



2025 Cardiology Grand Rounds

Movement Matters: Physiological Perils of Inactivity

Speaker(s): Tiffany L Brazile, MD

Topic: Pauley Heart Center Grand Rounds This conference is tailored towards providers in training and actively practicing providers within cardiovascular care. The activity is meant to update providers on most recent guidelines and standards of care which may not have yet worked their way into the clinical arena.

Purpose or Objectives: At the conclusion of this activity, the participant will be able to:

- 1 Summarize the physiological mechanisms by which sedentary behavior and exercise influence cardiovascular risk
- 2 Compare the independent and joint effects of sedentary behavior and exercise on cardiovascular morbidity and mortality, referencing dose-response relationships and attenuation of risk with increased physical activity
- 3 Describe how changes in sedentary time and exercise levels at different ages can modify cardiorespiratory fitness and cardiovascular risk

Date/Time: 9/25/2025 7:30:00 AM

Accreditation:



JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

In support of improving patient care, VCU Health Continuing Education 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 Designation(s):

VCU Health Continuing Education designates this live activity for a maximum of 1.00 **AMA PRA Category 1 Credit(s)**™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

1.00 ANCC contact hours.



This activity provides 1.00 contact hours of continuing education credit. ACPE Universal Activity Number (UAN): Pharmacist: JA4008237-0000-25-013-L01-P *NOTE FOR PHARMACISTS: Upon closing of the online evaluation, VCU Health Continuing Education will upload the pharmacy-related continuing education information to CPE Monitor within 60 days. Per ACPE rules, VCU Health Continuing Education does not have access nor the ability to upload credits requested after the evaluation closes. It is the responsibility of the pharmacist or pharmacy technician to provide the correct information [NABP ePID and DOB (in MMDD format)] in order to receive credit for participating in a continuing education activity.*



VCU Health Continuing Education has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME Criteria. This activity is

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designated for 1.00 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.



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1.00 CE credits will be awarded for psychologists attending the entire program. Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



As a Jointly Accredited Organization, VCU Health Continuing Education is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. VCU Health Continuing Education maintains responsibility for this course. Social workers completing this course receive 1.00 continuing education credits.

Disclosure of Commercial Support:

We acknowledge that no commercial or in-kind support was provided for this activity.

Disclosure of Financial Relationships:

VCU Health Continuing Education adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a continuing education activity, including faculty, planners, reviewers or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests). All relevant conflicts of interest have been mitigated prior to the commencement of the activity.

The following planners, moderators or speakers have the following financial relationship(s) with commercial interests to disclose:

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Kristyn G Rudisill, PA	Planning Committee	Nothing to disclose - 12/05/2024
Fadi N Salloum, Ph.D	Activity Director	
Mary Kay Jarrett, NP	Planning Committee	Nothing to disclose - 09/12/2025
Virginia McGhee, RN	Planning Committee	Nothing to disclose - 07/24/2025
Greg Hundley, MD	Activity Director	Nothing to disclose - 01/30/2025
Leila Islam, PhD, LCP	Planning Committee	Nothing to disclose - 05/28/2025
Cherylann Rocha, BSW	Planning Committee	Nothing to disclose - 11/07/2024
Shannon Winston, MA	Planning Committee	Nothing to disclose - 08/21/2025



Benjamin Van Tassell, PharmD	Planning Committee	Grant or research support-Novartis Grant or research support-Novo Nordisk Grant or research support-Amgen Grant or research support-Implicit Biosciences (Relationship has ended) Grant or research support-RPharm (Relationship has ended) Grant or research support-Serpin Pharma (Relationship has ended) Grant or research support-Kiniksa (Relationship has ended) - 10/01/2024
Tiffany L Brazile, MD	Faculty	Nothing to disclose - 09/17/2025