Regularly Scheduled Series Continuing Medical Education (CME)





Minneapolis Heart Institute Foundation Cardiovascular Grand Rounds

Title: What Is the Cardio-Kidney-Metabolic Syndrome?

Faculty: Catherine Benziger, MD, MPH, FACC, FAHA

Medical Director of Heart and Vascular Research; Non-invasive Cardiologist,

Essentia Health

Adjunct Associate Professor, University of MN Medical School, Duluth, MN

Date: December 1, 2025 Time: 7:00 – 8:00 AM

Location: Minneapolis Heart Institute Building, Suite 100, MHIF Learning Center

Webinar - visit www.mplsheart.org/grandrounds for login information

OVERVIEW/PURPOSE STATEMENT

MHIF Cardiovascular Grand Rounds provides physicians and other health care providers the opportunity to review and discuss the latest developments in cardiovascular care.

OVERALL OBJECTIVES

At the completion of this activity, the participants should better be able to:

- 1. Define cardio-kidney-metabolic syndrome stages.
- 2. Apply evidence-based screening and risk assessment tools.
- 3. Identify guideline-directed management for cardiometabolic risk factors.

DISCLOSURE POLICY

Allina Health, Office of Accreditation intends to provide balance, independence, objectivity, and scientific rigor in all of its educational activities. The ACCME defines an ineligible company as "any entity" whose primary business is producing, marketing, re-selling, or distributing health care products/services used by or on patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests - unless the provider of clinical service is owned, or controlled by, an ACCME-defined ineligible company. All faculty and planners participating in the CME activity are required to disclose to the audience any relevant financial relationships with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended and all relevant financial relationships will go through a mitigation process.

DISCLOSURE STATEMENTS

Faculty - Dr. Benziger has disclosed the following financial relationships with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended, as it relates to presenting their content in this CME activity: Existing: Consultant: Novartis. Site PI: AstraZeneca, Amgen, NIH/NIA, PCORI, Novartis. Travel Award: Medtronic. All relevant financial relationships have been mitigated.

Planner(s) - The following planners have disclosed that they DO NOT have any financial relationships with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended as it relates to planning the content of this CME activity: Ross Garberich, Dr. Kevin Harris, Maia Hendel, Dr. Kasia Hryniewicz, Dr. Carly Lodewyks, Cindy Resman, Dr. Scott Sharkey, Dr. Robert Steffen, Dr. Elliot Stephenson, Dr. Siu-Hin Wan and Dr. Edwin Zishiri.

The following members DO have relevant financial relationship to disclose with ineligible companies that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended, as it related to planning the content of this activity: Dr. Nadira Hamid-Existing: Consultant: Abbott Structural, Vdyne, AMX Medical Technologies, 4C Medical Technologies, Edwards Lifesciences, Alleviant Medical, Philips, GE, Valcare Medical, Topaz, CroiValve; Dr. David Hurrell– Existing: Clinical Events Committee: Boston Scientific; Dr. Michael Miedema-Existing: Research (PI): Merck, Cleerly; Dr. Yader Sandoval- Existing: Consultant/Speaker: Roche Diagnostics, Abbott Diagnostic, Cathworks, HeartFlow, Speaker/Research Grant: Cleerly, Consultant: Phillips, GE Healthcare, Speaker: Medtronic. All relevant financial relationships have been mitigated.