

Minneapolis Heart Institute Foundation Cardiovascular Grand Rounds

CloudCME ID: 1255

Text ID to: 844-939-3950 (your email must be paired)

DATE: May 18, 2026

TIME: 7:00 AM - 8:00 AM

LOCATION: MHI Building - MHIF Suite 100
Learning Center - Virtual Zoom

TOPIC(S) OR TITLE: Obesity and Weight Loss Across the Spectrum of Heart Failure

FACULTY:

Amanda Vest, MBBS, MPH

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Diplomate of the American Board of Obesity Medicine
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OVERVIEW/PURPOSE STATEMENT:

Our Cardiovascular Grand Rounds offers physicians and other health care providers the opportunity to review and discuss the latest developments in cardiovascular care every Monday morning during our Grand Rounds seasons. These weekly meetings feature topics across the spectrum of cardiovascular medicine. Practitioners share research highlights, offer treatment or diagnostic best practices, and collaborate to improve care for those with cardiovascular disease.

OVERALL OBJECTIVES:

1. Demonstrate improved awareness of emerging cardiovascular clinical care standards derived from new research
2. Discuss the implications on new cardiovascular care guidelines and develop more standardized approaches to treating cardiovascular disease
3. Utilize current evidence-based guidelines to improve standards of care for individuals with cardiovascular disease

LECTURE-SPECIFIC OBJECTIVES:

1. Contrast the risks and benefits of GLP-1 agonism for obesity treatment in patients with HFrEF vs HFpEF
2. Articulate the implications of malnutrition and cachexia in the LVAD and HT populations
3. Demonstrate the application of skeletal muscle recovery post-LVAD as a model for developing cachexia therapies

DISCLOSURE POLICY AND STATEMENTS:

Allina Health, Office of Accreditation intends to provide balance, independence, objectivity, and scientific rigor in all of its educational activities and will adhere to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. 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.

Regularly Scheduled Series

Continuing Medical Education (CME)



Any individual in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests) that have existed WITHIN THE LAST 24 MONTHS, even if it has now ended. All relevant financial relationships/conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Lin Anderson, BA	Activity Coordinator	Nothing to disclose - 12/29/2025
Ross Garberich, MS, MBA	Planning Committee Member	Nothing to disclose - 11/18/2025
David Hurrell, MD	Lead Physician	Consulting Fee-Boston Scientific Corporation - 11/21/2025
Riley McGinnity, BS	Activity Coordinator	Nothing to disclose - 04/20/2026
Cindy Resman, MS	Planning Committee Member	Nothing to disclose - 11/20/2025
John Rickert, BA	Activity Coordinator	Nothing to disclose - 11/10/2025
Scott Sharkey, MD	Planning Committee Member	Consulting Fee-Medtronic (Any division) - 11/20/2025
Amanda Vest, MBBS	Faculty	Nothing to disclose - 04/27/2026