



**American  
Heart  
Association®**

*Learn and Live*

**Hypertension & Vascular Protection  
Certification Course**

**2025**

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Greetings from Intas Pharmaceuticals Ltd!

At Intas, our mission is to improve the quality of life by enabling people to do more, feel better and live longer . We are committed to provide effective healthcare solutions to millions of people across the globe.

Intas is proud to welcome you to a “Certified Continued Medical Education (CME) program from AHA (American Heart Association)”.

AHA is the world's leading medical association dedicated to advancing the clinical and scientific understanding in cardiovascular disease.

This course is offered by AHA once in about two years, the latest being launched in July 2013.

It is indeed our pleasure to present to you this AHA certified CME program, which we are sure, will provide you with comprehensive knowledge on contemporary cardiovascular disease management.

Thanking you,

Pharmaceuticals Ltd



## American Heart Association

The American Heart Association is one the oldest, largest voluntary organization devoted to fighting cardiovascular diseases and stroke. Founded by six cardiologists in 1924, this organization now includes more than 22.5 million volunteers and supporters working tirelessly to eliminate these diseases. They fund innovative research, fight for stronger public health policies and provide lifesaving tools and information to save and improve lives. Their nationwide organization includes 144 local offices and nearly 2,700 employees. The American Stroke Association was created as a division in 1997 to bring together the organization's stroke-related activities.

The association continues to be true to its scientific roots, funding \$3.5 billion in cardiovascular research since 1949, more than any organization outside the federal government. They have funded 13 Nobel Prize winners and lifesaving advancements such as the first artificial heart valve, cholesterol-inhibiting drugs, heart transplant capabilities, and CPR techniques and guidelines. Their conferences train thousands of healthcare professionals, and they set scientific treatment guidelines followed by hospitals nationwide.



## HYPERTENSION & VASCULAR PROTECTION COURSE DETAILS

Hypertension & vascular protection would be covered in 3 exhaustive volumes, the detailed outline of which is mentioned below:

### MODULE 1 Hypertension and Global Cardiovascular Risk

#### Learning Objectives

1. To know how to assess the cardiovascular risk in patients with hypertension
2. To know how to implement lifestyle changes aimed to reduce cardiovascular risk in hypertensive patients
3. To know how to manage other risk factors in patients with hypertension

#### Syllabus

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#### Influential Papers

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- Suchy-Dicey AM, Wallace ER, S V Elkind M, Aguilar M, Gottesman RF, Rice K, Kronmal R, Psaty BM, Longstreth WT Jr. Blood pressure variability and the risk of all-cause mortality, incident myocardial infarction, and incident stroke in the Cardiovascular Health Study. *Am J Hypertens*. 2013 Jun 6. [Epub ahead of print]
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### Clinical Trials

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### Self Assessment Q & A

## MODULE 2

### Hypertensive Cardiovascular Disease

#### Learning Objectives

1. To know the main mechanisms that lead to cardiac and vascular damage in hypertension
2. To know the procedures and protocols for detecting cardiovascular disease in patients with hypertension
3. To know how to manage cardiovascular complications in hypertensive patients

#### Syllabus

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#### Influential Papers

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- Albanese E, Lombardo FL, Prince MJ, Stewart R. Dementia and lower blood pressure in Latin America, India, and China: A 10/66 cross-cohort study. *Neurology*. 2013 Jun 14. [Epub ahead of print]
- Castellon X, Bogdanova V. Screening for subclinical atherosclerosis by noninvasive methods in asymptomatic patients with risk factors. *Clin Interv Aging*. 2013;8:573-80.
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- Siebenhofer A, Jeitler K, Berghold A, Waltering A, Hemkens LG, Semlitsch T, Pachler C, Strametz R, Horvath K. Long-term effects of weight-reducing diets in hypertensive patients. *Cochrane Database Syst Rev*. 2011 Sep 7;(9):CD008274. doi: 10.1002/14651858.CD008274.pub2.

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### Hot Topics

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- Sowers JR. Diabetes mellitus and vascular disease. *Hypertension*. 2013 May;61(5):943-7.

### Clinical Trials

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- Shemesh J, Motro M, Grossman C, Morag-Koren N, Apter S, Grossman E. Progression of coronary artery calcification is associated with long-term cardiovascular events in hypertensive adults. *J Hypertens*. 2013 Jun 7. [Epub ahead of print]

### Self Assessment Q & A



## MODULE 3

### Hypertension Treatment: Ancillary and New Therapies

#### Learning Objectives

1. To know the properties and results of ancillary antihypertensive drugs
2. To know the new pharmacologic and device therapies for refractory hypertension
3. To know how to implement the antihypertensive therapies in different settings

#### Syllabus

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#### Influential Papers

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lowering treatment to prevent heart attack trial: results by sex. *Hypertension*. 2013 May;61(5):977-86.

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- Kiuchi MG, Maia GL, de Queiroz Carreira MA, Kiuchi T, Chen S, Andrea BR, Graciano ML, Lugon JR. Effects of renal denervation with a standard irrigated cardiac ablation catheter on blood pressure and renal function in patients with chronic kidney disease and resistant hypertension. *Eur Heart J*. 2013 Jun 20. [Epub ahead of print]
- Hagins M, States R, Selfe T, Innes K. Effectiveness of yoga for hypertension: systematic review and meta-analysis. *Evid Based Complement Alternat Med*. 2013;2013:649836. doi: 10.1155/2013/649836. Epub 2013 May 28.
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- Patel S, Jacobus-Kantor L, Marshall L, Ritchie C, Kaplinski M, Khurana PS, Katz RJ. Mobilizing your medications: an automated medication reminder application for mobile phones and hypertension medication adherence in a high-risk urban population. *J Diabetes Sci Technol*. 2013 May 1;7(3):630-9.
- Lauzière TA, Chevarie N, Poirier M, Utzschneider A, Bélanger M. Effects of an interdisciplinary education program on hypertension: A pilot study. *Can J Cardiovasc Nurs*. 2013 Spring;23(2):12-9.
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- Cooper-Dehoff RM, Bird ST, Nichols GA, Delaney JA, Winterstein AG. Antihypertensive drug class interactions and risk for incident diabetes: a nested case-control study. *J Am Heart Assoc.* 2013 Jun 10;2(3):e000125. doi: 10.1161/JAHA.113.000125.
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### Hot Topics

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### Clinical Trials

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### Self Assessment Q & A

**ENROLLMENT FORM**  
**Hypertension and Vascular Protection 2013**

**AMERICAN HEART ASSOCIATION** Certificate CME Course - 2013  
Course Topic - Hypertension & Vascular Protection

Name : \_\_\_\_\_

Father/ Husband Name : \_\_\_\_\_

Date Of Birth : \_\_\_\_\_ Educational Qualification : \_\_\_\_\_

MCI Registration No. \_\_\_\_\_

Residential Address : \_\_\_\_\_

\_\_\_\_\_

Hospital : \_\_\_\_\_ Designation : \_\_\_\_\_

Mobile : \_\_\_\_\_ Phone No.: \_\_\_\_\_

Email : \_\_\_\_\_

Date : \_\_\_\_\_ Signature : \_\_\_\_\_



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