

ARIZONA TELEMEDICINE PROGRAM WEBINAR SERIES: TELE-APPLICATIONS AND SERVICES

The practice and delivery of healthcare is changing with an emphasis on improving quality, safety, efficiency, & access to care. Telemedicine can help you achieve these goals! The Arizona Telemedicine Program and Southwest Telehealth Resource Center invite you to a free one-hour **CME** webinar.
CME provided by The University of Arizona College of Medicine - Tucson

TELEHEALTH-DELIVERED NUTRITION CARE: IMPROVING CARDIOVASCULAR RISK MANAGEMENT

WEDNESDAY, OCTOBER 7, 2026

12:00 pm Arizona Time

12:00 PM PDT ~ 1:00 PM MDT ~ 2:00 PM CDT ~ 3:00 PM EDT

Join us to hear Dr. Sattler discuss findings from a systematic review and meta-analysis examining the effectiveness and feasibility of telehealth-based dietary interventions for individuals with cardiovascular disease. The research shows that remotely delivered dietary strategies can significantly improve systolic blood pressure and LDL cholesterol compared with usual care, while demonstrating similar feasibility in real-world settings. Insights from this work highlight the potential of telehealth nutrition interventions to enhance clinical risk factor management in chronic disease populations.

PRESENTER



Elisabeth Lilian Pia Sattler, PhD, RPh, FAHA
Associate Professor
Clinical and Administrative Pharmacy,
College of Pharmacy
Nutritional Sciences, College of Family and
Consumer Sciences
University of Georgia



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LEARNING OBJECTIVES

- Evaluate the current evidence on the effectiveness of telehealth-based dietary interventions for improving cardiovascular risk factors, including blood pressure and LDL cholesterol. (keep this one)
- Apply evidence-based considerations for integrating telehealth nutrition interventions into clinical care for patients with cardiovascular disease and other chronic conditions. (keep this one)
- Identify current evidence gaps and future research needs related to telehealth-delivered nutrition care for cardiovascular disease prevention and management.

CONTINUING MEDICAL EDUCATION

Accreditation Statement

The University of Arizona College of Medicine - Tucson is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Arizona College of Medicine - Tucson 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.

Relevant Financial Relationships Statement(s):

University of Arizona College of Medicine - Tucson Office of Continuing Medical 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 CME activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible entities (commercial interests). The CME office reviewers have nothing to disclose. All relevant financial relationships have been mitigated prior to the commencement of the activity.

REGISTRATION



<https://telemedicine.arizona.edu/>

For more information, contact Melanie Esher, MAdm, at mesher@arizona.edu

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