Division of Cardiovascular Diseases

Heart Disease in Women:
A New Era of Understanding, Recognition, Prevention, Diagnosis and Treatment

October 10-11, 2015
Siebens Building – Phillips Hall • Mayo Clinic, Rochester, MN

Register Online Now!
celinks.mayo.edu/womenheartcases

In Collaboration with:  Endorsed by:

WomenHeart
The National Coalition for Women with Heart Disease

AMERICAN COLLEGE of CARDIOLOGY

THE OHIO STATE UNIVERSITY
WEXNER MEDICAL CENTER
COURSE DESCRIPTION

This interactive educational activity will provide an overview of the current status of cardiovascular disease in women, identifying risk categories, diagnostic testing tools and treatment options. The course will offer new paradigms in understanding the mechanisms of sex differences in cardiovascular disease, and provide participants with tools to translate new knowledge into gender-specific patient care. Focus areas include novel approaches to prevention of cardiovascular disease, and diagnosis and treatment of ischemic heart disease syndromes in women, such as non-obstructive coronary disease, microvascular disease, spontaneous coronary artery dissection, and stress-induced cardiomyopathy. Areas of needed cardiac research in women and to determine sex-differences will be identified. Strategies to involve, engage and educate women in the community will be identified. Conference participants will be provided the latest information on heart disease in women by an internationally distinguished faculty. Research opportunities will be identified. Networking and collaborations will be fostered.

COURSE LEARNING OBJECTIVES

Upon conclusion of this program, participants should be able to:

- Recognize the prevalence of heart disease in women.
- Describe the differences in epidemiology of cardiovascular disease in women compared to men.
- Identify cardiovascular risk categories and how to assess cardiovascular risk in women.
- Identify emerging risk factors that can be identified in young women and their implication on CVD risk.
- Specify how to provide women with appropriate information for cardiovascular disease prevention.
- Identify sex differences in cardiovascular physiology and pathophysiology and related impact on ischemic heart disease presentations in women.
- Identify those diagnostic tools best used in women suspected of having ischemic heart disease.
- Describe the treatment options available to women with cardiovascular disease.
- Define the role of specialized care teams focused on Women’s Heart Health and Disease.
- Identify methods to engage and educate women in the community to increase the impact of women-focused cardiac assessment and treatment programs.
- Recognize opportunities in medical education to target awareness and teaching of sex-based differences in cardiovascular medicine.

Attendance at this Mayo course does not indicate nor guarantee competence or proficiency in the performance of any procedures which may be discussed or taught in this course.

INTENDED AUDIENCE

Cardiac and vascular specialists, general internists, family practitioners, women’s health care specialists, nurses and nurse practitioners, hospital administrators and policy makers, and anyone interested in learning about women and cardiovascular wellness and disease.

CREDIT

Mayo Clinic College of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Mayo Clinic College of Medicine designates this CME activity, for a maximum of 12.25 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.
EXHIBITS
At the time of this printing, a complete listing of exhibitors was not available. Appropriate acknowledgment will be given to all supporters at the time of the meeting.

Exhibits will be available for viewing at all scheduled breaks.

DATE AND LOCATION
The “Heart Disease in Women: A New Era of Understanding, Recognition, Prevention, Diagnosis and Treatment” will be held October 10-11, 2015. Course headquarters will be located in Phillips Hall on the first floor of the Siebens Medical Education Building, Mayo Clinic, 100 Second Avenue Southwest, Rochester, Minnesota. Meeting facilities are easily accessible by skyway and pedestrian subway, which connect Mayo Clinic to shops, restaurants and hotels.

REGISTRATION
To register online, visit celinks.mayo.edu/womenheartcases. The registration fee includes tuition, comprehensive online course syllabus, continental breakfasts, break refreshments, receptions, and dinner. Although it is not Mayo School of Continuous Professional Development (CPD) policy to limit the number of registrants for a course, conference room facilities may necessitate closing of enrollment; therefore, early registration is advised. A letter of confirmation will be sent upon receipt of payment and completed registration form. Please present the confirmation letter when checking in at the meeting registration desk.

For additional information, contact:
Matrix Meetings, Inc.
1202 ½ 7th Street NW
Suite 209
Rochester, MN 55901

Website: www.mayo.edu/cme (Search: Womenheart)
E-mail: kathleen@matrixmeetings.com
Phone: 507-288-5620
Fax: 507-288-0014

TRAVEL
Rochester, Minnesota, is a friendly city that greets thousands of visitors from around the world each year. The city is serviced by a modern international airport with multiple flights daily via American or Delta Airlines. Access to and from the airport is provided by taxi, shuttle service, and rental car. The airport is located approximately 10 miles from the Mayo Clinic campus.

Mayo Clinic’s appointed travel company, Ultramar Travel, is available to assist with your travel arrangements. To make your reservation, phone Ultramar Travel toll-free at 1-866-629-6885.

Note to Travelers: Several cities in the United States are named Rochester. When you make airline reservations and check your baggage, be sure that your destination is Rochester, Minnesota (RST) and that your baggage has been properly tagged.

Travel arrangements are the sole responsibility of the individual registrant.

PARKING
Parking is available in hotel, city, and Mayo patient/visitor ramps. The cost for parking is not included in the registration fee. A map indicating the location of downtown parking facilities will be mailed with the registrant confirmation letter.
LODGING ACCOMMODATIONS

Guest rooms have been reserved for attendees and their guests with special course rates at each of the following downtown Rochester hotels. In order to receive the special rate, reservations must be made before the room block is filled or before the expiration date of September 18, 2015, whichever comes first. Reservations will be taken following this date based on space and rate availability. Please identify yourself as a participant of the “Heart Disease in Women” when making your reservation.

Kahler Grand Hotel
20 Second Avenue SW
800-533-1655 or 507-282-2581
$139 single/double

Rochester Marriott Hotel
101 First Avenue SW
877-623-7775 or 507-280-6000
$169 single/double

The hotels listed above are connected by skyway and pedestrian subway to the conference facilities, downtown shops, and restaurants. You may wish to visit the Rochester Convention and Visitors Bureau website (www.rochestercvb.org) and/or www.rochester411.com for additional accommodation options and area information.

Lodging arrangements are the sole responsibility of the individual registrant.

Mayo School of CPD is not responsible for expenses incurred by an individual who is not confirmed and for whom space is not available at the meeting. Costs incurred by the registrant such as airline or hotel fees or penalties are the responsibility of the registrant.

NEARBY ATTRACTIONS

Mall of America, the largest fully-enclosed retail and family entertainment complex in the United States, is an easy 90-minute drive or shuttle ride from Rochester, Minnesota. Along with 500 retail stores, restaurants, and nightclubs, the mall features an indoor theme park and an aquarium.

Rochester Direct shuttle provides transportation between the Minneapolis airport and several Rochester locations. The cost is $39 per person same day round trip. For reservations, call Rochester Direct at 800-280-9270 or visit: www.gorochesterdirect.com.

FACULTY DISCLOSURE

As a provider accredited by ACCME, Mayo Clinic College of Medicine (Mayo School of Continuous Professional Development) must ensure balance, independence, objectivity and scientific rigor in its educational activities. Course director(s), planning committee, faculty, and all others who are in a position to control the content of this educational activity are required to disclose all relevant financial relationships with any commercial interest related to the subject matter of the educational activity. Safeguards against commercial bias have been put in place. Faculty also will disclose any off-label and/or investigational use of pharmaceuticals or instruments discussed in their presentation. Disclosure of this information will be published in course materials so those participants in the activity may formulate their own judgments regarding the presentation.
FACULTY

Course Directors
Sharon L. Mulvagh, MD
Director, Women's Heart Clinic
Professor of Medicine
Mayo Clinic, Rochester, MN

Sharonne N. Hayes, MD
Director, Diversity and Inclusion
Professor of Medicine
Mayo Clinic, Rochester, MN

Martha Gulati, MD
Director for Preventive Cardiology and Women’s Cardiovascular Health
Associate Professor of Medicine,
The Ohio State University Wexner Medical Center, Columbus, OH

Virginia M. Miller, PhD
Principal Investigator, Specialized Center for Research of Sex Differences
Professor of Physiology and Surgery
Mayo Clinic, Rochester, MN

Faculty – Mayo Clinic

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Cardiovascular Diseases

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Assistant Professor of Medicine
Cardiovascular Diseases

Kari A. Carter, APRN, CNP
Women’s Heart Clinic
Cardiovascular Diseases

Yong-Mei Cha, MD
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Cardiovascular Diseases

Mariana Garcia, MD
Research Fellow
Cardiovascular Diseases

Vesna D. Garovic, MD
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Nephrology and Hypertension

Joerg Herrmann, MD
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Cardiovascular Diseases

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General Internal Medicine

Ekta Kapoor, MBBS
Assistant Professor of Medicine
General Internal Medicine

Nupoor Narula, MD
Resident, Internal Medicine

Amy W. Pollak, MD
Assistant Professor of Medicine
Cardiovascular Diseases

Susan Wilansky, MD
Associate Professor of Medicine
Cardiovascular Diseases

Guest Faculty

Thais Coutinho, MD
Assistant Professor of Medicine, University of Ottawa
Ottawa, Canada

Rachel Dreyer, PhD
Post Doctoral Research Associate, Section of Cardiovascular Medicine, Yale School of Medicine,
Yale University, New Haven, CT

Dipti Itchhaporia, MD
Trustee American College of Cardiology (ACC),
Director of Disease Management, Hoag Memorial Hospital Presbyterian, Newport Beach, CA

Mothilal Sonia Jain, MBBS
Cardiologist, Olmsted Medical Center, Rochester, MN

Jennifer H. Mieres, MD
Professor of Cardiology & Population Health
North Shore-LIJ Health System, New Hyde Park, NY

Pamela Ouyang, MD
Professor of Medicine, Johns Hopkins School of Medicine
Director, Women’s Cardiovascular Health Center
Deputy Director, Johns Hopkins University Institute for Clinical and Translational Research, Johns Hopkins Bayview Medical Center, Baltimore, MD

Louise Pilote, MD
Professor of Medicine, James McGill Chair;
Director, Division of General Internal Medicine;
McGill University and McGill University Health Centre, Montreal, Canada

Harmony Reynolds, MD
Saul J. Farber Assistant Professor of Medicine,
NYU Langone Medical Center, New York, NY

Christina M. Vassileva, MD
Associate Professor Division of Cardiothoracic Surgery, Southern Illinois University School of Medicine, Springfield, IL

Annabelle Santos Volgman, MD
McMullan-Eybel Chair for Excellence in Clinical Cardiology; Professor of Medicine, Rush College of Medicine; Medical Director, Rush Heart Center for Women
Rush University, Chicago, IL

Nanette K. Wenger, MD
Professor of Medicine (Cardiology) Emeritus
Emory University School of Medicine, Consultant,
Emory Heart and Vascular Center, Atlanta, GA

Malissa J. Wood, MD
Co-Director MGH Heart Center Corrigan Women’s Heart Health Program, Harvard University, Boston, MA

NATIONAL PHYSICIAN PAYMENT TRANSPARENCY PROGRAM

Mayo Clinic College of Medicine complies with the requirements of the National Physician Payment Transparency Program OPEN PAYMENTS (Physician Payments Sunshine Act).
REGISTRATION

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Mayo Clinic, Rochester, MN

Registration is only available online at:
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Registration Fee:

<table>
<thead>
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<th>Category</th>
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<td>Physicians/Scientists</td>
<td>$360</td>
</tr>
<tr>
<td>Residents, Physician Assistants and Nurse Practitioners</td>
<td>$270</td>
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For additional information, contact: Matrix Meetings, Inc.
1202 ½ 7th Street NW
Suite 209
Rochester, MN 55901

Website: www.mayo.edu/cme
(Search: Womenheart)
E-mail: kathleen@matrixmeetings.com
Phone: 507-288-5620
Fax: 507-288-0014

CANCELATION POLICY

If you cancel your participation in this course, your registration fee, less a $75 administrative fee, will be refunded when written notification is received by Mayo School of CPD before September 25, 2015 (kathleen@matrixmeetings.com or fax#: 507-288-0014). No refunds will be made on or after September 26, 2015. Canceled registrations are non-transferable.

Mayo School of CPD reserves the right to cancel or postpone any course due to unforeseen circumstances. In the unlikely event Mayo School of CPD must cancel or postpone this course, Mayo School of CPD will refund the registration fee, but is not responsible for any related costs, charges, or expenses to participants, including fees assessed by airline/travel/lodging agencies.
PROGRAM SCHEDULE

SATURDAY, OCTOBER 10, 2015

6:30 – 7:15 am  Embrace the Day with Yoga
                 Hage Atrium

7:00 – 8:00 am  Continental Breakfast

8:00 – 8:10 am  Welcome, Overview, and Goals
                 Sharon L. Mulvagh, MD and Sharonne N. Hayes, MD

8:10 – 8:35 am  Opening Keynote:
                 Adding Competence to Our Approach in Treating Heart
                 Disease in Women: Why We Need Specialized Care for
                 Women’s Hearts and Vessels
                 Martha Gulati, MD

Morning Session:
Understanding Women’s Hearts and Vessels: Recognizing the
Differences
Moderators: Sharonne N. Hayes, MD and Virginia Miller, PhD

8:35 – 9:00 am  Vascular Physiology and Pathophysiology – Does Sex Matter?
                 Virginia Miller, PhD

9:00 – 10:15 am Rapid Fire Case Based Focus Session: Cardiovascular
                 Disorders Unique to or More Prevalent in Women

9:00 am         Spontaneous Coronary Artery Dissection (SCAD)
                 Sharonne N. Hayes, MD

9:15 am         Takotsubo – Stress Induced Cardiomyopathy (CM)
                 Mothilal Sonia Jain, MBBS

9:30 am         Microvascular Disease (MVD)
                 Patricia J. M. Best, MD

9:45 am         Heart Failure with Preserved Ejection Fraction
                 (HFpEF)
                 Shannon Dunlay, MD

10:00 am        Polycystic Ovary Syndrome (PCOS)
                 Salma Iftikhar, MD

10:15 – 10:30 am Wellness Break

10:30 – 11:15 am Rapid Fire Case Based Focus Session: Pregnancy, A Stress
                 Test for a Women’s Heart

10:30 am        Metabolic Risks: Pregnancy Induced Hypertension
                 and Gestational Diabetes
                 Vesna D. Garovic, MD

10:45 am        Peripartum Cardiomyopathy
                 Susan Wilansky, MD

11:00 am        Valvular Heart Disease & Pregnancy
                 Lori Blauwet, MD
11:15 – 11:40 am  **Cardiovascular Risk After Menopause. Do Sex Hormones Play a Role?**  
Pamela Ouyang, MD

11:40 – 1:15 pm  **Lunch Program: “Transforming Heart Care for Women: Focus on the Patient–Provider Relationship”**  
Drs. Hayes, Gulati, Mulvagh, Mieres, Volgman, Ms. Carter and WomenHeart District Champions

**Afternoon Session:**  
Prevention and Treatment of Cardiovascular Disease in Women  
Moderators: Sharon L. Mulvagh, MD and Martha Gulati, MD

1:15 – 1:40 pm  **Transforming CVD Prevention for Women: Time for the Pygmalion Construct to End**  
Nanette K. Wenger, MD

1:40 – 2:55 pm  **Rapid Fire Case Based Focus Session:**  
**Novel Cardiovascular Risks in Women**

1:40 pm  **Menopause And Weight Gain: Can the Middle-Age Spread be Stopped?**  
Ekta Kapoor, MBBS

1:55 pm  **Thinfluence and the Psychological Aspects of Obesity & Weight Loss**  
Malissa J. Wood, MD

2:10 pm  **Vascular Disease**  
Thais Coutinho, MD

2:25 pm  **Cardio-Oncology**  
Joerg Herrmann, MD

2:40 pm  **Autoimmune Disorders**  
Sharon L. Mulvagh, MD

2:55 – 3:20 pm  **Acute Coronary Syndromes in Women: What are the Sex Differences**  
Harmony Reynolds, MD

3:20 – 3:45 pm  **Young Women and Acute MI: VIRGO Study: Recognizing the Acute Need for Action**  
Rachel Dreyer, PhD

3:45 – 4:00 pm  **Wellness Break**

4:00 – 4:25 pm  **Testing for Heart Disease in Women: Lessons Learned and Challenges that Remain**  
Jennifer Mieres, MD

4:25 – 5:10 pm  **Treating Heart Disease in Women Round-Table: No Need for Disparities**  
Moderators: Sharonne N. Hayes MD & Harmony Reynolds, MD

**Medical/Interventional ViewPoint**  
Dipti Itchhaporia, MD
4:25 – 5:10 pm  Surgical ViewPoint  
(continued)  Christina M. Vassileva, MD

Electrophysiology (EP) ViewPoint  
Yong–Mei Cha, MD

5:10 – 5:30 pm  Wrap Up/Summary/Concluding Remarks  
Drs. Mulvagh, Hayes, Gulati and Miller

6:30 – 10:00 pm  Reception, Dinner and Salsa Dancing

SUNDAY, OCTOBER 11, 2015

6:30 – 7:15 am  Embrace the Day with Yoga

7:00 – 8:00 am  Continental Breakfast

8:00 – 8:45 am  Clinical Roundtable: The Care of Women’s Hearts in 2015  
Drs. Gulati, Volgman, Mulvagh and Ms. Carter

8:45 – 9:30 am  Research Roundtable: Emerging Areas for Cardiovascular Research in Women  
Drs. Pilote, Reynolds, Coutinho and Wenger

9:30 – 9:45 am  Wellness Break

9:45 – 10:30 am  Education Roundtable: Recognizing the Need for Sex–Based Medicine: Present and Future  
Drs. Miller, Ball, Pollak and Narula

10:30 – 11:15 am  Community Building Focus Roundtable: How to Make a Presence in Your Community  
Drs. Hayes, Wood and the WomenHeart District Champions

11:15 – 11:30 am  Final Summary/Wrap Up/Concluding Remarks  
Drs. Mulvagh, Hayes, Gulati and Miller

11:30 am  Adjourn
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