

FOUR-HOUR LIVE WEBINAR

Tuition: \$69

(REGISTRATION FORM)

STROKE & HEART OF THE MATTER:

– CURRENT CONCEPTS IN CARDIOVASCULAR CARE –

Please Check One Option Below:

LIVE WEBINAR:

Fri., June 30, 2023, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

Sat., July 29, 2023, 12:00 PM – 4:30 PM, (Eastern Time)
or 11:00 AM – 3:30 PM, (Central Time)
or 9:00 AM – 1:30 PM, (Pacific Time)

\$69 – Pre-Registration Rate: Live Webinar with 4 hours of CE credit.

Registrants will need a computer with a good Internet connection and audio speakers (or headphones) to participate in the live Webinar.

Please note special discounts for homestudy purchase are available for students who are registered for webinars. Please email INR at info@biocorp.com for more information.

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Profession _____ License No. _____

Pharmacists only: NABP # _____ Date of Birth mm / dd / yy

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There are **four** ways to register:

1) **Internet:** www.INRseminars.com

2) **Mail:** INR, P.O. Box 5757, Concord, CA 94524-0757

(Make check payable to INR.)

3) **Fax:** (925) 687-0860

4) **Phone:** 1-800-937-6878

Inquiries for Customer Service: 1-877-246-6336 or (925) 609-2820

Purchase orders are accepted. Tax Identification No. 94-2948967

ACCREDITATION

To obtain the 4 contact hours associated with this course, the health care professional will need to sign in, attend the course, and complete program evaluation forms. At the end of the program, the health care professional successfully completing the course will receive a statement of credit. This is an intermediate-level course.

NURSES (RNs, NPs, & LPNs)

Institute for Natural Resources (INR) is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation.

This program provides 4 contact hours for nurses, including 4 Rx contact hours of pharmacology CE. INR has been accredited as a continuing education provider by the Florida Board of Nursing (#50-3026-1), the Iowa Board of Nursing (#288) for 4 contact hours, and the California Board of Registered Nursing (CEP #06136) and the Kansas Board of Nursing (#LT0140-0927) for 4.8 contact hours.

DENTAL PROFESSIONALS

INR is an ADA CERP Recognized Provider. ADA CERP is a service of the American Dental Association to assist dental professionals in identifying quality providers of continuing dental education. ADA CERP does not approve or endorse individual courses or instructors, nor does it imply acceptance of credit hours by boards of dentistry. INR designates this activity for 4 hours of continuing education credits.

PHARMACISTS

Institute for Natural Resources is accredited by the Accreditation Council for Pharmacy Education (ACPE) as a provider of continuing pharmacy education. The ACPE universal activity number (UAN) for this course is 0751-0000-23-054-LO1-P. This is a knowledge-based CPE activity.



REGISTERED DIETITIANS & DTRs

INR, under Provider Number IN001, is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 4 hours worth of continuing professional education units (CPEUs) for completion of this program/materials. Continuing Professional Education Provider Accreditation does not constitute endorsement by CDR of a provider, program, or materials. CDR is the credentialing agency for the Academy of Nutrition and Dietetics. This course has Activity Number 176948 and Performance Indicators: 8.2.1, 8.2.2, and 8.2.3. CPE Level: I.



PSYCHOLOGISTS

Under CE Broker # 50-3026, INR is an approved provider by the Florida Board of Psychology. The Institute for Natural Resources (INR) is approved by the CPA OPD to sponsor continuing professional education for psychologists. INR maintains responsibility for this program and its content. Psychologists must attend the seminar in its entirety and complete the course evaluation in order to receive credit. Under License #PSY000214, the Pennsylvania Board of Psychology has approved INR as a sponsor/provider of CE programs. Under Sponsor #268.000096, the Illinois Dept of Prof Regulation for Psychologist Licensing and Disciplinary Board has approved INR as a CE sponsor. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0042.

MENTAL HEALTH COUNSELORS, MFTs, & ADDICTION COUNSELORS

Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MH-0089. Under Sponsor #00088989 and Approval #60007972109. CRCC has approved this course for four contact hours. Under Sponsor #197-000240, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for professional/clinical counselors. Institute for Natural Resources (INR) is recognized by the NY SED State Board for Mental Health Practitioners as an approved provider of continuing education for licensed marriage and family therapists. #MFT-0055. Under Sponsor #168.000243, the Illinois Dept of Prof Regulation has approved INR as a CE sponsor for marriage and family therapists. Under CE approval #NVCEP2021, the Nevada Board of Examiners for MFT and CPC has approved INR as a sponsor. INR is approved by the NAADAC Approved Education Provider Program, Provider #182846.

SOCIAL WORKERS

Institute for Natural Resources (INR), SW CPE is recognized by the NY SED State Board for Social Work as an approved provider of continuing education for licensed social workers #0195. The California Board of Behavioral Sciences will accept courses approved by the California Psychological Association. Institute for Natural Resources, #1356, is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved as ACE providers. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Institute for Natural Resources maintains responsibility for this course. ACE provider approval period: 02/28/2022–02/28/2025. Social workers completing this course receive 4 continuing education credits. Under Sponsor #159-000260, the Illinois Dept of Prof Regulation has approved INR as a sponsor of continuing social work education.

OCCUPATIONAL THERAPISTS & OTAs

INR is an AOTA Approved Provider of continuing education. Provider #5347. INR has assigned 0.4 AOTA CEUs for this course. The category of this course is Foundational Knowledge. The assignment of AOTA CEUs does not imply endorsement of specific course content, products, or clinical procedures by AOTA.

PHYSICAL THERAPISTS & PTAs

The Florida Physical Therapy Association has approved this course for 4 contact hours (Approval #CE 23-942605). Accreditation of this course does not necessarily imply the FPTA supports the views of the presenter or the sponsors. INR is recognized as an approval agency to approve providers offering continuing competency courses by the Physical Therapy Board of California. This course has been approved by the Institute for Natural Resources (INR) for 4 continuing competency units. The NY SED has approved INR as a sponsor of continuing physical therapy education.

CASE MANAGERS

This program has been pre-approved by The Commission for Case Manager Certification to provide continuing education credit to Certified Case Managers (CCMs).

NURSING HOME ADMINISTRATORS (Distance Learning)

This program has been submitted for Continuing Education through NAB/NCERS for 4 total participant hours from NAB/NCERS. Please visit <https://www.nabweb.org/continuing-education> and choose "NAB Approved CE Database" for the most current approved courses.

OTHER HEALTH PROFESSIONALS

Participants successfully completing this course will receive course completion certificates. For rules governing continuing education credit, participants should contact their respective regulatory boards.



STROKE & HEART OF THE MATTER:



– CURRENT CONCEPTS IN CARDIOVASCULAR CARE –

A NEW 4-HOUR LIVE WEBINAR

SCHEDULE

Please see the Registration Form for the seminar schedule.

Please register early. Space is limited. Registrations are subject to cancellation after the scheduled start time. A transfer can be made from one Webinar to another if space is available. Registrants cancelling up to 72 hours before a Webinar will receive a tuition refund less a \$25.00 administrative fee or, if requested, a full-value voucher, good for one year, for a future Webinar. Cancellation or voucher requests must be made in writing. If a Webinar cannot be held for reasons beyond the control of the sponsor (e.g., acts of God), the registrant will receive free admission to a rescheduled Webinar or a full-value voucher, good for one year, for a future Webinar. A \$25.00 service charge applies to each returned check. Nonpayment of full tuition may, at the sponsor's option, result in cancellation of CE credits issued. The syllabus is not available for separate purchase. A \$15.00 fee will be charged for the issuance of a duplicate certificate. Fees subject to change without notice.

SPONSOR

INR (Institute for Natural Resources) is a non-profit scientific organization dedicated to research and education in the fields of science and medicine. INR is the nation's largest provider of live continuing education programs, offering over 600 live programs yearly.

INR has no ties to any ineligible organizations and sells no products of any kind, except educational materials. Neither INR nor any instructor has a material or other financial relationship with any health care-related business that may be mentioned in an educational program. If INR were ever to use an instructor who had a material or other financial relationship with an entity mentioned in an educational program, that relationship would be disclosed at the beginning of the program. INR takes all steps to ensure that all relevant program decisions are made free of the control of a commercial interest as defined in applicable regulatory policies, standards, and guidelines. INR does not solicit or receive gifts or grants from any source, has no connection with any religious or political entities, and is totally supported by its course tuition.

INR's address and other contact information follows:

P.O. Box 5757, Concord, CA 94524-0757

Customer service: 1-877-246-6336 or (925) 609-2820

Fax: (925) 687-0860

E-Mail: info@inrseminars.com; website, www.INRseminars.com

Tax Identification Number 94-2948967.

Education expenses (including enrollment fees, books, tapes, travel costs) may be deductible if they improve or maintain professional skills. Treas. Reg. Sec. 1.162-5. Recording of the seminar, or any portion, by any means is strictly prohibited. INR's liability to any registrant for any reason shall not exceed the amount of tuition paid by such registrant.

For American Disability Act (ADA) accommodations or for addressing a grievance, please send the request by email to info@inrseminars.com or by fax to (925) 363-7798. For ADA matters (including sign-language interpreters), INR would appreciate advance notice so as to ensure our ability to provide the appropriate accommodation.

STROKE & HEART OF THE MATTER

– CURRENT CONCEPTS IN CARDIOVASCULAR CARE –

Frequently Asked Questions

Q: What do I have to do to complete the live Webinar successfully?

To obtain the 4 contact hours associated with this course, the health professional will need to sign-in (by typing in the chat-box), attend the course online, and complete the program evaluation form and post-test electronically. At the end of the program, after all the evaluation and post-tests are accounted for, the health professional successfully completing the program will receive a statement of credit. This will take approximately 3 to 5 business days. This is an intermediate-level course.

Q: How will I know that my profession qualifies for continuing education credit?

Please see the section marked Accreditation. All professions for which INR (Institute for Natural Resources) has approval are listed in the Accreditation section.

Q: What happens if I have technical difficulties watching or hearing a Webinar?

You can transfer the tuition paid to another Webinar within two years or request a recording within 3 to 5 days to complete the webinar ASAP for live credit.

Q: My profession is not listed on the brochure. Is it possible to obtain continuing-education credit?

Possibly. Please contact INR's customer-service office at 1-877 246-6336 or by email at info@biocorp.com. The customer-service office can tell you if INR has approval for your profession.

COURSE SUMMARY

The webinar presents up-to-date evidence based on peer-reviewed clinical papers in leading journals published between 2020 and 2023, thus allowing the participant to become familiar with the most current guideline-level recommendations as well as ongoing developments in the fields of cardiovascular and cerebrovascular conditions.

The main concentrations of webinar include:

Risks, risk mitigation, signs and symptoms of acute cardiovascular (including MI) and cerebrovascular (including TIA and stroke) conditions. The goal of these segments is to provide the participant with the most updated research to recognize patient's physical and mental condition in order to decide on the correct course of action.

Differences in cardiovascular presentations as seen in women and men, the relationship with menstrual cycle disorders and hormone replacement therapies, specifics of vascular health in younger patients as compared and contrasted with the elderly (65+) populations; as well as the causative relationship between cardio- and cerebrovascular conditions and sleep disorders, medication overuse disorders, and poor lifestyle choices (smoking, alcohol abuse);

Strategies for prevention of cardio- and cerebrovascular disease that include lipid management with diet, exercise, and, when needed, medication such as statins, the approach to a statin-intolerant patient, nutrition modification, the use of aspirin and other medications that affect blood clotting, and, a special sub-segment on ancestry-confirming care, especially lipid management in Black patients in light of the newest discoveries in the field.

A special sub-segment addresses the risks of cardio- and cerebrovascular disease for specific populations including patients with type 2 diabetes and patients following COVID-19 infection and strategies for risk mitigation, including medication, immunization and care for post-acute sequelae patients.

All four of these concentrations are chosen due to the presence of a specific knowledge gap as attested in all health care professionals, including nursing, long term care, mental health, dentistry, pharmacy, dietetic, occupational and physical therapy.

Disclaimer: These live interactive INR presentations provide continuing education for health care and mental health professionals with the understanding that each participant is responsible to utilize the information gained in an appropriate manner congruent with his/her/their scope of licenses.

PROGRAM/LECTURE

9:00 AM – 11:00 AM

Current Concepts in Cardiovascular and Cerebrovascular Care

- **Silent Myocardial Infarction (MI):** Who's at Risk and Why? Maintaining a High Index of Suspicion in Patients with Diabetes Mellitus and Advanced Age.
- **MI in Men and Women:** Why Cardiovascular Disease is Still Underdiagnosed in Younger People and Women?
- **Women With Cycle Disorders:** Risk of Cardiovascular Disease. Does Vaccination Affect the Menstrual Cycle and Risk of Development of Blood Clots?
- **Signs and Symptoms of a TIA (Transient Ischemic Attack):** What Every Clinician Should Know and Do. The Basics of Managing Neurologic Emergencies.
- **F.A.S.T. vs. B.E. F.A.S.T.:** The New Approach to Detecting Signs of Stroke Promoted by the Society of Neurointerventional Surgery.
- **Cardiovascular and Neurologic Symptoms in Long COVID.** Postural Orthostatic Tachycardia Syndrome (POTS). Medications for POTS and Long COVID: The Role of Beta-Receptors.
- **COVID Vaccination Sequelae:** Pericarditis and Myocarditis in Recipients of mRNA Vaccines.
- **Cardiac Concerns in the Dental Patient:** Prophylactic Antibiotic Guidelines. Commonly Used Dental Anesthetics and BP Monitoring. Aspirin and Anticoagulants.
- **Best Practices for Preventing Stroke:** Current Guidelines for Aspirin. Anti-platelet and Anticoagulant Medications, High Intensity Statins, Diet, Tobacco, and Alcohol, Treating Sleep Apnea.
- **The Link Between Cardiovascular Problems and Sleep Disorders.** Sleep Deprivation and Hypersomnolence. Excessive Use of Stimulants for ADHD in Adults. Long-Term Use of SSRIs – How Long is Too Long?
- **Complications After Critical Illness:** Recovery After a Stroke or Cardiac Event. Deconditioning Weakness, Dizziness, and the Risk of Falls. Depression and Anxiety.

11:00 AM – 11:30 AM Break

11:30 AM – 1:30 PM

Developments in Preventive Approaches: Medication, Lifestyle, and Nutrition

- **Key Concepts in Lipid Management:** Current Guidelines and Options. Statins as the Drugs of Choice. PCSK9 Inhibitors. Statin Intolerance and the New ACL Inhibitor (Bempedoic Acid).
- **Understanding Ancestry-Confirming Lipid Management:** HDL Cholesterol in Black Patients.
- **The Great Debate Over Aspirin:** Balancing Risks and Benefits. Anti-Platelet and Anticoagulant Medications and When to Use Them.
- **Noteworthy Tips on Nutrition and Lipids:** Omega-3 Fatty Acids. Foods, Supplements, and Prescriptions. Avoiding High Mercury Content Fish. Co-Enzyme Q10.
- **Reducing Cardiovascular Risk in Diabetic Patients:** Setting Goals for A1C, Blood Pressure, and Lipid Levels. Helping Older, Overweight Patients Boost Activity Levels.
- **Embracing the Mediterranean Lifestyle:** Diet, Hydration, Socialization, Physical Activity, Rest, and Stress Reduction. Essentials of the Mediterranean Diet.

Questions Answers, Course Quiz Review, & Evaluation

LEARNING OBJECTIVES

Participants completing this course will be able to:

- 1) identify the major risk factors for cardiovascular disease and how they differ in men and women.
- 2) describe specific strategies for assessing cardiovascular risk and preventing Myocardial Infarction (MI), stroke, and vascular complications.
- 3) outline the key concepts involved in good lipid management and sensible nutrition.
- 4) identify the signs and symptoms of acute cardiovascular and cerebrovascular episodes and categories of patients in whom a "silent" presentation may be seen.
- 5) identify the implications for patient care and patient outcomes for nursing, pharmacy, mental health, dietetic, occupational and physical therapy, and other healthcare professions.

INSTRUCTOR

Dr. Nikita Katz (M.D., Ph.D.) is a full-time physician-lecturer for INR. Dr. Katz has practiced as a board-certified physician and has served as a lecturer and full-time researcher at the University of Utah Medical School. In the fields of neuroscience, molecular biology, protein biochemistry, and artificial intelligence. Dr. Katz is the author of numerous scientific publications and monographs. Dr. Katz is a recognized expert in the field of emerging threats. He is the author of INR Seminars "Germ Alert," "The Virus," and "Opioids and Marijuana: Managing the Nationwide Emergency." Dr. Katz has given continuing education seminars and webinars to over 100,000 health professionals with great evaluations.

INR reserves the right to change instructors without prior notice. Every instructor is either a compensated employee or independent contractor of INR.

SYSTEM REQUIREMENTS

For system requirements to participate in INR's live webinars, please visit Zoom's website at <https://support.zoom.us/hc/en-us/articles/201362023-Zoom-system-requirements-Windows-macOS-Linux>.