

Third Annual  
**Women's Cardiovascular  
Health Symposium**



February 24, 2010  
Prentice Women's Hospital  
Chicago, Illinois

Sponsored by:  
The Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
Center for Women's Cardiovascular Health  
Northwestern University's Feinberg School of Medicine



# Women and Cardiovascular Disease

Despite recent reports that mortality from coronary heart disease has declined, more women than men are dying from cardiovascular disease. Heart disease and stroke are still the #1 and #3 killers of women in the United States and these mortality rates differ significantly among women of different races. Given the national trend of obesity and sedentary lifestyle, prevalence of cardiovascular disease is increasing, despite technological advances. One particular concerning issue arising is the increased mortality trends being seen in younger women after a heart attack, in contrast with a prior 20-year decline. Aging and lifestyle issues combined with significant differences in quality and access to care by geographic region will continue to challenge clinicians far into the future.

The Third Annual Women's Cardiovascular Health Symposium assembles leading experts in women's cardiovascular health to continue to explore the role that gender and race differences play in the prevention, diagnosis and treatment of a variety of cardiovascular diseases. This one half day program is geared toward practicing clinicians across multiple disciplines including: primary care physicians, gynecologists, cardiologists, advanced practice nurses and other health care practitioners who care for female patients. The program will provide you with the most up-to-date practical and efficient strategies for improving your care for female patients as well as an opportunity to network with a variety of leading experts in women's cardiovascular health.

## Learning Objectives

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

- Explain the role that gender plays in valvular heart disease including diagnostics and treatment options
- Summarize cardiovascular surgical outcomes in women
- Review the latest evidence base to guide treatment for cholesterol testing and management
- Describe the association of diabetes and metabolic syndrome including the identification of modifiable risk factors for prevention
- Discuss the approach to recognize and treat heart failure in women including treatment options for pulmonary hypertension

- Outline a plan of care including follow up for the pregnant heart failure patient
- Recognize how gender differences impact incidence and type of arrhythmias and the use of ICD technology
- Evaluate the pros and cons of hormone replacement therapy.

## Audience

This continuing medical education (CME) program is designed to meet the needs of primary care physicians, gynecologists, cardiologists, nurses and other health care practitioners who care for female patients.

## Accreditation Statement

Northwestern University's 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's Feinberg School of Medicine designates this educational activity for a maximum of 4.75 *AMA PRA Category 1 Credit(s)*<sup>TM</sup>. Physicians should only claim credit commensurate with the extent of their participation in the activity.

## Continuing Education — Nurses

Northwestern Memorial Hospital is an approved provider of continuing nursing education by the Illinois Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.

## 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.

# Wednesday, February 24, 2010

- 11:00 a.m.**      **Registration, Lunch and Exhibits**
- 12:00 p.m.**      **Welcome – Martha Gulati, MD, MS**
- 12:10 p.m.**      **Heart Failure and Pregnancy**  
*Marla Mendelson, MD*
- 12:40 p.m.**      **Cardiovascular Surgery and Women**  
*Richard Lee, MD, MBA*
- 1:10 p.m.**        **Issues Relevant to Women, Lipids and New Guidelines**  
*Neil Stone MD*
- 1:35 p.m.**        **DM and Metabolic Syndrome**  
*Mercedes Carnethon, PhD*
- 2:00 p.m.**        **Refreshment Break and Exhibitors**  
*Moderator: Vera Rigolin, MD*
- 2:15 p.m.**        **Heart Failure: Diagnostic and Treatment Strategies in Women**  
*Priya Kansal, MD*
- 2:45 p.m.**        **Women and Valvular Heart Disease**  
*Vera Rigolin, MD*
- 3:10 p.m.**        **Arrhythmias and ICD use in Women**  
*Martha Gulati, MD, MS*
- 3:35 p.m.**        **Debate: HRT or No HRT — That is the Question**  
Pro *Lauren Streicher, MD*      Con *Nanette K. Wenger, MD*  
*Moderator: Martha Gulati, MD, MS*
- 4:20 p.m.**        **Discussion, Questions, and Summary**
- 5:00 p.m.**        **Adjourn**



## Conference Location

The program will be held at the Prentice Women's Hospital, located in Conference Room L on the third floor at 250 East Superior Street, Chicago, Illinois. Please contact the hospital at 312-926-2000 for directions and parking information or visit: [www.prentice.nmh.org](http://www.prentice.nmh.org).

Discounted parking will be available at Huron/St Clair parking garage, 222 East Huron Street.

## Course Directors

### **Martha Gulati, MD, MS**

*Associate Medical Director*  
Center for Women's  
Cardiovascular Health  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
Lawrence E. and Nancy S. Glick Family  
Distinguished Physician in Women's  
Cardiovascular Health  
*Assistant Professor of Medicine and  
Preventive Medicine*  
Northwestern University  
Feinberg School of Medicine

### **Marla Mendelson, MD**

*Medical Director*  
Center for Women's  
Cardiovascular Health  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
*Associate Professor of Medicine*  
Northwestern University  
Feinberg School of Medicine

### **Vera Rigolin, MD**

*Associate Medical Director*  
Center for Women's  
Cardiovascular Health  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
*Associate Professor of Medicine*  
Northwestern University  
Feinberg School of Medicine

## Faculty

### **Mercedes Carnethon, PhD**

*Assistant Professor of Medicine*  
Department of Preventive Medicine  
Northwestern University  
Feinberg School of Medicine

### **Lauren Streicher, MD**

*Assistant Clinical Professor of  
Obstetrics and Gynecology*  
Northwestern University  
Feinberg School of Medicine  
Obstetric and Gynecologic Specialists  
of Northwestern, SC

### **Priya Kansal, MD**

*Cardiologist*  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
*Assistant Professor of Medicine*  
Northwestern University  
Feinberg School of Medicine

### **Richard Lee, MD, MBA**

*Surgical Director*  
Center for Atrial Fibrillation  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
*Associate Professor of Surgery*  
Northwestern University  
Feinberg School of Medicine

### **Neil Stone, MD**

*Medical Director*  
Center for Vascular Disease  
Bluhm Cardiovascular Institute of  
Northwestern Memorial Hospital  
*Professor of Clinical Medicine*  
Northwestern University  
Feinberg School of Medicine

### **Nanette K. Wenger, MD**

*Chief of Cardiology*  
Grady Memorial Hospital  
*Professor of Medicine*  
Emory University School of Medicine

# Registration

## Third Annual Women's Cardiovascular Health Symposium

February 24, 2010 ■ Prentice Women's Hospital ■ Chicago, Illinois

- |  |      |
|--|------|
| <input type="checkbox"/> Physicians and Industry Professionals | \$75 |
| <input type="checkbox"/> Residents, Fellows, and Nurses        | \$60 |

**You may register on-line at: [www.cme.northwestern.edu/conferences](http://www.cme.northwestern.edu/conferences)**

*Please type or print*

Last Name: \_\_\_\_\_

First Name: \_\_\_\_\_

MD       RN       Other (please specify): \_\_\_\_\_

Institution: \_\_\_\_\_

Address: \_\_\_\_\_


City: \_\_\_\_\_ State: \_\_\_\_\_ ZIP Code: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Fax: \_\_\_\_\_

E-mail (required): \_\_\_\_\_

*Your registration confirmation will be e-mailed.*

Specialty: \_\_\_\_\_

 Please indicate any special needs: \_\_\_\_\_

Please indicate any dietary needs: \_\_\_\_\_

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

**Office of CME  
Northwestern University's Feinberg School of Medicine  
750 N. Lake Shore Drive, Ste. 680  
Chicago, IL 60611  
Phone: 312-503-8533  
email: [nums-cme@northwestern.edu](mailto:nums-cme@northwestern.edu)**

**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 4, 2010.**

**M** Northwestern Memorial®  
Hospital



**NORTHWESTERN**  
UNIVERSITY

Office of Continuing Medical Education  
Northwestern University's Feinberg School of Medicine  
750 N. Lake Shore Drive, Suite 680  
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