



CEDARS-SINAI
HEART INSTITUTE

10TH ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM FRIDAY, MAY 13, 2016

*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



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 and click on CME courses.

ACTIVITY INFORMATION

COURSE DESCRIPTION AND STATEMENT OF NEED

This in-depth educational symposium will explore gender-specific cardiac issues of prevalence, risk factors, screening modalities, and medical management strategies, including exercise and stress management, cholesterol management, hypertension, postural orthostatic tachycardia syndrome (POTS), reproductive hormone therapy, heart failure, and coronary microvascular dysfunction (CMD). The purpose of this conference is to close the knowledge gap for physicians and allied healthcare professionals regarding gender-specific differences in cardiovascular disease and the impact these differences have on treatment options, and also to highlight the importance of identifying women at risk for cardiovascular disease and using the most current evidence-based treatment strategies for improved patient outcomes.

TARGET AUDIENCE

This symposium is intended for clinicians who provide cardiovascular care for adult female patients.

EDUCATIONAL OBJECTIVES

- Recognize the clinical presentation of cardiac disease in women and how it differs from men
- Recommend strategies for risk reduction and management based on exercise, nutrition, and stress guidelines
- Develop a gender-specific approach to identifying and diagnosing non-obstructive disease and coronary microvascular dysfunction in women
- Review guidelines to reduce hypertension in women
- Understand CVD risks and the benefits of reproductive hormone therapy
- Review heart failure with preserved ejection fraction, which is more prevalent in women, with regard to prevention and treatment

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 6.5 *AMA PRA Category 1 Credit(s)*[™]. 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.

POLICY ON DISCLOSURE

It is the policy of Cedars-Sinai Medical Center to ensure balance, independence, objectivity, and scientific rigor in all its educational activities. Cedars-Sinai Medical Center assesses conflicts of interest with its faculty, planners, and managers of CME activities. Conflicts of interest that are identified are resolved by reviewing that presenter's content for fair balance and absence of bias, scientific objectivity of studies utilized in this activity, and patient care recommendations.

While Cedars-Sinai Medical Center endeavors to review faculty content, it remains the obligation of each physician or other healthcare practitioner to determine the applicability or relevance of the information provided from this course in his or her own practice.

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, 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

10TH ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM FRIDAY, MAY 13, 2016

- 7:15–7:45 A.M. Registration, Breakfast, and Exhibits
- 7:45 Introduction
C. Noel Bairey Merz, MD, FACC, FAHA
- 8:00 **KEYNOTE:** Why medicine often has dangerous side effects in women
Alyson J. McGregor, MD
- 9:00 Break & Exhibits
- 9:15 Coronary microvascular dysfunction – Update 2016
CHAIR: *C. Noel Bairey Merz, MD, FACC, FAHA*
SPEAKER: *Bina Ahmed, MD, FACC*
- 9:40 Question & Answer
- 9:50 What is new in heart failure in women – including atrial fibrillation, Takotsubo cardiomyopathy, contraception in patients with CVD, and cardio-oncology
CHAIR: *Michelle Kittleson, MD, FACC, PhD*
SPEAKER: *Janet Wei, MD, FACC*
Case presentation given by Sofy Landes, MD
- 10:50 Question & Answer
- 11:00 Exercise and stress management: How to prevent and reverse heart disease, including how much exercise is too much
CHAIR: *Christina Economides, MD*
SPEAKER: *Puja Mehta, MD, FACC*
- 11:25 Question & Answer
- 11:35 Update on hormones and heart disease: The ELITE and KEEPS trial results, and alternatives for hot flashes
CHAIR: *Margareta Pisarska, MD*
SPEAKER: *Chrisandra Shufelt, MD, MS*
- 12:00 P.M. Question & Answer
- 12:10 Lunch
- 1:00 Overview of WomenHeart: The National Coalition for Women with Heart Disease
SPEAKER: *Barbara Fleeman*
- 1:25 Cholesterol 2016: How to maximize statin therapy, manage statin intolerance and the new PCSK9 inhibitors
CHAIR: *Prediman K. Shah, MD, MACC*
SPEAKER: *Margo Minissian, PhDc, ACNP, CLS, AACC, FAHA*
Case presentation given by Ahmed Al-Badri, MD
- 2:25 Question & Answer
- 2:35 Hypertension, dysautonomias, POTS, and inappropriate sinus tachycardia in women
CHAIR: *Florian Rader, MD, FACC*
SPEAKER: *Ronald Victor, MD, FACC*
- 3:00 Question & Answer
- 3:10 Post-test
- 3:15 P.M. Adjourn

REGISTRATION

10TH ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM
FRIDAY, MAY 13, 2016

REGISTRATION METHODS

ONLINE registration: 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 4/29/16	<input type="checkbox"/> \$185	<input type="checkbox"/> \$145	<input type="checkbox"/> \$25
Received after 4/29/16	<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.*

Please print clearly

LAST NAME _____ FIRST NAME _____

DEGREE _____ SPECIALTY _____

ADDRESS _____

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PHONE _____ FAX _____

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**An email address is required to register for the conference.*

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CC NUMBER _____ CCV _____ EXP DATE ____/____/____

AUTHORIZED SIGNATURE _____

HOW DID YOU LEARN ABOUT THIS CME ACTIVITY?

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| <input type="checkbox"/> Brochure/Other Printed Materials | <input type="checkbox"/> Cedars-Sinai Website | <input type="checkbox"/> Email |
| <input type="checkbox"/> Internet Search | <input type="checkbox"/> Colleague | <input type="checkbox"/> Past Participant |
| <input type="checkbox"/> Internal Cedars-Sinai Communication | <input type="checkbox"/> 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 after April 29, 2016.

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

Women's Guild Endowed Chair in Women's Health
Director, Barbra Streisand Women's Heart Center
Director, Linda Joy Pollin Women's Heart Health
Program
Director, Preventive Cardiac Center
Professor of Medicine
Cedars-Sinai Medical Center
Los Angeles, CA

GUEST FACULTY

Bina Ahmed, MD, FACC

Assistant Professor, Interventional Cardiology
University of New Mexico
Albuquerque, NM

Alyson J. McGregor, MD

Associate Professor of Emergency Medicine
Director, Division of Sex and Gender
in Emergency Medicine
Warren Alpert Medical School of Brown University
Providence, RI

Puja Mehta, MD, FACC

Director, Women's Translational Cardiovascular Research
Emory Women's Heart Center
Emory Clinical Cardiovascular Research Institute
Assistant Professor of Medicine in Cardiology
Emory University School of Medicine
Atlanta, GA

CEDARS-SINAI COURSE FACULTY

Christina Economides, MD

Cardiologist
Cedars-Sinai

Michelle Kittleson, MD, FACC, PhD

Cardiologist
Cedars-Sinai

Margo Minissian, PhD, ACNP, CLS, AACC, FAHA

Cardiology Nurse Practitioner,
Barbra Streisand Women's Heart Center
Cedars-Sinai

Margareta Pisarska, MD

Associate Professor, Obstetrics and Gynecology
Director, Division of Reproductive Endocrinology
and Infertility
Cedars-Sinai

Florian Rader, MD, FACC

Co-Director, Clinic for Hypertrophic Cardiomyopathy
and Aortopathies
Staff Cardiologist
Assistant Professor of Cardiology
Cedars-Sinai

Prediman K. Shah, MD, MACC

Director, Oppenheimer Atherosclerosis Research Center
Director, Atherosclerosis Prevention
and Management Center
Cedars-Sinai

Chrisandra Shufelt, MD, MS

Associate Director,
Barbra Streisand Women's Heart Center
Director, Women's Hormone and Menopause Program
Associate Professor, Cedars-Sinai Heart Institute
Cedars-Sinai

Ronald Victor, MD, FACC

Professor of Medicine
Burns and Allen Chair in Cardiology Research
Director, The Hypertension Center
Director, Translational Research
Associate Director, Cedars-Sinai Heart Institute
Cedars-Sinai

Janet Wei, MD, FACC

Cardiologist
Cedars-Sinai

CEDARS-SINAI FELLOWS

Ahmed Al-Badri, MD

Sofy Landes, MD



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REGISTER NOW!

10TH ANNUAL WOMEN AND ISCHEMIC HEART DISEASE SYMPOSIUM

FRIDAY, MAY 13, 2016
CEDARS-SINAI MEDICAL CENTER - LOS ANGELES, CA

IN-DEPTH SYMPOSIUM EXPLORING GENDER-SPECIFIC DIFFERENCES IN CARDIOVASCULAR DISEASE, INCLUDING:

- Why medicine often has dangerous side effects in women
- Coronary microvascular dysfunction – Update 2016
- What is new in heart failure in women
- Exercise and stress management
- Update on hormones, testosterone, and heart disease
- Cholesterol 2016
- Hypertension, dysautonomias, POTS, and inappropriate sinus tachycardia in women