

# PROGRAM

- 7:30 **REGISTRATION AND BREAKFAST**
- 8:30 **Welcome and Opening Remarks** | *James T. Willerson, MD*
- 8:40 **Women's Biology vs. Men's Biology & Implications for Treatments** | *Doris A. Taylor, PhD*
- 9:00 **Spontaneous Coronary Artery Dissection** | *Sharonne N. Hayes, MD*
- 9:20 **Takotsubo Cardiomyopathy** | *Raymond Stainback, MD*
- 9:40 **The Million Hearts Initiative: Principles & Interventions** | *David Aguilar, MD*
- 10:00 **Update on Stem Cell Trials for Cardiovascular Disease: Where are We?** | *Emerson Perin, MD, PhD*
- 10:20 **BREAK**
- 10:30 **Management of Hypertension: Most Recent Guidelines** | *Jennifer B. Cowart, MD*
- 10:50 **Dyslipidemia/Lipoproteins/HDL/Women/ATP IV Guidelines** | *Salim Virani, MD*
- 11:10 **Metabolic Syndrome and Diabetes: A Growing Epidemic of Risk in Women** | *Glenn Cunningham, MD*
- 11:30 **Prevention & Intervention in the Clinic & Community: The Next Big Step** | *Stephanie Coulter, MD*
- Noon **LUNCH | PANEL DISCUSSIONS**  
**SESSION I (Noon – 12:30 PM)**  
**Science of Vascular Disease (PAD)** | *Guilherme Silva, MD*
- SESSION II (12:30 – 1:00 PM)**  
**Women Living with Heart & Vascular Disease** | *Stephanie Coulter, MD*  
*Rebecca Trahan & Lisa Hulick | The WomenHeart Houston Support Network Coordinators*
- 1:00 **KEYNOTE SPEAKER | New Hope for Stroke: Etiology, Epidemiology, and Emerging Therapies** | *Sean I. Savitz, MD*
- 1:40 **Optimizing Stroke Prevention in Atrial Fibrillation: Review of the New Anticoagulants** | *Mohammad Saeed, MD*
- 2:00 **Left Atrial Exclusion in A-Fibrillation** | *William E. Cohn, MD*
- 2:20 **The Magic of the Mediterranean Diet** | *Terry Dildy, MS, RD, LD*
- 2:40 **Supplements: Is it Time for Women to Take Them or Toss Them?** | *Stephanie Coulter, MD*
- 3:00 **BREAK**
- 3:20 **Smoking Risk & Cessation Techniques Revisited: It is Never too Late to Quit** | *David W. Wetter, PhD, MS*
- 3:40 **Heart Failure Guideline Updates** | *Deborah Meyers, MD*
- 4:00 **Pulmonary Care & Sleep Medicine: Sleep Apnea & How it Affects Heart Disease** | *Clinton H. Doerr, MD*
- 4:20 **\*Interactive Q&A (ARS System)**
- 4:40 **ADJOURN**

 **TEXAS HEART<sup>®</sup> INSTITUTE**  
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## TEXAS HEART<sup>®</sup> INSTITUTE

*The Center for*  
**WOMEN'S HEART & VASCULAR HEALTH**

### *Fourth Annual Symposium on* **Risk, Diagnosis and Treatment of Cardiovascular Disease in Women** **Prevention & Treatment of Heart Disease & Stroke**

## 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:

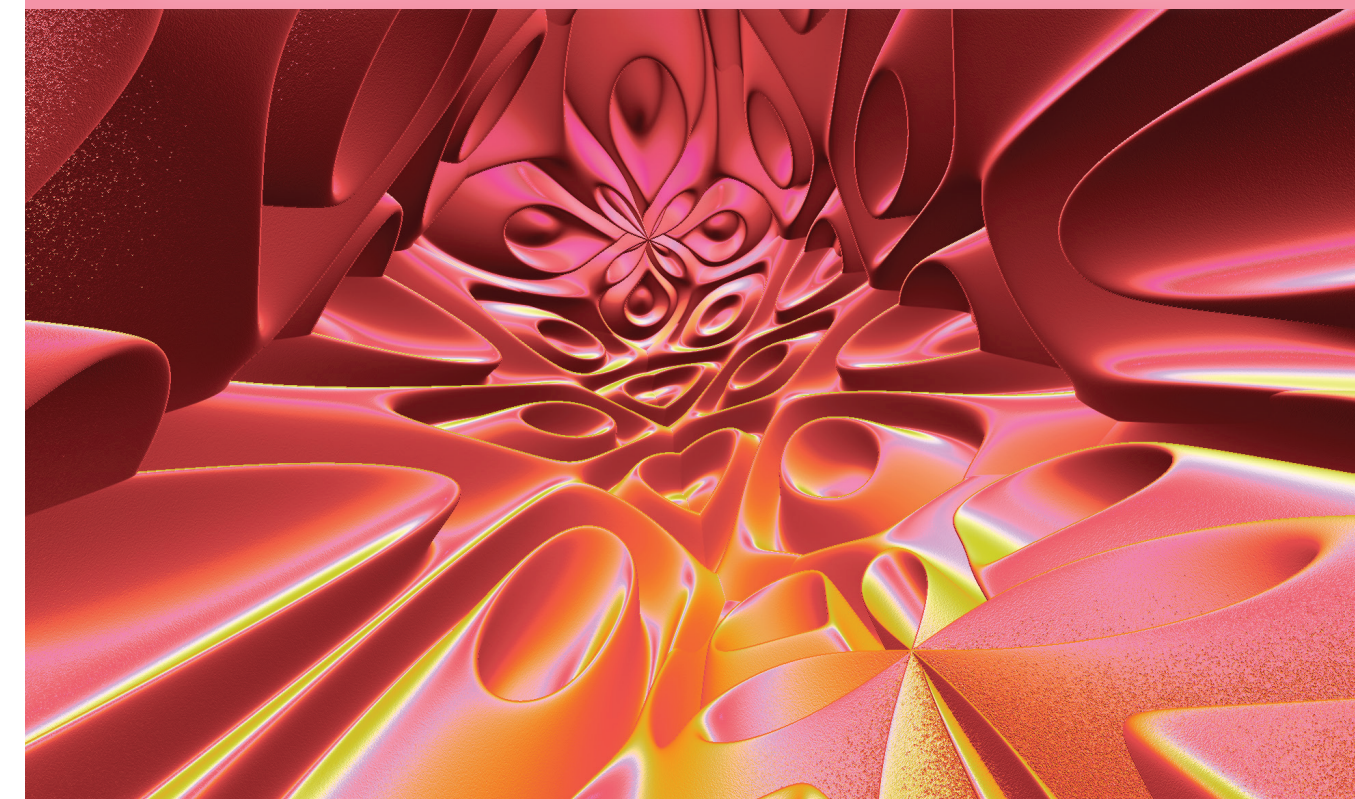
Marriott Medical Center | 6580 Fannin Street, Houston, Texas 77030 | 713-796-0080  
Hampton Inn & Suites Medical Center/Reliant | 1715 Old Spanish Trail | 713-797-0040  
Hilton Houston Plaza | 6633 Travis Street, Houston, Texas, 77030 | 713-313-4000  
Holiday Inn Medical Center | 6800 S. Main St., Houston, Texas, 77030 | 713-528-7744

## Ground Transportation

Taxi service to the Texas Medical Center (TMC) hotels averages \$35 one way from Hobby Airport (~20-minute drive) and \$50 one way from Bush Intercontinental Airport (~45-minute drive). 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. Validated event parking is available in TMC Garage 2 located in front of the Texas Heart Institute.

## Cancellation Policy

All cancellations must be received in writing by **Monday, October 7, 2013** in order for a refund to be issued. A \$25 processing fee will be assessed 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.



**October 19, 2013, 8:30 AM – 5:00 PM**  
**Texas Heart Institute | Denton A. Cooley Auditorium**

**For More Information: [cme.texasheart.org](http://cme.texasheart.org)**

# OVERVIEW

Cardiovascular disease (CVD) is the number one killer of women in the United States. Long thought of as primarily affecting men, we know that CVD—including heart disease, hypertension, and stroke—affects a substantial number of women with the number of CVD deaths for females exceeding those for males since 1984.

More than one in three female adults has some form of cardiovascular disease. Experts estimate that one in two women will die of heart disease or stroke, compared with one in 25 women who will die of breast cancer.

Risk awareness remains alarming and in a recent survey, women believed breast cancer to be five times more prevalent than stroke with 40 percent of the women saying they were only “somewhat” or “not at all” concerned about experiencing a stroke in their life.

Stroke is the fourth leading cause of death for women and kills twice as many women as breast cancer every year. Each year about 55,000 more women than men have a stroke. This is because the average life expectancy for women is greater than for men, and the highest rates for stroke are in the oldest age groups.

Although heart disease is a complex disorder thought to be a result of interactions between genetic and environmental factors, it is 80 percent preventable with proven strategies for risk modification. Both patient and professional education about managing risk factors shared by all cardiovascular diseases is essential and must be promoted across all disciplines encountering women in the health care field.

## Target Audience

The goal of this symposium is to educate physicians providing primary care for women; to include: obstetricians/gynecologists, internal medicine, family practice, endocrinologists, nurse practitioners and physician support staff; and to teach prevention, early diagnosis and treatment strategies for heart disease in women.

## Learning Objectives

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

- Identify emerging controversies in cardiovascular disease (CVD) and treatments.
- Cite the identification of cardiac risk factors in women.
- Review stroke risk factors in women and opportunities for implementing new prevention strategies.
- Describe the differences in risk, presentation, diagnosis, and treatment for women with atrial fibrillation.
- Discuss how educating women on stroke risk factors can impact overall cardiac risk.
- Describe the trends, treatments and intervention strategies of CVD in obesity and sedentary lifestyles.
- Discuss how dietary changes can influence cardiovascular outcomes.
- Cite emerging data in support of specific dietary recommendations to prevent heart disease.
- Use emerging novel approaches and strategies to treating heart, vascular and valve conditions.
- Apply current guidelines for managing modifiable biological risk factors for cardiovascular disease in light of new data presented this year.
- Review and implement guidelines for calcium supplementation and calcium scoring by computed tomography.
- Develop and use an overall cardiovascular risk stratification of female patients to guide prevention and treatment strategies.

## Accreditation

Texas Heart Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

## Credit Designation

Texas Heart Institute designates this live activity for a maximum of 7.25 *AMA PRA Category 1 Credits™*. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## Nursing Accreditation and Credit Designation

Up to 6.33 continuing nursing education hours will be awarded for successful completion of this activity.

St. Luke’s Hospital Department of Nursing & Patient Education is an approved provider of continuing nursing education by the Texas Nurses Association, an accredited approver by the American Nurses Credentialing Center’s Commission on Accreditation.

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
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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 breaks.

	By Sept 27, 2013	After Sept 27, 2013
Physicians (MD, DO)	\$150	\$175
Non-Physician (Nurses, Nurse Practitioners, Other Allied Health)	\$100	\$125
Fellows-in-training, Residents	\$ 50	\$ 75

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

All fees should be in US dollars, drawn on a US 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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