



Women's Cardiovascular Health *symposium*

SEVENTH ANNUAL



February 1, 2014

Prentice Women's Hospital
Chicago, Illinois

Sponsored by:

The Program for Women's Cardiovascular Health | Bluhm Cardiovascular Institute of
Northwestern Memorial Hospital | Northwestern University Feinberg School of Medicine



WOMEN & *cardiovascular* DISEASE

Cardiovascular disease (CVD) is the leading cause of mortality for women in the United States, claiming about 500,000 lives each year. Almost half of US women fail to recognize CVD as their major health problem and thus miss the opportunity to partner with health care providers early to identify and manage risk factors over their lifespan. Trends toward elevated body mass index, hypertension prevalence and CHD death rates among younger US women ages 35-54 appear to be increasing. Moreover, many tests that are adequate for determining CVD risk in men are not adequate for determining this risk in women. An important step in reducing cardiovascular morbidity and mortality for women is early detection of disease and management of risk factors using the most effective tests for women.

It is critical for health care providers such as family practitioners, internists and obstetricians/gynecologists that care for women earlier in life to help identify and appropriately educate their female patients who are at risk for CVD as early as possible. However, the rapid pace of new developments and daily reports in the popular press requires critical evaluation of scientific claims. This presents a challenge to health care providers to keep up with evidence-based and best practices.

The Bluhm Cardiovascular Institute's Program for Women's Cardiovascular Health invites you to attend the 7th Annual Women's Cardiovascular Health Symposium. This year's emphasis will be on women at high risk for CVD. Key gender specific advances in a variety of areas of CVD, such as microvascular disease, stroke, metabolic disorders, heart failure and collagen vascular diseases will be covered. Cardiac disease as it applies to special populations such as minorities and pregnant patients will also be explored. There will be ample time for participant interaction.

We extend a special invitation for primary care providers and OB/GYN physicians and clinicians to attend this symposium because they can be the first to identify female patients at risk and positively improve their overall health. Women are still less likely to be offered proven therapies for heart disease as compared to men. This troubling statistic is an urgent call to action to change, especially since the lifetime risk of CVD in women approaches one in two women over their lifetime.

LEARNING OBJECTIVES

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

1. Describe the pathophysiology and treatment of microvascular disease in women
2. Discuss the etiology and treatment of women at risk for stroke
3. Analyze the effects of diabetes and metabolic syndrome on cardiovascular disease in women
4. Explain the risk of cardiovascular disease in minority women
5. Review assessment and management strategies for the pregnant woman with heart disease
6. Describe gender differences in the diagnosis and treatment of heart failure
7. Identify the cardiovascular effects of collagen vascular disease
8. Summarize the current evidence related to sexual counseling for patients with cardiovascular disease.

AUDIENCE

This program has been designed for all medical professionals involved in the care of women, including primary care physicians, cardiologists, OB/GYN, endocrinologists, nurses, nurse practitioners, pharmacists, physician assistants and other healthcare professionals who care for women at all life stages with, or at risk for, cardiovascular disease.

CONFERENCE LOCATION

The program will be held at the Prentice Women's Hospital, located in the Conference Center, third floor at 250 East Superior Street, Chicago, Illinois. Please contact the hospital at 312-926-2000 for directions and parking information or visit: prentice.nmh.org.

ACCREDITATION STATEMENT

The Northwestern University Feinberg School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

CREDIT HOUR STATEMENT

The Northwestern University Feinberg School of Medicine designates this live activity for a maximum of 4.25 *AMA PRA Category 1 Credit(s)*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

FACULTY DISCLOSURE

Current guidelines state that participants in CME activities should be made aware of any affiliation or financial interest that may affect a speaker's presentation. Speakers are required to disclose any significant relationships with commercial companies prior to the symposium. The course syllabus will identify any significant relationships and whether a faculty member will be discussing off-label usage.

SPECIAL NEEDS

The Feinberg School of Medicine fully intends to comply with the legal requirements of the Americans with Disabilities Act. If any participant of this conference is in need of accommodation please indicate those needs on the registration form or submit written requests to the Office of CME at least one month prior to the conference date.

SATURDAY, FEBRUARY 1, 2014

8:15am Registration, Breakfast and Exhibits

Moderator: Vera Rigolin, MD

8:50am Welcome and Opening Remarks

Vera Rigolin, MD

9:00am Microvascular Disease in Women

Noel Bairey Merz, MD

**9:45am Women at Risk for Stroke:
Etiology, Treatment and Prognosis**

Shyam Prabhakaran, MD

10:10am Diabetes and Metabolic Syndrome

Vera Rigolin, MD

10:35am Cardiac Disease in Minority Women

Clyde Yancy, MD, MSC

11:00am Refreshment Break

Moderator: Marla Mendelson, MD

11:15am Pregnancy and Cardiovascular Disease

Marla Mendelson, MD

11:40am Women and Heart Failure

Allen S. Anderson, MD

12:10pm Collagen Vascular Disease: Cardiovascular Effects

Sanjiv Shah, MD

12:35pm Is There a Sex Life After a Cardiac Event?

Lauren Streicher, MD

1:00pm Q and A

1:15pm Adjourn

COURSE DIRECTORS

Marla Mendelson, MD

Medical Director

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Northwestern University Feinberg School
of Medicine

Vera Rigolin, MD

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GUEST FACULTY

Noel C. Bairey Merz, MD

Women's Guild Endowed Chair in
Women's Health

Director, Barbra Streisand Women's
Heart Center

Director, Preventive and Rehabilitative
Cardiac Center

Professor of Medicine,

Cedars-Sinai Medical Center

NORTHWESTERN UNIVERSITY FACULTY

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*Director, Heart Failure with Preserved Ejection
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Medicine

Clyde Yancy, MD, MSc

Chief, Division of Cardiology

Associate Director of Clinical Programs

Bluhm Cardiovascular Institute

Magerstadt Professor of Medicine

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Medicine

REGISTRATION



SEVENTH ANNUAL WOMEN'S CARDIOVASCULAR HEALTH SYMPOSIUM
FEBRUARY 1, 2014 • PRENTICE WOMEN'S HOSPITAL • CHICAGO, ILLINOIS

Physicians and Industry Professionals \$100
Residents, Fellows and Nurses \$75

You may register on-line at: cme.northwestern.edu/conferences

Please type or print

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First Name: _____

☐ MD ☐ RN ☐ Other (please specify): _____

Institution: _____

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City: _____ State: _____ Zip Code: _____

Daytime Phone: _____ Fax: _____

E-mail: (required) _____

Specialty: _____

 Please indicate any special needs: _____

Please indicate any dietary needs: _____

*Please make your check payable to Northwestern University
and send it with the registration form to:*

Office of CME
Northwestern University's Feinberg School of Medicine
240 East Huron, Suite 1-200
Chicago, IL 60611
Phone: 312-503-8533

Cancellations must be made in writing to the Office of CME.
The paid registration fee, minus a \$30 administrative charge, will be refunded.
No refunds will be granted after January 10, 2014.



Office of Continuing Medical Education
Northwestern University's Feinberg School of Medicine
420 E. Superior Street, Ste 680
Chicago, IL 60611

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Women's Cardiovascular Health Symposium**

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Prentice Women's Hospital
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