



Cardiovascular Disease Prevention for Women First Annual ASPC Southeastern Conference

in Collaboration with Boca Raton Regional Hospital

Saturday, April 28, 2012

Registration fee includes: course syllabus, badge for exhibit hall and meal functions.

____ ASPC Member	\$75
____ Non-member Physician*	\$90
(*Join ASPC today and pay the member rate)	
____ Allied Health	\$50
____ In Training Fellow	\$25
Total	_____

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6816 Southpoint Pkwy,
Suite 1000
Jacksonville, FL 32216

Cardiovascular Disease Prevention for Women



American Society for Preventive Cardiology

First Annual ASPC

Southeastern Conference

In Collaboration with

Boca Raton Regional Hospital

Saturday, April 28, 2012

Renaissance Boca Raton Hotel
Boca Raton, Florida

Earn 7.0 CME/CE Credits

www.aspconline.org/womenscvd

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Register Today!



Cardiovascular Disease Prevention for Women

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in Collaboration with Boca Raton Regional Hospital

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Renaissance Boca Raton Hotel • Boca Raton, Florida

Jointly Sponsored/
Co-sponsored by



In collaboration with



Join Us...

on Saturday, April 28, 2012 in Boca Raton, Florida, for this 1-day conference led by a renowned faculty. Sessions will focus on the integrated delivery of preventive care for women, emphasizing early and aggressive global cardiovascular risk reduction strategies. You will leave with eye-opening, practical solutions for managing your female patients.

Symposium Highlights:

- Tailor your CVD risk assessment and stratification to women
- Learn the latest on effective diet, supplementation, weight management, and lifestyle factors influencing CVD health
- Hear a patient's perspective with a special presentation on living with Familial Hypercholesterolemia (FH)
- Implement new gender specific prevention guidelines and research into your practice

PROGRAM CHAIRS



Seth J. Baum, MD, FACC, FACPM, FAHA
Women's Preventive Cardiology
Boca Raton Regional Hospital
Florida Atlantic University Medical School
Boca Raton, FL



Stephen L. Kopecky, MD
President-Elect, ASPC
Professor of Medicine
College of Medicine Mayo Clinic
Rochester, MN

FEATURED FACULTY



Caroline M. Apovian, MD, FACP, FACN
Professor of Medicine
Boston University School of Medicine
Boston, MA



Roger S. Blumenthal, MD, FAHA, FACC
Professor of Medicine/Cardiology
Johns Hopkins University School of Medicine
Baltimore, MD



Lynne T. Braun, PhD, CNP, FAHA, FAAN
Professor of Nursing and Nurse Practitioner
Rush University Medical Center
Chicago, IL



Thomas D. Dayspring, MD, FACP, NCMP
Clinical Professor of Medicine
University of Medicine and Dentistry of New Jersey
Wayne, NJ



Penny M. Kris-Etherton, PhD, RD, FAHA
Distinguished Professor of Nutrition
The Pennsylvania State University
University Park, PA

Interactive Patient Session



Wenter Blair
Vice President, Board of Directors
The FH Foundation
Member of the Go Red For Woman Passion Executive Committee for the American Heart Association
Advocate and Volunteer with WomenHeart
Frisco, Texas



Joanne M. Foody, MD, FACC, FAHA
Associate Professor
Harvard Medical School
Boston, MA



Marian Limacher, MD
AHA Endowed Professor of Cardiovascular Research
University of Florida
Gainesville, FL



Michal L. Melamed, MD, MHS
Assistant Professor of Medicine and Epidemiology & Population Health
Albert Einstein College of Medicine
Bronx, NY



James A. Underberg, MD, MS, FACPM, FACP, FASH
Clinical Associate Professor
New York University School of Medicine
New York, NY



Nanette K. Wenger, MD, MACC, MACP, FAHA
Professor of Medicine
Emory University School of Medicine
Atlanta, GA



Maureen Whelihan, MD
Center for Sexual Health and Education, LLC
Elite GYN Care of the Palm Beaches
Wellington, FL



ASPC and the American Heart Association's Go Red For Women® are proud to raise awareness of the No. 1 killer of women – heart disease



Endorsed by

Register at www.aspconline.org/womenscvd



Statement of Need

Cardiovascular disease (CVD) is the leading cause of death for women in the United States, and most industrialized nations; yet there remain significant gaps in the prevention, diagnosis and treatment of CVD in women. The optimal time to prevent CVD through the assessment and management of cardiovascular risk factors is as early as possible in a woman's life. It is a priority by the time a woman is peri-menopausal. The **American Society for Preventive Cardiology (ASPC)** is sponsoring this one-day conference to help overcome common clinical misperceptions and provide comprehensive strategies for improving health outcomes for our female patients.

Target Audience

This program has been designed for all medical professionals involved in the care of women, including: general cardiologists, interventional cardiologists, internists, family practitioners, ob/gyns, endocrinologists, dietitians, nurses, nurse practitioners, pharmacists, physician's assistants and other healthcare professionals.

Learning Objectives

Upon completion of this educational activity, participants should be able to:

- Detail the limitations to understand existing risk stratification models to predict cardiovascular disease (CVD) in women, and why those limitations may exist
- Implement strategies for the effective management of lipids and lipoproteins in women
- Identify how pathophysiological differences between the sexes influence risk factors, presentations, and outcomes associated with various CVD states in women
- Describe the role of imaging in the diagnosis of cardiovascular disease in women and review some of the current and evolving imaging technologies
- Discuss new clinical guidelines and recommendations for women and their application to clinical practice
- Overcome misperceptions and barriers to optimal patient management
- Discuss the impact of weight loss, diet, fatty acids, supplements, and lifestyle changes on the prevention of CVD in women
- Review current use and CVD effects of menopausal hormone therapy (MHT)

Accreditation

AKH CME/CE credit provided by AKH Inc., Advancing Knowledge in Healthcare

PHYSICIANS

This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint sponsorship of AKH Inc., ASPC and Boca Raton Regional Hospital. AKH Inc. is accredited by the ACCME to provide continuing medical education for physicians. AKH Inc. designates this live event for a maximum of 7.0 AMA PRA Category 1 Credit(s)™. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PHYSICIAN ASSISTANTS

NCCPA accepts AMA PRA Category 1 Credit™ from organizations accredited by ACCME.

AMERICAN ACADEMY OF FAMILY PHYSICIANS

Application for CME credit has been filed with the American Academy of Family Physicians. Determination of credit is pending.

PHARMACY

AKH Inc. is accredited by the Accreditation Council for Pharmacy Education as a provider of continuing pharmacy education. AKH Inc. approves this KNOWLEDGE-based activity for 7.0 contact hour(s) (0.7 CEUs). UAN 0077-9999-12-007-L04-P.

NURSING

AKH Inc. is accredited as a provider of continuing nursing education by the American Nurses Credentialing Center's COA. AKH Inc. designates this educational activity for 7.0 contact hours (0.7 CEU). Accreditation applies solely to educational activities and does not imply approval or endorsement of any commercial product by the ANCC-COA.

DIETITIANS

AKH Inc. is a Continuing Professional Education (CPE) Accredited Provider with the Commission on Dietetic Registration (CDR). Registered dietitians (RDs) and dietetic technicians, registered (DTRs) will receive 7.0 continuing professional education units (CPEUs) for completion of this program/material. CDR Accredited Provider #AN008. The focus of this activity is rated Level 2. Learners may submit evaluations of program/materials quality to the CDR at www.cdrnet.org.

CRITERIA FOR SUCCESS

Statements of credit will be awarded based on the participant's attendance and submission of the activity evaluation form. A statement of credit will be mailed/mailed to participants 4-6 weeks of successful completion. Pharmacist are required to attend entire activity and completed evaluation and request for credit form to receive a statement of credit. If you have questions about this CME/CE activity, please contact AKH Inc. trish@akhealthcare.com.

COMMERCIAL SUPPORT

Final notification of commercial support will be provided in the final course syllabus.

Venue

Renaissance Boca Raton Hotel

2000 NW 19th St
Boca Raton, FL 33431
561-368-5252

Reservations

A room block has not been arranged for this meeting, but rooms are available starting at \$169/night. Please call the hotel directly at 561-368-5252 to make a reservation.

Parking

Self-Parking is complimentary and available for all meeting attendees.



American Society for Preventive Cardiology (ASPC)

The ASPC is a 501c3 nonprofit medical association founded in 1975 that serves health professionals specializing in cardiovascular disease prevention. The mission of the organization is to promote the primary and secondary prevention of cardiovascular disease through professional education and public health outreach. If you're not a member, join today for educational resources, publications and many other benefits at www.asponline.org.

Boca Raton Regional Hospital

Boca Raton Regional Hospital recognized the devastating toll that cardiovascular disease takes on women and has established the Women's Preventive Cardiology Program to help raise awareness and diminish heart attacks and strokes. The Program is an integral part of the Christine E. Lynn Women's Health and Wellness Institute.

WomenHeart

The National Coalition for Women with Heart Disease is the nation's only patient centered organization serving the 42 million American women living with or at risk of heart disease. To learn more, visit www.womenheart.org.

Scientific Program ~ Saturday, April 28, 2012

7:15–8:00 AM

Continental Breakfast and Registration

12:30–1:30 PM

Lunch

8:00–8:15 AM

Welcome and Introductions
Seth J. Baum, MD

1:30–1:55 PM

Good Fats, Bad Fats—What Do Women Need?
Penny M. Kris-Etherton, PhD, RD
The Pennsylvania State University

8:15–8:40 AM

Calcium and Vitamin D: To Pop or Not?

Michal L. Melamed, MD, MHS
Albert Einstein College of Medicine

1:55–2:20 PM

Dissecting a Woman's Lipids and Lipoproteins: Clues to Their Hidden Residual Risk
Seth J. Baum, MD
Boca Raton Regional Hospital

8:40–9:10 AM

Hypertension, Diabetes and Lipid Disorders: Why Are Women Treated Less Effectively Than Men?

Marian Limacher, MD
University of Florida

2:20–2:45 PM

Exercise and Stress Management for Optimal Health: A Prescription You Don't Need to Write
Lynne T. Braun, PhD, CNP
Rush University Medical Center

9:10–9:35 AM

Management of Menopausal Symptoms and the Cardiovascular System: Do the Benefits of Hormonal Therapy Outweigh the Risks?

Thomas D. Dayspring, MD
University of Medicine and Dentistry of New Jersey

2:45–3:05 PM

Refreshment Break

9:35–10:00 AM

Non-invasive Evaluation of CVD in Women: Role of CAC, CTA, IMT

Roger S. Blumenthal, MD
Johns Hopkins University

3:05–3:30 PM

Show Your Heart You Care: A Guide to Cardiovascular Disease Prevention for Women
Nanette K. Wenger, MD
Emory University School of Medicine

10:00–10:20 AM

Refreshment Break

3:30–4:05 PM

New Guidelines on the Prevention of Heart Disease: An Update
Joanne M. Foody, MD
Harvard School of Medicine

10:20–10:45 AM

Statin Intolerance in Women

Stephen L. Kopecky, MD
Mayo Clinic-Minnesota

4:05–4:30 PM

A Healthy Sex Life Promotes a Healthy Heart
Maureen Whelihan, MD
Center for Sexual Health and Education

10:45–11:10 AM

Weight Management Strategies: A Healthy Diet for a Healthy Heart

Caroline M. Apovian, MD
Boston University School of Medicine

4:30–5:00 PM

Panel Discussion and Q&A
Afternoon Faculty

11:10–11:30 AM

Panel Discussion and Q&A

Morning Faculty

5:00 PM

Closing Remarks/Adjourn
Seth J. Baum, MD

11:30 AM–12:30 PM

Interactive Patient Session: Co-sponsored by the National Lipid Association Women with Familial Hypercholesterolemia—Underdiagnosed and Undertreated

James A. Underberg, MD
New York University Medical School
Wenter Blair
FH Foundation

Agenda subject to change.