

Friday, April 12 and
Saturday, 13, 2019

Roosevelt Hotel, New York

Endorsed by:



New York State
CHAPTER



Lifestyle

Risk factors

Research

**1st Annual
Heart of Prevention
Symposium:
Updates on
Cardiovascular
Disease Prevention
With a Focus on
Women's Heart Health**

▼ **Course Directors**



Eugenia Gianos, MD
System Director, Cardiovascular
Prevention, Northwell Health
Director, Women's Heart Health, Lenox Hill
Associate Professor of Medicine,
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Stacey E. Rosen, MD
Vice President, Women's Health,
The Katz Institute for Women's Health
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Partners Council Professor
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Jennifer Mieres, MD
**Senior Vice President, Center for
Equity of Care**
Chief Diversity and Inclusion Officer
Associate Dean of Faculty Affairs
Professor of Cardiology, Occupational
Medicine, Epidemiology & Prevention
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DONALD AND BARBARA
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Program Agenda

Friday, April 12, 2019

Updates in Cardiovascular Disease Prevention

Moderators: Benjamin J. Hirsh, MD; Eugenia Gianos, MD

7:15 am	Registration, Breakfast and Exhibits
8:00 am	Welcome and Introduction Eugenia Gianos, MD; Stacey E. Rosen, MD; Jennifer Mieres, MD
8:10 am	Updates in Hypertension Assessment and Treatment Joseph A. Diamond, MD
8:35 am	Cardiovascular Risk Reduction in the Diabetic Patient Bijiana Parapid, MD
8:55 am	Anti-platelets in Primary and Secondary Prevention Chad A. Kliger, MD
9:10 am	Preventive Strategies in Cryptogenic Stroke Salmon Azhar, MD
9:25 am	Inflammation — an Independent Pathway and Target for CVD Prevention Guy Mintz, MD
9:40 am	The Value Of Genetics In Cardiovascular Risk Assessment — How to Integrate into Your Clinical Practice Dorata Gruber, DhSc
9:55 am	Panel Discussion
10:15 am	Break and Exhibits
10:45 am	Introduction
10:50 am	Where Does Fish Oil Fit Into A Preventive Regimen? Benjamin J. Hirsh, MD
11:05 am	Innovative Lipid Therapies On The Horizon Eugenia Gianos, MD
11:20 am	Keynote Lecture: Summing Up The New Lipid Guidelines For Clinical Practice Neil Stone, MD
11:35 am	Panel Discussion: Navigating Challenging Cases In Clinical Practice — Case Base Learning
12:05 pm	Lunch and Exhibits

Focus on Cardiovascular Prevention in Women

Moderators: Stacey E. Rosen, MD; Jennifer Mieres, MD

1:05 pm	Introduction
1:10 pm	Treatment of Dyslipidemia in Women Neil Stone, MD
1:35 pm	Treating hypertension throughout a woman's lifetime Martha Gulati, MD
2:05 pm	Syndromes Unique to Women — SCAD, Microvascular Disease, Peri-partum Complications Stacey E. Rosen, MD
2:20 pm	Break and Exhibits
2:40 pm	Introduction
2:45 pm	Cardiovascular Imaging in Women Leslee Shaw, PhD
3:10 pm	Primary and Secondary CVD Prevention in Breast Cancer Patients Sonia Henry, MD
3:25 pm	Panel Discussion: Discussion in Women — Case Base Learning
4:00 pm	Conclusion

Saturday, April 13, 2019

Lifestyle and Dietary Strategies for Cardiovascular Prevention

Moderators: Eugenia Gianos, MD; Northwell Faculty

8:00 am	Introduction: Evidence For A “Heart-Healthy” Diet and Lifestyle Eugenia Gianos, MD
8:20 am	Heart Healthy Eating — Breaking Down Nutrients And Portions Jane Prokopowicz, MBA, RDN
8:35 am	The Mindful Art of Counseling for Dietary Behavior Change Erin Keane, RD, CDN, CDE
8:50 am	Review Of Weight Loss Techniques — How Should We Be Guiding Our Patients? Jamie Kane, MD
9:05 am	The Power of the Plant-based Diet Michelle McMacken, MD
9:30 am	Programs For Lifestyle Success — Arriving At An Individualized Exercise Prescription Sunny Intwala, MD
9:45 am	Panel Discussion
10:00 am	Break and Exhibits
10:30 am	Hot off the Press — Summing up the ACC/AHA Primary Prevention Guidelines Kim Williams, MD
10:55 am	Applying Prevention to Diverse Populations Jennifer Mieres, MD
11:10 am	Thinking about sleep — What We Know About Sleep Apnea and CV Risk Steven Feinsilver, MD
11:25 am	Techniques To Treat The All Too Prevalent Diagnosis Of Insomnia Julie Kolzet, PhD
11:40 am	An Integrative Health Perspective For The Cardiovascular Disease Patient Deborah McElligott, DNP, HWNC-BC, CDE
11:55 am	Panel Discussion: Discussions In Lifestyle — Case Base Learning
12:15 pm	Patient Experience Session
1:00 pm	Conclusion

Times and speakers are subject to change

