Penn State Health St. Joseph’s Annual Cardiovascular Symposium is designed to provide physicians and other healthcare providers with a working knowledge of clinically relevant and up-to-date topics. Now in its 13th year, this evidence-based conference combines prestigious, nationally recognized speakers and cutting-edge clinical research for a practical overview of key areas in clinical cardiology. This year, we will discuss a variety of important and pertinent topics which will include recent updates and recommendations in the important areas of lipid-lowering therapy, management of atrial fibrillation, new treatments for sleep apnea, important insights about abnormal troponin values, key cardiovascular advocacy issues, recent improvements in imaging, studies to help diagnose CAD, and finally optimal lifestyle management including diet for ourselves and our patients. Expert faculty will provide attendees with a comprehensive review of best practices that will ultimately translate into improvement in patient care. And, as always, Penn State Health St. Joseph is pleased to provide this dynamic group of speakers at no cost to the attendee.

Whether you are a cardiovascular clinician, primary care physician, fellow or resident in training, advanced practice nurse, physician’s assistant, a nurse in cardiology or other professional interested in cardiovascular disease prevention and management, you will find something new and exciting to learn and apply to your practice. We look forward to another fantastic program this year, and hope that you will join us!

Symposium: Saturday, March 30, 2019
Registration Deadline: Tuesday, March 26, 2019

Andrew R. Waxler, MD, FACC
Course Director
Dr. Andrew Waxler is a graduate of the University of Pennsylvania School of Medicine, and completed his residency at the University of Pittsburgh Medical Center, and subsequently his fellowship training in Cardiology at Penn State Hershey Medical Center. Dr. Waxler is certified by the American Board of Internal Medicine in both Internal Medicine and Cardiovascular Diseases. He is the director of the Penn State Health St. Joseph Cardiac Rehab program. He is the Cardiology Representative to the Pennsylvania Medical Society and as such is a member of the FAMED Specialty Leadership Cabinet. He is a past president of the Berks County Medical Society. He chairs the Advocacy Committee of the Pennsylvania Chapter of the American College of Cardiology. He is the American College of Cardiology (ACC) Governor representing Eastern Pennsylvania and the President of the Pennsylvania Chapter of the ACC.

Penn State Health St. Joseph Regional Health Network is accredited by the Pennsylvania Medical Society to provide continuing medical education for physicians. St. Joseph Regional Health Network designates this live activity for a maximum of 5 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
CARDIOVASCULAR SYMPOSIUM
7:00 AM – Registration / Complimentary Breakfast
7:45 AM – Welcome and Introduction
Andrew R. Waxler, MD, FACC, Penn State Health St. Joseph, Course Director

8:00-8:30 AM / The Acutely ill Non-cardiac Patient with an Elevated Troponin....Is this a Type 2 MI?
Andrew R. Waxler, MD, FACC

8:30-9:00 AM
Cardiac Imaging in the Diagnosis of CAD
Kim Williams, MD, MACC, FAHA, MASNC, FESC

Dr. Williams is Chief of the Division of Cardiology at Rush University and specializes in cardiology, prevention and cardiac imaging. He has served on numerous national committees and boards including serving as the President of the American College of Cardiology, President of the American Society of Nuclear Cardiology, and Chairman of the Board of Directors of the Association of Black Cardiologists. He is also the founder of the Urban Cardiology Initiative in Detroit, Michigan to reduce ethnic heart care disparities, and continues community-based efforts in Chicago at Rush. A native of Chicago’s South Side, Dr. Williams has over 30 years of experience as an educator, researcher, and physician.

9:00-9:50 AM
Best Diet and Lifestyle Modifications to Prevent CAD
Kim Williams, MD, MACC, FAHA, MASNC, FESC

9:50-10:05 AM / Break

10:05-10:35 AM / The Hybrid Cath Lab: Percutaneous and Minimally Invasive Treatments for Complex Cardiac Problems
Guy N. Piegari, Jr., MD, FACC

Dr. Piegari is board certified in Cardiovascular Diseases, Internal Medicine, Interventional Cardiology, and Critical Care Medicine. He is the Director of Cardiac Catheterization and Cardiovascular Peripheral Interventions at Penn State Health St. Joseph and is the director of the TAVR program.

Erin Michos, MD, MHS

Dr. Michos is an Associate Professor of Medicine within the Division of Cardiology at Johns Hopkins School of Medicine, with joint appointment in the Department of Epidemiology at the Johns Hopkins Bloomberg School of Public Health. She is the Associate Director of Preventive Cardiology with the Ciccarone Center for the Prevention of Cardiovascular Disease at Johns Hopkins. She is a Fellow of the American College of Cardiology (FACC) and a Fellow of the American Heart Association (FAHA).

11:35 AM-12:05 PM / There’s a Lot Going on in Harrisburg and D.C.; Not Necessarily Good for Patients and Us
Andrew R. Waxler, MD, FACC

12:05-12:20 PM / Break

12:20-12:40 PM / Atrial Fibrillation: Important New Update
Mayank Modi, MD

Dr. Modi received his medical degree of Bachelor of Medicine and Bachelor of Surgery at B.J. Medical College. His post graduate training included a Transitional Year Residency at Frankford Hospital, Philadelphia. He did his Residency in Internal Medicine and Fellowship in Cardiology at Graduate Hospital, Philadelphia. Dr. Modi is Board Certified in Cardiovascular Disease, Nuclear Cardiology, and Internal Medicine. He has served as the Section Chief of Cardiology at Penn State Health St. Joseph since 2010.

12:40-1:05 PM / Sleep Apnea: Underdiagnosed, Undertreated, and Dangerous
Daron Kahn, MD

Dr. Kahn received his Bachelor of Science degree from Brown University with honors in Biology. He worked at the DuPont Chemical Company in Wilmington, DE in the Biobased Materials Department for a year before starting medical school at Jefferson Medical College in Philadelphia, PA. He completed his internship and residency at the Thomas Jefferson University Hospital in Philadelphia, PA. Dr. Kahn completed his subspecialty training in Pulmonary and Critical Care Medicine followed by an extra year in Sleep Medicine at the Thomas Jefferson University Hospital. During that time he was inducted into the Gold Humanism Honor Society in recognition of exemplary service, integrity, clinical excellence and compassion.

1:05-1:30 PM / Exciting New Option for Sleep Apnea: Finally an Alternative to CPAP!
Scott Cronin, MD

Dr. Cronin was raised in Akron OH. He earned his bachelor’s degree and medical degree from The Ohio State University. He completed his surgical internship and otolaryngology residency at the University of Michigan. He is board certified with the American Board of Otolaryngology. Dr. Cronin is an active member of the American Academy of Otolaryngology-Head and Neck Surgery. He is on the active staff of the Surgical Institute of Reading, Penn State Health St. Joseph and The Reading Hospital. He joined ENT Head & Neck Specialists in 2015.