Valley, Pa.

HYBRID EVENT
Microsoft Teams

Target Audience

Physicians, advanced practice clinicians, and nurses

Designation Statement

It is Lehigh Valley Health Network (LVHN)'s policy to ensure balance, independence, objectivity, and scientific rigor in all of our sponsored educational programs. Faculty and all others who have the ability to control the content of continuing education activities sponsored by LVHN are expected to disclose to the audience whether they do or do not have any real or apparent conflict(s) of interest or other relationships related to the content of their presentation(s).

LVHN is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians. LVHN designates this live educational activity for a maximum 4.0 *AMA PRA Category 1 Credits.*™ Physicians should only claim credit commensurate with the extent of their participation in the educational activity.

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 4 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

LVHN is approved as a provider of nursing continuing professional development by the Pennsylvania State Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

Completion criteria

Registered nurses attending the entire program will receive 4 contact hours.

Co-sponsored by the Philadelphia College of Osteopathic Medicine

The Philadelphia College of Osteopathic Medicine is accredited by the America Osteopathic Association to provide osteopathic continuing medical education for physicians. The Philadelphia College of Osteopathic Medicine designated this program for a maximum of 4 AOA Category 1-A credits and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

Lehigh Valley Health Network
part of Jefferson Health

L44482 | 10/2026

Agenda

7:30-8 a.m. **Registration, Breakfast**

8-8:05 a.m. **Opening Remarks**
Nidhi Mehta, MD

8:05-8:30 a.m. **The Intersection of Obesity Medicine and Cardiovascular Health**
Darrin Doran, DO

Objective: *Evaluate and integrate GLP-1 therapies to improve cardiovascular and weight outcomes in patients with obesity, HFpEF, metabolic syndrome, and ASCVD while supporting long-term treatment expectations.*

8:30-8:55 a.m. **2026 HTN Guidelines Update**
Nelson Kopyt, DO

Objective: *Review blood pressure goals, the risks of not reaching them, and why they matter. Discuss strategies for managing resistant hypertension.*

8:55-9:20 a.m. **Cardiorheumatology**
Kristin Ingraham, DO, MBA

Objective: *Identify rheumatology patients at higher cardiovascular risk and use appropriate screening tools. Review medications that may increase cardiometabolic risk.*

9:20-9:45 a.m. **New-Onset Atrial Fibrillation**
Shivam Saxena, MD

Objective: *Risk stratify patients with new-onset atrial fibrillation and review CHA_2DS_2-VASc for anticoagulation decisions. Discuss appropriate emergency room management of atrial fibrillation.*

9:45-10 a.m. **Break**

10-10:25 a.m. **A Modern Framework for Kidney Function Changes During Heart Failure Optimization**
Mykel Tadros, DO

Objective: *Distinguish expected eGFR changes from true AKI during heart failure GDMT. Apply evidence-based monitoring and management strategies to safely optimize GDMT in patients with kidney disease.*

10:25-10:50 a.m. **2026 Lipid Guidelines Update**
Nidhi Mehta, MD

Objective: *Review key updates in the 2026 Dyslipidemia Guidelines and use the PREVENT calculator to assess cardiovascular risk. Discuss the roles of ApoB and Lp(a) in risk assessment and management.*

10:50-11:15 a.m. **How Sleep Apnea Affects CVD**
Aileen Love, MD

Objective: *Review sleep-related breathing disorders and their impact on cardiovascular health. Discuss treatment options, including strategies to improve adherence, and the cardiovascular effects of other sleep disorders.*

11:15-11:40 a.m **The Utility of Coronary CT in the Evaluation of Obstructive CAD**
Kunal Patel, MD

Objective: *Review the role of cardiac CT/CTA in evaluating coronary artery disease and current chest pain guidelines. Discuss patient preparation and interpretation of coronary CTA results.*

11:40 a.m.-12:05 p.m. **Closing Remarks and Key Takeaways**
Nidhi Mehta, MD

12:05-12:30 p.m. **Quiz**

Registration Information

REGISTRATION DEADLINE: Jan. 19, 2027

REGISTRATION FEE: Free

To complete electronic registration go to: **LVHN.org/CME-Cardiology**.

LVHN colleagues: Bring your LVHN badge which we'll use to record your attendance. Please use your Jefferson email address to register. All future correspondence regarding this educational activity will be auto-generated using your user ID and email.

You will receive an email confirmation of your registration. Keep this information because it contains instructions in case you need to cancel and how to log on to the virtual conference.

Cancellations and substitutions

LVHN reserves the right to substitute faculty listed in this brochure and will provide comparable alternative faculty.

Evaluation email policy

LVHN respects your right to privacy and will not sell, lease, or provide your contact information to a third party. By registering for this event, you agree to be contacted after the event for a post-event evaluation survey.

For questions, please contact Department of Education at **610-402-2277**.

Faculty

Nidhi Mehta, MD
LVPG Cardiology

Darrin Doran, DO
LVPG Family Medicine and Bariatric Medicine

Nelson Kopyt, DO
Kidney Care Specialists, LLC

Kristin Ingraham, DO, MBA
LVH/LVPG Rheumatology

Shivam Saxena, MD
LVPG Cardiology

Mykel Tadros DO
Kidney Care Specialists, LLC

Aileen Love, MD
LVPG Pulmonary and Critical Care Medicine

Kunal Patel, MD
LVPG Cardiology

Directions

LVHN Center for Healthcare Education is located at 3900 Sierra Circle, Center Valley, Pa. Directions may be found on our website at **LVHN.org/HealthcareEducation**.

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