

Non Profit Org.
U.S. Postage
PAID
Permit No. 110
Syracuse, NY



MATTERS OF THE HEART: WOMEN AND CARDIOVASCULAR DISEASE

Friday April 16, 2010
Holiday Inn, Liverpool, NY
8:15 a.m. to 4:30 p.m.

PRESENTED BY

- **SUNY Upstate Medical University**
College of Nursing

IN COLLABORATION WITH

- **Binghamton University Decker School of Nursing**
- **SUNY Downstate Medical Center**
College of Nursing

SUPPORTED BY

- **SUNY Conversations in the Disciplines Program**

Featuring general and breakout sessions focusing on current science related to issues unique to women with heart disease including diagnosis, treatment, and access to care.

MATTERS OF THE HEART: WOMEN AND CARDIOVASCULAR DISEASE



Purpose

Coronary heart disease (CHD) is often thought of as a disease of men. Yet, CHD is the number one cause of death for women 65 years and older, is ranked second for women aged 45-65 years, and is the third leading cause of death in women aged 25-44 years (NCHS, 2007). This conference will provide a forum for researchers and clinicians to share scholarly inquiry, research findings, and creative interventions related to women and heart disease.

The goals of the conference are to:

1. Explore the state of the science regarding women and heart disease
2. Identify gaps of knowledge in research pertaining to women and heart disease
3. Provide a forum by which scholars can discuss issues surrounding women and heart disease
4. Develop creative collaboration among scholars in the CHD arena.

HOLIDAY INN

441 Electronics Parkway
Liverpool, NY 13088

Hotel Reservations: 1-888-HOLIDAY (1-888-465-4329)
Hotel Front Desk: 1-315-457-1122

DRIVING DIRECTIONS

From North and South: Take I-81 To Exit 25 (7th North Street).
Right Off Exit. Follow one mile to end.

From East and West: Take I-90 To Exit 37 (Electronics Parkway).
Hotel located across the street.

Keynote Session: 2010: STATE OF THE HEART OF WOMEN

Lori Mosca, MD, MPH, PhD, is the director of preventive cardiology at New York-Presbyterian Hospital and is associate professor of Medicine at Columbia University College of Physicians and Surgeons. Dr.



Mosca founded and is the director of the Columbia Center for Heart Disease Prevention, in midtown Manhattan. She is the author of *Heart to Heart: A Personal Plan for Creating a Heart-Healthy Family*, published by HCI Books.

Dr. Mosca's area of clinical expertise is preventive cardiology, with an emphasis on the management of lipid disorders. Her research is focused on novel methods for the early detection and prevention of cardiovascular disease. Dr. Mosca sits on the executive committee of the Raloxifene Use for the Heart (RUTH) International Prevention Trial in women as well as several other international steering committees related to prevention. She chaired the expert panels for the AHA Evidence-Based Guidelines for Cardiovascular Disease Prevention in Women, and Hormone Replacement Therapy. Dr. Mosca also chaired the AHA National Women's Heart Disease and Stroke Campaign. In addition, she has published more than 150 scientific papers.

Dr. Mosca received her medical degree from SUNY Upstate Medical University in Syracuse and her masters in public health and doctorate in epidemiology from Columbia University. She completed a residency in internal medicine at Syracuse and a fellowship in preventive cardiology at Columbia University.

Plenary Session:

ISCHEMIC HEART DISEASE IN WOMEN: KEY DIFFERENCES

Gladys Velarde, MD, FACC is a cardiologist and an associate professor of Medicine at the University of Rochester Medical Center. Dr. Velarde's practice stresses preventive care for women (and men) at risk for cardiovascular disease and early detection of cardiac-related problems. She is also founder/director of the Strong Women's Heart Program, leading a team of women physicians and health care providers to promote women's heart health and help women lead healthier lives. The team provides a holistic approach to women's health care, and partners with obstetricians, gynecologists and primary care providers to offer patients comprehensive diagnostic testing and treatment. An emphasis is placed on prevention, diagnostic screening, comprehensive risk assessment, risk reduction, education and support.

Dr. Velarde is the principal investigator of the PINK (Prothrombotic, INflammatory markErs) study, the first women only study in patients with the metabolic syndrome. The study focuses on blood markers that may put women with this syndrome at higher risk for cardiovascular events.

Dr. Velarde received her medical degree from New York University School of Medicine. She completed her residency at Columbia Presbyterian Medical Center and fellowships in cardiology at Boston University and Mt. Sinai Hospital. She is board-certified in Internal Medicine and Cardiovascular disease and a Fellow of the American College of Cardiology.

Closing Session:

STATE OF THE SCIENCE: RURAL WOMEN AND CARDIOVASCULAR DISEASE

Pamela Stewart Fahs, RN, DSN, is a Professor at Binghamton University Decker School of Nursing where she holds an endowed chair in rural nursing. Her research is focused on the cardiovascular health of rural populations. She was the Principle Investigator on a National Institute of Health project entitled "Promoting Heart Health in Rural Women." Dr. Stewart Fahs was a national panel member and an author of the clinical guidelines on primary prevention of cardiovascular disease in women, released in 2001 and revised in 2003 (Association of Women's Health Obstetric and Neonatal Nurses [AWHONN], 2003). Dr. Fahs has experience in conducting educational program research and in instrument development (Fahs, 2006).

Schedule:

7:30 to 8:15 **Registration**

8:15 to 8:30 **Introduction and Welcome**

8:30 to 9:30 **Keynote Address:**
2010: STATE OF THE HEART OF WOMEN
Lori Mosca, MD, MPH, PhD

9:30 to 9:45 **Break**

9:45 to 10:45 **Plenary Session:**
ISCHEMIC HEART DISEASE IN WOMEN: KEY DIFFERENCES
Gladys Velarde MD, FACC

10:45 to 11:00 **Break**

11:00 to 12:00 **Breakout Sessions:** Choose One

A. Heart Disease and Rural Women – Lessons Learned: Conducting Research to Reduce Cardiovascular Disease Risk Among Rural Women.

Conducting intervention research has its challenges and rewards. These are often magnified when carrying out research studies on rural populations in the field. Hear about a study to reduce CVD risk in rural women, how researchers in this Phase II NIH study overcame obstacles and the lessons learned in conducting this three year research project.

Pamela Stewart Fahs, RN, DSN

B. Matters of the Heart: Educating Women About Heart Disease

Women with heart disease exhibit more risk factors than men but are less likely to link these risk factors to future MI's. Women's MI symptoms are different from men, yet they are less likely to recognize MI symptoms and to seek treatment. This session will discuss an educational program using acronyms that increases women's knowledge of MI symptoms.

M. Kalman, RN, PhD
Associate Professor, Director of Research
College of Nursing, SUNY Upstate Medical University

12:00 to 1:00 **Lunch**

1:00 to 2:00 **Breakout Sessions:** Choose One

A. Unique Barriers and Burdens Accessing Health Care for Rural Women

Rural women experience unique barriers and burdens to access the health care they deserve. This session addresses these issues and will propose solutions.

Lindsay Lake Morgan, RN GNP, PhD
Assistant Professor, Decker School of Nursing
Binghamton University

Margaret (Peg) Pribulick, PhD
Assistant Professor, Decker School of Nursing
Binghamton University

B. Treatment Approaches to Women With Cardiac Risk Factors.

This presentation will review traditional cardio-vascular risk markers in women and the diagnostic treatment modalities to be used to treat women.

Kristen M. Lewis, FNP
Cardiology Associates. Johnson City, New York

2:00 to 2:15 **Break**

2:15 to 3:15 **Breakout Sessions** Choose One

A. How About a Little R & R?: Cardiac Recovery and Rehabilitation in Women.

Participation in cardiac rehabilitation is strongly associated with improvements in symptoms, function, and quality of life for both men and women after a cardiovascular event. This session will address issues in recovery from infarction or revascularization, and access, participation, and responses to cardiac rehabilitation in women with heart disease.

Kevin Neville, PT, MS, CCS
Board-Certified Specialist in Cardiovascular and Pulmonary Physical Therapy, Assistant Professor, College of Health Professions, SUNY Upstate Medical University

B. Are We Teaching Female Heart Failure Patients What They Want to Know About Self Care?

Heart Failure in females is a growing public concern. We will explore teaching methods used by health professionals to promote self care management of the female heart failure patient.

Connie Randolph, RN, MS, CNS
Critical Care, St. Joseph's Hospital Health Center
Syracuse, New York

3:15 to 3:30 **Break**

3:30 to 4:30 **Closing Session**

State of the Science: Rural Women and Cardiovascular Disease

How can a systematic literature review uncover what is known and what still needs exploration in an area? Explore how "Matters of the Heart: Cardiovascular Disease and Rural Nursing" was developed and where we are in the state of the science on rural women and cardiovascular disease.

Pamela Stewart Fahs, RN, DSN

4:30 to 4:45 **Closing Remarks/Program Evaluation**

PLEASE PRINT:

Name	Degree(s), Area of Certification	
Agency/Place of Work		
Address		
City	State	Zip
Phone	E-mail	

BREAKOUT SESSIONS

Please indicate your choices for each breakout session:

11 a.m. to Noon

- A) Heart Disease and Rural Women
 B) Matters of the Heart

1 to 2 p.m.

- A) Access for Rural Women: Unique Barriers and Burdens
 B) Cardiac Risk Factors, Treatment Approaches

2:15 to 3:15 p.m.

- A) Cardiac Recovery and Rehab
 B) Self Care and the Female Patient

REGISTRATION FEES

If postmarked by March 25, 2010:		If postmarked after March 25, 2010:	
State Employees	\$ 50	State Employees	\$ 60
Non state employees	\$ 75	Non state employees	\$ 85
Students	\$ 25	Students	\$ 25

- All state employees and students must submit a Xerox copy of their state or student ID with their registration form.
- Includes conference materials, light continental breakfast, breaks and lunch.
- For your comfort and since temperatures vary from room to room, please wear layered clothing.
- Refunds will be made only if requested in writing 8 working days prior to the course and accompanied by a \$25 processing fee. Full refunds will be made if the course is canceled due to insufficient enrollment.

METHOD OF PAYMENT (CHECK ONE):

Check payable to: FSA - Continuing Nursing Education

Visa Mastercard Discover Card

Name (as it appears on card) _____

Card _____ Expiration Date _____

Amount _____ Signature _____

Mail or fax registration form with payment to:

Barbara Black
College of Nursing
Center for Continuing Nursing Education
Upstate Medical University,
750 East Adams Street
Syracuse, New York 13210

Fax: 315-464-5168
Questions? Call Barb Black at 315-464-3905

Online registration at
www.upstate.edu/con
Look for the continuing
education link.