Objectives: At the conclusion of this activity, the participants will:

- Review the role of diet, exercise and weight loss in aPAD
- Identify macro and micro nutrients and their importance in aPAD prevention and treatment
- Describe micro and macro vascular effects of T1 and T2 diabetes in aPAD and potential flaws associated with reliance on HbA1C levels for predicting adverse events
- Recognize guidelines for treating hypertension and the new study (SPRINT) showing the advantage of intensive lowering of BP
- Discuss the basics of smoking cessation
Atherosclerotic Peripheral Arterial Disease (aPAD)

The aPAD Academy enduring materials courses offer seven modules with the goal of advancing prevention and a model of care for patients with vascular disease in eastern North Carolina. The sessions provide concentrated education in atherosclerotic risk factor management and lifestyle change as well as comprehensive coverage of diagnosis and treatment of atherosclerosis in each of the major peripheral arterial systems.

Speaker Information

C. Steven Powell, MD
Professor & Chief, Division of Vascular Surgery
East Carolina Heart Institute at ECU
Dr. Powell attended undergraduate and medical school at the University of Kentucky. He completed his residency in general surgery at Vanderbilt, and his vascular fellowship at Ochsner Clinic in New Orleans. He has served more than 30 years at BSOM and Vidant.

Program Logistics

To successfully complete the activity:
- Create or update your MyAHEC account at my.ncahec.net
- Register online at easternahec.net
- Access course through MyAHEC
- View the recorded presentation (41:23 mins)
- Review the bibliography and handouts
- Complete self-assessment
- Complete evaluation survey

Technology Requirements

Operating systems on desktops and laptops: Windows 8 and above, OSX 10.12 and above, and some versions of Linux.
Mobile operating systems: iOS 9 and above, Android 6.0 and above.
Browsers: Internet Explorer 7.0 and above, Edge, Firefox and Chrome.
Browser settings: JavaScript, cookies and localStorage must be enabled. Adobe Flash or HTML 5 may be needed.
Additional requirements: Broadband Internet connection, 3G or above for mobile devices.
Speakers, headphones or ear buds
Media Test link: http://events7.mediasite.com/Mediasite/Play/1fae82e4810b4b0ea4d7b78503ebcab41d

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Credit

Accreditation: The Brody School of Medicine at East Carolina University is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.
Credit Designation: The Brody School of Medicine at East Carolina University designates this enduring materials activity for a maximum of 1.0 AMA PRA Category 1 credit(s) ™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
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