

SIU Medicine Office of Correctional Medicine GRAND ROUNDS

Tuesday, October 21, 2025

12 – 1 p.m.

South Auditorium | Springfield, IL, Campus | 801 N Rutledge | Virtual

[Webex Link](#)

Password: SIU123

Strategies for Reducing Your Risk for Heart Disease and Related Conditions

John M. Flack, MD, MPH, FAHA, FASH, MACP, CHS

Dr. John Flack is professor and chair of internal medicine and chair of population science and policy at SIU School of Medicine. A nationally recognized leader in hypertension research and treatment, he has shaped care guidelines through service with the American Heart Association, the National Institutes of Health and the Food and Drug Administration. His work has deepened the understanding of health disparities and cardiovascular disease, with a focus on improving outcomes for Black patients. At SIU Medicine, Dr. Flack is building research and care models that bring innovative solutions to patients and communities across central and southern Illinois.



Those participating in this activity will be able to:

- **Identify** self-care strategies to prevent heart disease and related conditions
- **Identify** how to effectively treat heart disease and related conditions once they occur

Disclosures:

John M Flack, MD, MPH, course director, has disclosed he is a research consultant with ReCor Medical, Astra Zeneca, Mineralys Therapeutic and Idorsia, research with SoniVie and consultant for Verve College. All of the relevant financial relationships listed for this individual have been mitigated. Dawn DeFraties, MSiOP, course director, has no relevant financial relationships with ineligible companies to disclose.

ACCREDITATION and CREDIT DESIGNATION:

Southern Illinois University (SIU) School of Medicine is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

SIU School of Medicine designates this live 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.

SIU School of Medicine is preapproved as a continuing nursing education provider pursuant to Section 1300.130, subsection c), 1), B) and O) of the Illinois Department of Financial and Professional Regulation Nurse Practice Act. Nurses may receive a maximum of 1.0 contact hours for completing this activity.

SIU School of Medicine has been approved by the Illinois Department of Financial and Professional Regulation as a provider of continuing education for social workers (license #159-000106), clinical psychologists (license # 268-000008), professional counselors/clinical counselors (license #197-000073), nursing home administrators (license # 199-000121), and dietitians/nutrition counselors (license # 199-000106). This program offers a maximum of 1.0 CE hour.



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