

# Mayo Clinic Talks Podcast Series 1 – Online

## Activity Description

Mayo Clinic Talks is a podcast released weekly, hosted by Darryl Chutka, M.D., a general internist at Mayo Clinic. As a podcast, it offers up to date, relevant and practical medical information which is useful for the primary care provider. Access to Mayo Clinic providers from numerous medical specialties as podcast guests, allows the podcast to cover an extremely wide variety of pertinent medical topics. Keeping each podcast to 20 minutes in duration allows the busy healthcare provider an opportunity to obtain useful information in a succinct format.

## Target Audience

This activity is appropriate for physicians, nurse practitioners, and physician assistants.

## Learning Objectives

Upon conclusion of this activity, participants should be able to:

- Describe the current treatment recommendations for patients with hyperlipidemia
- List the various categories of hypertension
- Describe the current pharmacologic treatment available for patients with osteoporosis

Attendance at this Mayo Clinic course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

## Accreditation Statement



In support of improving patient care, Mayo Clinic College of Medicine and Science is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC) to provide continuing education for the healthcare team.

## Credit Statement(s)

### AMA

The Mayo Clinic College of Medicine and Science designates this enduring material for a maximum of 61. *AMA PRA Category 1 Credit(s)™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Other Healthcare Professionals

A certificate of attendance will be provided to other healthcare professionals for requesting credits in accordance with state nursing boards, specialty societies, or other professional associations.

## Disclosure Summary

As a provider accredited by Joint Accreditation Interprofessional Continuing Education, Mayo Clinic College of Medicine and Science must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course Director(s), Planning Committee Members, Faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity.

Safeguards against commercial bias have been put in place. Faculty also will disclose any off label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of these

relevant financial relationships will be published in activity materials so those participants in the activity may formulate their own judgments regarding the presentation.

**For the complete Disclosure Summary, see Faculty List and Disclosure Summary listed in the Additional Information section [here](#).**

For disclosure information regarding Mayo Clinic School of Continuous Professional Development accreditation review committee member(s) please visit: <https://ce.mayo.edu/content/disclosures>.

## **Disclaimer**

Participation in this Mayo Clinic educational activity does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course. You should be aware that substantive developments in the medical field covered by this recording may have occurred since the date of original release.

## **Prerequisites for Participation**

There are no prerequisites needed prior to participating in this education activity.

## **Method of Participation**

Participation in this activity consists of listening to the podcasts, completing the post-assessment, and evaluation.

## **How to Obtain Credit**

To obtain credit, complete the post-assessment, evaluation, and submit.

## **Release and Expiration Dates**

Release Date:	12/13/2019
Expiration Date:	12/29/2022

## **Acknowledgement of Commercial Support**

Mayo Clinic Talks Podcast Series 1 – Online is supported in part by an educational grant from Pfizer, Inc. in accordance with ACCME standards. We gratefully acknowledge their support.

## **Faculty and Course Director Listing and Credentials**

Course Director(s)  
Darryl S. Chutka, M.D.  
Amit K. Ghosh, M.D.

For the complete Faculty List, see Faculty List and Disclosure Summary listed in the Additional Information section [here](#).

## **Bibliographic Resources**

Garcia LM, Sanabria AJ, Alvarez, EG, et al. The validity of recommendations from clinical guidelines: A survival analysis. CMAJ. 2014; 186(16):1211-1219. DOI: <https://doi.org/10.1503/cmaj.140547>

Barbieri RL. Are the clinical guidelines you use obsolete? OBG Manag. 2002;14(7):9-9.  
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Tsugawa Y, Newhouse JP, Zaslavsky AM, Blumenthal DM, Jena AB. Physician age and outcomes in elderly patients in hospital in the US: Observational study. *BMJ*. 2017; 357:1-9.

<https://doi.org/10.1136/bmj.j1797>

Grundy SM, Stone NJ, Bailey AL, et al. 2018

AHA/ACC/AACVPR/AAPA/ABC/ACPM/ADA/AGS/APhA/ASPC/NLA/PCNA Guideline on the management of blood cholesterol. A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Am J Cardiol*. 2018. <https://doi.org/10.1016/j.jacc.2018.11.003>

Whelton PK, Carey RM, Aronow WS, et al. 2017 ACC/AHA/AAPA/ABC/ACPM/AGS/APhA/ASH/ASPC/NMA/PCNA Guideline for the prevention, detection, evaluation, and management of high blood pressure in adults. A report of the American College of Cardiology/American Heart Association Task Force on Clinical Practice Guidelines. *Hypertens*. 2018; 71(6):e13-e115.

<https://doi.org/10.1161/HYP.0000000000000065>

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