

# PROGRAM

8:30 AM  
8:45

## Breakfast/Registration

### Welcome and Opening Remarks

*James T. Willerson, MD, President and Medical Director, Texas Heart Institute at St. Luke's Episcopal Hospital*

9:00

### Epidemiology of Coronary Artery Disease and Cardiac Risk Factors

*Stephanie Coulter, MD, Director, Center for Women's Heart & Vascular Health, Texas Heart Institute at St. Luke's Episcopal Hospital*

9:20

### Hypertension: Prevalence in Racial Groups, Women's Increased Risks

*Addison Taylor, MD, PhD, Professor of Medicine, Baylor College of Medicine*

9:40

### Dyslipidemia: Importance of Non HDL Cholesterol in 2011

*Salim Virani, MD, Assistant Professor, Baylor College of Medicine*

10:00

### Discussion

10:20

### BREAK

10:40

### Obesity and Sedentary Lifestyles Related to Cardiovascular Disease in Women

*Ann Barnes, MD, Assistant Professor, Baylor College of Medicine*

11:00

### Diabetes and Cardiovascular Disease: What Have We Learned?

*David Aguilar, MD, Assistant Professor of Medicine, Baylor College of Medicine*

11:20

### Depression and Coronary Heart Disease

*Roberta Bogaev, MD, FACC, FACP, Medical Director, Heart Failure and Transplant, Texas Heart Institute at St. Luke's Episcopal Hospital*

11:40

### Discussion

12:00 PM

### LUNCH

1:00

### Ethics Lecture: Inclusion of Women in Cardiovascular

#### Research and its Importance for Women's Health

*Anne Hamilton Dougherty, MD, FACC, FHRS, FAHA, Professor of Medicine, Director, Cardiac Electrophysiology, Co-Director, Advanced Cardiac Arrhythmia Center Vice President, Human Research, The University of Texas Health Science Center at Houston*

2:00

### Post-Menopausal Hormone Therapy

*Stephanie Coulter, MD, Director, Center for Women's Heart & Vascular Health, Texas Heart Institute at St. Luke's Episcopal Hospital*

2:20

### Cardiac Disease in Pregnancy

*Wilson Lam, MD, Texas Children's Hospital & Texas Heart Institute at St. Luke's Episcopal Hospital, Combined Adult-Pediatric Cardiology Fellow, Baylor College of Medicine*

2:40

### Discussion

3:00

### BREAK

3:20

### Emerging Controversies in Cardiovascular Disease and Treatments

*Stephanie Coulter, MD, Director, Center for Women's Heart & Vascular Health, Texas Heart Institute at St. Luke's Episcopal Hospital*

3:40

### Coronary Revascularization in 2011: When Should We Do It And Why?

*Guilherme V. Silva, MD, Assistant Medical Director, Stem Cell Center, Texas Heart Institute at St. Luke's Episcopal Hospital; Clinical Assistant Professor, Baylor College of Medicine*

4:00

### TAVI: The Hype and the Hope

*Blase Carabello, MD, Professor of Medicine, Vice-Chairman, Department of Medicine, Baylor College of Medicine; Medical Care Line Executive; Veterans Affairs Medical Center; Director, Center for Heart Valve Disease, Texas Heart Institute at St. Luke's Episcopal Hospital*

4:20

### Discussion

4:40 PM

### Adjourn

## Location & Lodging

The symposium will be held in the Texas Heart Institute at St. Luke's Episcopal Hospital—The Denton A. Cooley Building located within the Texas Medical Center. The building's address is 6770 Bertner Avenue, Houston, Texas 77030. The meeting room, the Denton A. Cooley Auditorium, is located on the B1 level of the hospital.

There are several hotels in the Texas Medical Center:

Marriott Medical Center | 6580 Fannin Street, Houston, Texas 77030 | Phone: 713-796-0080

Hilton Houston Plaza | 6633 Travis Street, Houston, Texas, 77030 | Phone: 713-313-4000

Holiday Inn Medical Center | 6800 S. Main St, Houston, Texas, 77030 | Phone: 713-528-7744

## Ground Transportation

Taxi service to the Texas Medical Center (TMC) hotels from Hobby Airport averages \$35 one way. Taxi service from Bush Intercontinental Airport averages \$50 one way. The drive to the TMC is approximately 20 minutes from Hobby Airport and approximately 45 minutes from Bush Intercontinental Airport. Timely and inexpensive airport transportation is available to and from each hotel by Airport Express Shuttle. For current rates and to schedule service, call Airport Express at 713-523-8888. Rental car services are also available at both airports.

Courtesy van transportation from each TMC hotel is available to Texas Heart Institute. Please check with your hotel to schedule shuttle service.

For participants not staying at the hotel, Texas Heart Institute offers valet parking for \$13 per day (no in/out privileges). More information on parking and directions for the Texas Medical Center is available online at [www.tmc.edu](http://www.tmc.edu)

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at St. Luke's Episcopal Hospital

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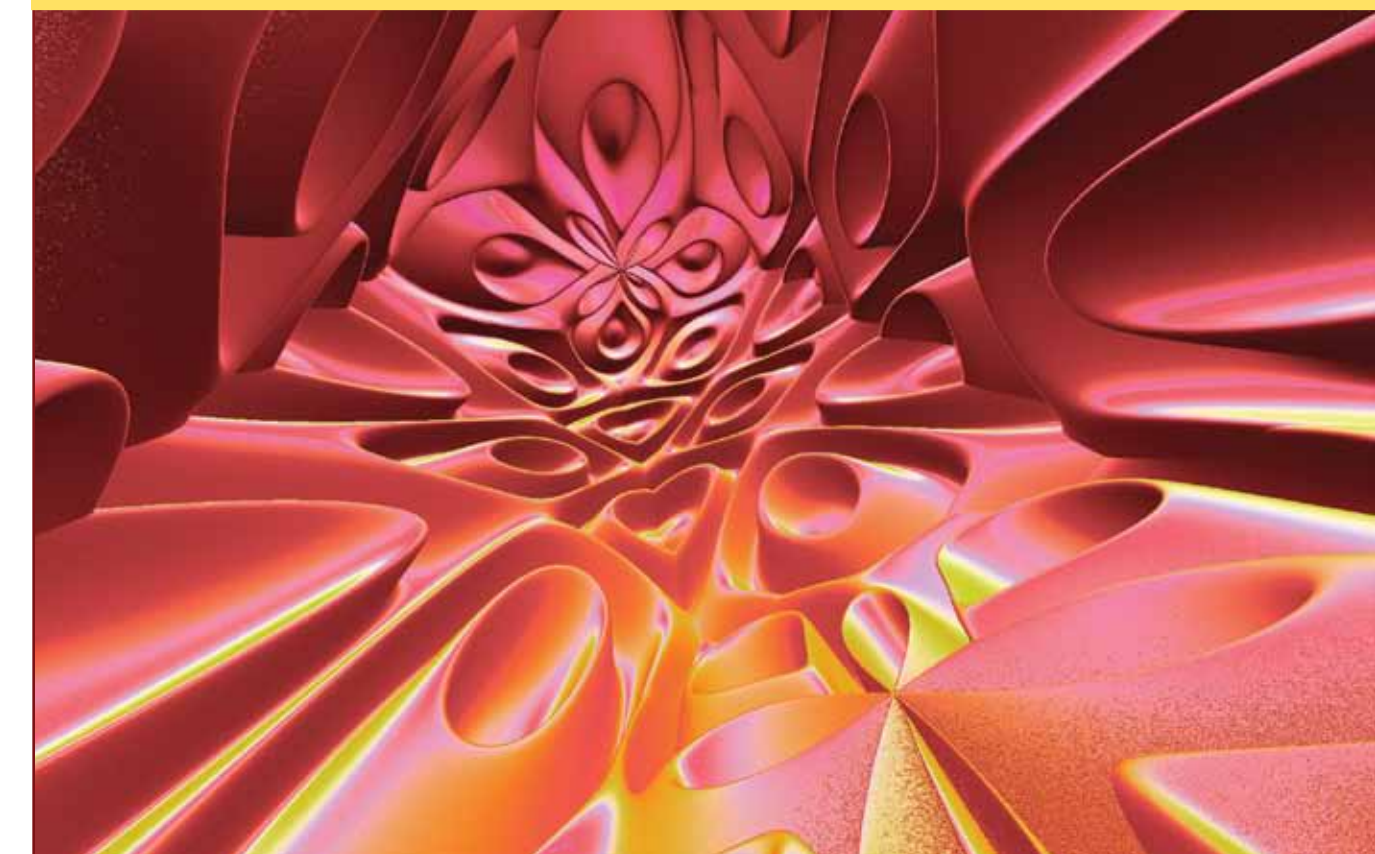
TEXAS HEART<sup>®</sup> INSTITUTE

at St. Luke's Episcopal Hospital

The Center for

WOMEN'S HEART & VASCULAR HEALTH

## Second Annual Symposium on Risk, Diagnosis and Treatment of Cardiovascular Disease in Women



October 1, 2011, 8:30 AM — 5:00 PM

Texas Heart Institute

Denton A. Cooley Auditorium

REGISTER ONLINE [cme.texasheart.org](http://cme.texasheart.org)



# OVERVIEW

Cardiovascular disease (CVD) is the greatest threat to women's health worldwide, and the leading cause of death for women in the US. It affects more women than men, it kills more than 420,000 women annually and nearly 43 million American women live with some form of CVD. According to the US Census Bureau, Texas has the third highest prevalence of heart disease in women affecting more than 600,000 in 2004. CVD, also known as heart and vascular disease, includes heart attack, heart failure, stroke, peripheral artery disease and other diseases of the heart and circulatory system.

Most American women are unaware of their risk. Most doctors are too. Women can expect to live a large part of their lives with an increased risk of CVD because their risk increases four-fold at menopause. One out of four American women older than 65 has some form of heart disease. Because heart attack symptoms can be very different in women than in men, women and the doctors who treat them are often unaware that a heart attack has occurred. Since treatment during or immediately after a heart attack significantly mitigates the resulting long-term damage, accurately identifying symptoms of heart attacks is critical to the lifetime wellness of women.

Just as symptoms differ between men and women, so may the effectiveness of treatments. Treatment guidelines are developed from the results of clinical trials published in the medical literature, dictating the standard of care for all patients. However, less than 25% of those enrolled in these trials are women. While effective treatments are not fully understood, we do know that women have 50% more adverse reactions to drugs than men, that controlling women's blood pressure reduces their risk more dramatically than men and that depression has double the negative impact on women than on men. What's more, the trajectory of women's heart disease is distinct from that of men. For example, plaque builds up differently in women's arteries, which typical testing does not detect. Finally, little study has gone into effective prevention strategies for women. The goal of this symposium is to educate primary care physicians and cardiologists about diagnosis, treatment and prevention of CVD in women.

## Target Audience

Cardiologists, gynecologists, primary care physicians, internal medicine physicians, family practitioners, endocrinologists and nurse practitioners.

## Learning Objectives

At the conclusion of this activity, the participant should be able to—

- Cite the identification of cardiac risk factors in women
- Describe the trends and treatments of cardiovascular disease in obesity and in sedentary lifestyles
- Review current guidelines for calcium supplementation and calcium scoring by computed tomography
- Identify emerging controversies in cardiovascular disease and treatments
- Make an overall cardiovascular risk stratification of female patients that will be used to guide prevention and treatment strategies

## Accreditation & Credit Designation

Texas Heart Institute at St. Luke's Episcopal Hospital is accredited by the Accreditation Council for Continuing Medical Education (ACCME) to provide continuing medical education for physicians.

Texas Heart Institute designates this live activity for a maximum of 6 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity. This activity has been designated by Texas Heart Institute for 1 hour of education in medical ethics and/or professional responsibility.

An evaluation form sent via email will provide each participant with the opportunity to review the speakers and their presentations, to identify educational needs, and to comment on any perceived commercial or promotional bias in the presentation.

## Cancellation Policy

All cancellations must be received in writing by **Friday, Sept. 23, 2011** in order for a refund to be issued. A \$25 processing fee will be assessed for each cancellation. Refunds cannot be made for those who register but do not attend the scheduled activities. Texas Heart Institute reserves the right to cancel this activity if registration is deemed insufficient.


A survey conducted by the American Heart Association showed that only 8% of primary care physicians, 13% of OB/GYNs, and 17% of cardiologists are aware that more women than men die each year from heart disease.

# REGISTRATION

LAST NAME	FIRST NAME
_____	
AFFILIATION/INSTITUTION	
_____	
ADDRESS	
_____	
CITY	STATE/PROVINCE
_____	_____
POSTAL CODE	COUNTRY
_____	_____
TELEPHONE	FAX
_____	_____
E-MAIL	<input type="checkbox"/> Subscribe me to <i>cme-news</i> newsletter (email address required)
_____	_____
TITLE:	<input type="checkbox"/> MD <input type="checkbox"/> PhD <input type="checkbox"/> DO <input type="checkbox"/> OTHER _____
SPECIALTY:	_____

*Registration fee includes all course materials, continental breakfast, lunch, and afternoon break.*

- \$75 MDs, DOs
- \$50 Fellows, students, nurse practitioners, and other allied health professionals

Please indicate if you need special assistance. You will be contacted by a staff member. 

All fees should be in U.S. dollars, drawn on a U.S. bank, and made payable to Texas Heart Institute.  Enclosed is my check or money order for \$ \_\_\_\_\_

- VISA  MasterCard  AmEx  Discover

Account # \_\_\_\_\_

Signature \_\_\_\_\_ Exp. date \_\_\_\_\_

Fax this registration form only if payment is being made by credit card. Otherwise, mail the registration form and fee to—

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P.O. Box 20345  
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