



**CEDARS-SINAI**  
HEART INSTITUTE

# 11<sup>TH</sup> ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM FRIDAY, MAY 12, 2017

*Offered in cooperation with the California Chapter of the American College of Cardiology  
and WomenHeart: The National Coalition for Women with Heart Disease*



California  
CHAPTER



## **COURSE DIRECTOR**

C. Noel Bairey Merz, MD, FACC, FAHA

## **CONFERENCE LOCATION**

Cedars-Sinai Medical Center  
Harvey Morse Conference Center  
Plaza Level, South Tower  
8701 Gracie Allen Drive  
Los Angeles, CA 90048

*For the latest course information and to register, visit [cedars-sinai.edu/cme](http://cedars-sinai.edu/cme)  
and click on CME courses.*

# ACTIVITY INFORMATION

## COURSE DESCRIPTION AND STATEMENT OF NEED

Cardiovascular disease (CVD) was once thought of as primarily affecting men, but today, CVD is the number one killer of women in the US, claiming almost 400,000 American women every year. Furthermore, as the average age of the American woman increases, the morbidity and mortality rates of CVD are likely to increase dramatically. Yet, many women at risk for coronary heart disease are often not referred for appropriate diagnostic testing, perhaps because until recently, it was thought that the clinical manifestations of women with cardiovascular disease were essentially similar to those of men and warranted similar management. This means the disease process resulting in a heart attack or stroke may not be detected in women until later, with more serious consequences.

Despite significant advances in our knowledge about preventive interventions, cardiovascular disease remains the leading killer of women in the United States. In an effort to further educate in this area our planning committee has assembled a distinguished faculty of national speakers, each with a unique expertise in the field of cardiovascular health and heart disease.

This in depth educational symposium will explore gender specific issues in coronary microvascular dysfunction, heart failure, screening for CVD, weight management strategies, hormone therapy, plant based eating, statin intolerance and new lipid lowering therapy, and new information on the risks and benefits of aggressive blood pressure management. The purpose of this conference is to close the knowledge gap of physicians and allied health care professionals regarding sex-specific differences in cardiovascular disease, the impact these differences have on treatment options, and to highlight the importance of identifying women at risk for cardiovascular disease by utilizing the most current evidence-based treatment strategies for improved patient outcomes.

## TARGET AUDIENCE

This educational activity will be designed to address the educational needs of physicians, surgeons, and healthcare professionals caring for women patients with heart disease.

## EDUCATIONAL OBJECTIVES

- Describe how clinical manifestations of cardiovascular disease vary in women
- Recognize risk factors and the role genes, hormones and life circumstances play in CVD
- Focus clinical practice approach on the unique aspects of cardiovascular care for women to provide necessary resources for prevention, diagnosis and treatment of CVD in women
- Understand the risks and benefits to screening for CVD in women
- Review results of the latest clinical trials to understand the benefits of CRT and ICD therapies in patients with heart failure and reduced ejection fraction
- Review and understand approaches to weight management, hormone therapy, and supplements
- See case examples of plant-based eating, preventive screening, tobacco and depression interventions
- Identify statin intolerance and recognize the risks and benefits of PCSK9 inhibitors
- Review results of SPRINT Trial specific to women in order to understand and examine clinical implications for management of hypertension in female and in the elderly

## ACCREDITATION STATEMENT

Cedars-Sinai Medical Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.



## CREDIT DESIGNATION STATEMENT

Cedars-Sinai Medical Center designates this live activity for a maximum of 7.0 *AMA PRA Category 1 Credit(s)*<sup>™</sup>. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

## NURSES

The California State Board of Registered Nursing accepts courses approved by the ACCME for Category 1 credit as meeting the continuing education requirements for license renewal.

## ACKNOWLEDGMENT OF COMMERCIAL SUPPORT

Commercial support for this conference is pending and will be acknowledged at the conference.

## PARKING

Self-parking is available in parking lots 1, 2, and 4.

## HOTEL ACCOMMODATIONS

For a detailed list of hotels convenient to the medical center, please visit [cedars-sinai.edu/visitors](http://cedars-sinai.edu/visitors), select Patient & Visitor Information from the left navigation bar, and then select Los Angeles Area Resources and then Lodging.

When making reservations at any of these hotels, please be sure to mention that you are attending a conference at Cedars-Sinai to ensure you are receiving the best current reservation rate.



# AGENDA

## 11<sup>TH</sup> ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM FRIDAY, MAY 12, 2017

- 7:15 – 7:45 A.M. Registration, Breakfast and Exhibits
- 7:45 – 7:50 A.M. Introduction  
*C. Noel Bairey Merz, MD, FACC, FAHA*
- 7:50 – 8:00 A.M. 4th Annual Linda Joy Pollin Women's Heart Health Leadership Award
- 8:00 – 8:45 A.M. **KEYNOTE**  
Assessing cardiovascular risk for women: genes, hormones and life circumstances  
**SPEAKER:** *Virginia M. Miller, PhD*
- 8:45 – 9:00 A.M. Question & Answer
- 9:00 – 9:15 A.M. Break and Exhibits
- 9:15 – 9:40 A.M. Coronary microvascular dysfunction- update 2017  
**CHAIR:** *C. Noel Bairey Merz, MD, FACC, FAHA*  
**SPEAKER:** *Amir Lerman, MD, FACC*
- 9:40 – 9:50 A.M. Case presentation – CMD Case  
*Ahmed Al-Badri, MD*
- 9:50 – 10:00 A.M. Question & Answer
- 10:00 – 10:25 A.M. What is new in heart failure in women diagnosis, management  
**CHAIR:** *David Chang, MD*  
**SPEAKER:** *Michele A. Hamilton, MD, FACC*
- 10:25 – 10:35 A.M. Question & Answer
- 10:35 – 11:00 A.M. How do you know that you are NOT at risk for a heart attack?  
**CHAIR:** *Louise Thomson, MD*  
**SPEAKER:** *Janet Wei, MD, FACC*
- 11:00 – 11:10 A.M. Question & Answer
- 11:10 – 11:35 A.M. Morning Faculty Panel Discussion  
*Ahmed Al-Badri, MD; David Chang, MD; Michele A. Hamilton, MD, FACC; Amir Lerman, MD, FACC; C. Noel Bairey Merz, MD, FACC, FAHA; Virginia M. Miller, PhD; Louise Thomson, MD; Janet Wei, MD, FACC*
- 11:35 – 11:45 A.M. Overview of WomenHeart: The National Coalition for Women with Heart Disease  
**SPEAKER:** *Phyllis Blaustein*
- 11:45 – 12:00 P.M. Women's Heart Alliance (advocacy update)  
**SPEAKER:** *C. Noel Bairey Merz, MD, FACC, FAHA*
- 12:00 – 12:45 P.M. Lunch
- 12:45 – 1:10 P.M. Science Fiction or Science Fact: weight loss, hormone changes, supplements, oh my!  
**CHAIR:** *Margareta D. Pisarska, MD*  
**SPEAKER:** *Chrisandra L. Shufelt, MD, MS, FACP, NCMP*
- 1:10-1:20 P.M. Question & Answer
- 1:20 – 1:50 P.M. **CASE STUDIES**  
Plant-Based Eating  
*Janet Wei, MD, FACC*  
Preventive Screening  
*Balaji Tamarappoo, MD, PhD*  
Tobacco and Depression  
*Margo B. Minissian, PhD, ACNP, CLS, AACC, FAHA*
- 1:50 – 2:15 P.M. Cholesterol 2017: How to manage statin intolerance PCSK9 inhibitors  
**CHAIR:** *Prediman K. Shah, MD, MACC*  
**SPEAKER:** *C. Noel Bairey Merz, MD, FACC, FAHA*
- 2:15 – 2:25 P.M. Question & Answer
- 2:25 – 2:50 P.M. Hypertension, SPRINT Trial results what does this mean for older patients?  
**CHAIR:** *Siddharth Singh, MD*  
**SPEAKER:** *Florian Rader, MD, FACC*
- 2:50 – 3:00 P.M. Hypertension case presentation  
*Parham Zarrini, MD, MBA*
- 3:00 – 3:10 P.M. Question & Answer
- 3:10 – 3:35 P.M. Afternoon Faculty Panel Discussion  
*C. Noel Bairey Merz, MD, FACC, FAHA; Margo B. Minissian, PhD, ACNP, CLS, AACC, FAHA; Margareta D. Pisarska, MD; Florian Rader, MD, FACC; Prediman K. Shah, MD, MACC; Chrisandra L. Shufelt, MD, MS, FACP, NCMP; Siddharth Singh, MD; Balaji Tamarappoo, MD, PhD; Janet Wei, MD, FACC; Parham Zarrini, MD, MBA*
- 3:35 – 3:40 P.M. Post-test
- 3:40 P.M. Adjourn

# REGISTRATION

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FRIDAY, MAY 12, 2017

## REGISTRATION METHODS

**ONLINE** registration: [csmc.edu/cme](http://csmc.edu/cme) and click on CME Courses

**MAIL** form to: Cedars-Sinai Medical Center  
Office of Continuing Medical Education, Attn: Registration  
8797 Beverly Blvd., Suite 250  
Los Angeles, CA 90048

**FAX** form to: 310-423-8596

*For additional course or registration information, call 310-423-5548.*

REGISTRATION FEES	PHYSICIAN	ALLIED HEALTH PROFESSIONAL	*RESIDENT/FELLOW
Received by 4/28/17	<input type="checkbox"/> \$185	<input type="checkbox"/> \$145	<input type="checkbox"/> \$25
Received after 4/28/17	<input type="checkbox"/> \$235	<input type="checkbox"/> \$185	<input type="checkbox"/> \$25

*\*RESIDENTS/FELLOWS are eligible to attend for a reduced registration fee. In order to receive this reduced fee, please send the written proof of residency (e.g., letter from Program Director) along with your completed registration form, or upload the written proof of residency if registering online.*

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## HOW DID YOU LEARN ABOUT THIS CME ACTIVITY?

- Brochure/Other Printed Materials  Cedars-Sinai Website  Email  
 Internet Search  Colleague  Past Participant  
 Internal Cedars-Sinai Communication  Other \_\_\_\_\_

## CONFIRMATION

In order to receive a registration confirmation, please provide your email address. If you do not receive a confirmation, please call 310-423-5548 to confirm your registration.

## REFUND POLICY

All cancellations must be submitted in writing, and refunds will be subject to a \$45 administrative charge. No refunds will be given in the last two weeks before the course. Please e-mail cancellation requests to [cme@cshs.org](mailto:cme@cshs.org). If you do not receive confirmation of your cancellation via e-mail, please call 310-423-5548.

## CANCELLATION POLICY

Cedars-Sinai reserves the right to cancel or reschedule programs due to circumstances beyond its control, or close registration when programs are oversubscribed. Registrants are advised against purchasing nonrefundable airline tickets until they receive registration confirmation. Cedars-Sinai is not responsible for penalties incurred as a result of cancelled transportation costs.

# FACULTY

## COURSE DIRECTOR

### **C. Noel Bairey Merz, MD, FACC, FAHA**

Director, Barbra Streisand Women's Heart Center  
Director, Linda Joy Pollin Women's Heart Health Program  
Director, Preventive Cardiac Center  
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## GUEST FACULTY

### **Virginia M. Miller, PhD**

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### **Amir Lerman, MD, FACC**

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FRIDAY, MAY 12, 2017  
CEDARS-SINAI MEDICAL CENTER - LOS ANGELES, CA

### **IN-DEPTH SYMPOSIUM EXPLORING SEX-SPECIFIC DIFFERENCES IN CARDIOVASCULAR DISEASE, INCLUDING:**

- Cardiovascular risk for women: genes, hormones and life circumstances
- Coronary microvascular dysfunction
- Heart failure in women diagnosis and management
- How to assess risk for heart attacks and strokes
- Weight loss, diet, hormone changes and supplements
- Managing statin intolerance and update on PCSK9 injectable therapy
- Hypertension: SPRINT Trial results

Earn up to 7.0 AMA PRA Category 1 Credit(s)<sup>™</sup>!