Northwell℠ Cardiovascular Institute

In collaboration with the
Katz Institute for Women's Health

FROM PREVENTION TO INTERVENTION: FOCUS ON WOMEN'S HEART

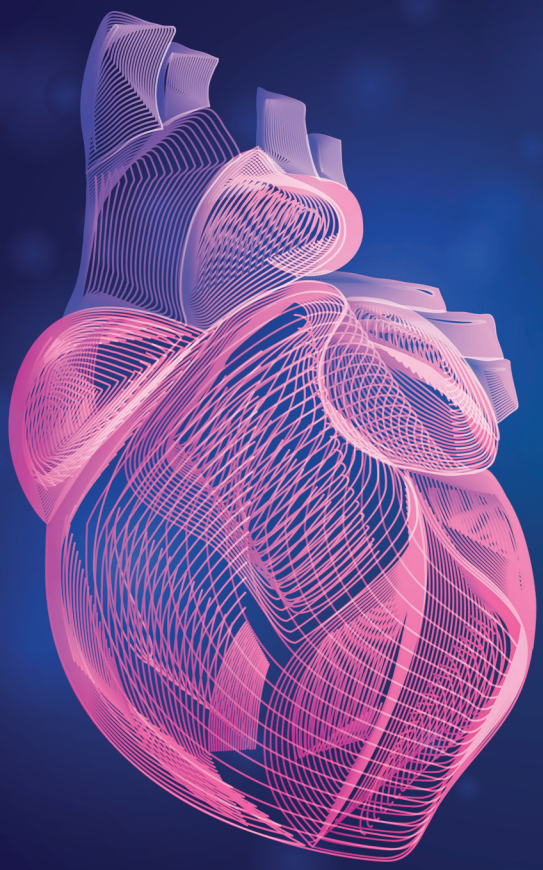
Wednesday, May 20, 2026
8am – 4:30pm EDT

Social networking event
4:30pm – 6pm EDT

Museum of the Moving Image
36-01 35th Avenue
Astoria, NY 11106

Virtual option also available

Register here



DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT HOFSTRA/NORTHWELL.

This activity was planned by and for the health care team, and learners will receive (6.50) Interprofessional Continuing Education (IPCE) credits for learning and change.

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IPCE CREDIT™

NATIONAL LIPID ASSOCIATION

NEW YORK CHAPTER
AMERICAN COLLEGE of CARDIOLOGY®

PROGRAM AGENDA

From Prevention to Intervention: Focus on Women's Heart

Wednesday, May 20, 2026

8–8:45am	**Breakfast/Exhibitor Hall**
8:45–9am	**Opening Remarks** Eugenia Gianos, MD; Evelina Grayver, MD
Prevention Guidelines Made Ridiculously Simple Moderator: Dina Katz, MD	
9am	**Hypertension Highlights** Joseph Diamond, MD
9:12am	**Lipoprotein Luminations** Eugenia Gianos, MD
9:25am	**Putting Guidelines into Practice: Case Discussion** Rahul Rege, MD
9:30am	**Panel discussion** Harvey Kramer, MD; Diana Pinkhasova, NP; Guy Mintz, MD; Joseph Diamond, MD; Eugenia Gianos, MD; and Rahul Rege, MD
Just Move? Exercise Recs from the Experts Moderator: Ashley Goodwin, PhD	
10am	**What to Teach Your Patients?** Sunny Intwala, MD
10:10am	**Assessing the Professional Athlete** Christopher Tanayan, MD
10:20am	**Panel discussion** Melissa Hernandez, PA; Neil Shah, MD; Adam Auerbach, MD; Sunny Intwala, MD; and Christopher Tanayan, MD
10:40am	**Break**

PROGRAM AGENDA

Recognizing Cardiometabolic Clues & Tackling Obesity Moderator: Jennifer Mieres, MD	
11am	**Cardio-Kidney-Metabolic Disease in a Nutshell** Kumar Sarkar, MD
11:10am	**Modern Management of MASLD** Tapan Buch, MD
11:20am	**Tackling the Epidemic of Obesity: A Team Approach to Success** **Patient Story** Northwell Patient
11:25am	**Panel discussion** Mitchell Roslin, MD; Shalonda William Carter, PharmD; Kristina Hartman, Dietitian; Kumar Sarkar, MD; and Tapan Buch, MD
11:55pm	**Lunch (40 minutes)/Exhibitor Hall**
Cardio-OB/Women's Heart Health **Session I: An Ounce of Prevention: Why Preconception Counseling and Interpregnancy Care Matter** Moderator: Caroline Pessel, MD	
12:35pm	**Shared Decision-making in Contraception & Reproductive Planning** Elizabeth Schmidt, MD
12:45pm	**Risky Business: CV Risk Stratification Pre-Pregnancy** Evelina Grayver, MD
12:55pm	**Management of Risk Post-Partum & Interpartum** Badewattie P. Narine, MD
1:05pm	**Panel discussion** Megan Savage, MD; Nisha Parikh, MD; Abbey Wolf, MD; Elizabeth Schmidt, MD; Evelina Grayver, MD; and Badewattie P. Narine, MD
Session II: Unbreak My Heart: Management of High-Risk Conditions in Pregnancy Moderator: Tara Narula, MD	
1:35pm	**Case Presentation: Pregnancy in Dilated Cardiomyopathy** Rebecca Smoller, MD
1:40pm	**Detecting and Treating Heart Failure in Pregnancy** Lauren Cooper, MD
1:50pm	**Stop the Clot! Anticoagulation in Pregnancy** Mark Goldin, MD
2pm	**Panel discussion** Catherine Weinberg, MD; Caroline Pessel, MD; Rebecca Smoller, MD; Lauren Cooper, MD; and Mark Goldin, MD

PROGRAM AGENDA

Session III: Optimization of Gender-Specific CV Risk Moderator: Jean Cacciabaudo, MD	
2:25pm	**PCOS (Polycystic Ovary Syndrome)** Supreeti Behuria, MD
2:35pm	**Menopause** Nisha Parikh, MD
2:45pm	**Cardio-Rheum/Autoimmune** Julie Schwartzman-Morris, MD
2:55pm	**Break**
3:15pm	**Presentation of Keynote Speaker** Stacey Rosen, MD
3:20pm	**Keynote Speaker:** **From Menarche to Menopause: A Woman's Heart Journey** Emily Lau, MD
3:40pm	**Panel discussion** Stacey Rosen, MD; Stephanie McNally, MD; Supreeti Behuria, MD; Nisha Parikh, MD; Julie Schwartzman-Morris, MD: and Emily Lau, MD
4:10pm	**Closing remarks & intro to networking** Eugenia Gianos, MD; Evelina Grayver, MD; and Stacey Rosen, MD
4:30pm	**Adjourn/Introduction to networking**
4:30–6pm	**Networking session: Meet the Experts & Leaders** Stacey Rosen, MD; Jennifer Mieres, MD; Tara Narula, MD; and Jean Cacciabaudo, MD **Focus groups of interest:** Nutrition, sports cardiology, cardiac rehab, lipoprotein apheresis, women's heart, and clinical research

For parking information, see page 10.

To register

COURSE DIRECTORS/FACULTY

Course directors

Eugenia Gianos, MD
System Director, Cardiovascular Prevention
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Professor, Cardiology
Zucker School of Medicine

Evelina Grayver, MD
Co-Director, Cardio-Obstetrics Program
Central Market
Katz Institute for Women's Health
Co-Director, Cardio-Obstetrics Program
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Associate Professor, Cardiology
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Keynote speaker

Emily S. Lau, MD, MPH
Co-Director, Mass General
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Assistant Professor, Medicine
Harvard Medical School

Faculty

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SVP, Regional Ambulatory Physician Executive
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Ashley Goodwin, PhD
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*Planner

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Registered Dietitian
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Cardiology/Cardiac Cath Lab/EPS
Clinician Member
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Ambulatory Pharmacy Support Services
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Preventive Cardiologist
Chair, Prevention Council, Nuvance Health

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Partners Council Professor, Women's Health
Volunteer President, 2025–2026
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Abbey Wolf, MD, FACC
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Conference coordinated by

Shannon O'Neil
Associate Project Manager
Cardiology & Cardiothoracic Surgery

Eugenia Gianos, MD
System Director, Cardiovascular Prevention
Northwell Health

Evelina Grayver, MD
Director, Women's Heart Program, Central Market

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Statement of need: Cardiovascular disease is the leading cause of death for both men and women, highlighting the need for effective lifestyle changes and medical interventions. With key preventive guidelines emerging, conveying the core concepts to clinicians is essential. Despite growing awareness of women's unique cardiovascular health needs, these topics remain underrepresented in medical education. This CME conference aims to equip health care practitioners across all disciplines with essential knowledge to better prevent and treat heart disease in women. This program will cover foundational preventive strategies while addressing gender-specific issues such as preconception health, pregnancy-related cardiovascular risks and lifetime hormonal support.

Program objectives: All Northwell Health CME activities are intended to improve patient care, safety and outcomes. At the conclusion of this conference, participants should be able to:

- **Summarize** key aspects of preventive cardiovascular care including risk stratification, lifestyle interventions and evidence-based pharmacotherapy, as well as those tailored to the specific needs of female patients.
- **Discuss** the benefits and implementation of a multidisciplinary team approach to address cardiovascular health in women across the childbearing years, encompassing preconception counseling, pregnancy management, postpartum care and menopausal years.
- **Translate** emerging research and incorporate new guidelines on lifestyle interventions, weight loss strategies and preventive pharmacotherapy into practical clinical approaches for optimizing cardiovascular risk reduction.

Target audience: This activity was planned by and for physicians, registered nurses, nurse practitioners, physician assistants, pharmacists and registered dietitians. All other members of the health care team who are interested in women's heart health are welcome to attend.

Joint accreditation statement:
In support of improving patient care, Northwell Health is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the health care team.

Credit designation statement:

- **Physicians:** Northwell Health designates this live activity for a maximum of *6.50 AMA PRA Category 1 Credits™*. Physicians should claim only credit commensurate with the extent of their participation in the activity.
- **Nurses:** Northwell Health designates this activity for 6.50 ANCC contact hours.
- **Physician assistants:** Northwell Health has been authorized by the American Academy of PAs (AAPA) to award AAPA Category 1 CME credit for activities planned in accordance with AAPA CME criteria. This activity is designated for 6.50 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.
- **Pharmacists:** Northwell Health designates this activity for a maximum of 6.50 ACPE credit hours. **Universal Activity Number:** UAN JA4008234-0000-26-005-L01-P
- **Registered dietitians and dietetic technicians:** : Northwell Health designates this activity for 6.50 CPEU contact hours. RDs and DTRs are to select activity type 102 in their Activity Log. Sphere and Competency selection is at the learner's discretion.

Verification of attendance: This will be provided to all attendees.

ABIM MOC statement:
Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.50 MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Location: Museum of the Moving Image, 36-01 35th Avenue, Astoria, NY 11106.

Course offering and registration fees:

	FEE
Physicians	$150
Clinical staff (non-physicians)	$120
Students, residents and fellows	No charge

In-person registration fee includes:
Breakfast, lunch, course materials, certificates and parking.

Virtual registration fee includes:
Access to virtual conference, virtual course materials and certificates.

Cancellation policy: To receive a refund, all cancellations must be confirmed via email to Belinda Spatola, CME project manager, at bspatola@northwell.edu by May 13, 2026. An administrative fee of $10 will be kept for all cancellations. No refunds will be made after this date or for "no-shows."

Disclosure policy: Northwell Health adheres to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. Any individuals in a position to control the content of a CME-CE activity, including faculty, planners, reviewers or others are required to disclose all financial relationships with ineligible companies. All relevant financial relationships have been mitigated prior to the commencement of the activity.

Americans with Disabilities Act (ADA):
This conference follows provisions of the ADA and is accessible for individuals with special needs. If you would like to attend this conference and require any special accommodations, please contact Michael Rutigliano at (516) 562-2863.

To register

Photo credit: Peter Aaron/Esto (courtesy of Museum of the Moving Image).

Ways to attend:

- **Via Zoom**
- **In person**
  Museum of the Moving Image
  36-01 35th Avenue (at 37th Street)
  Astoria, NY 11106

  Easily accessible from all major highways, Museum of the Moving Image is located minutes away from Midtown Manhattan by subway or car, on the campus of the historic Kaufman Astoria Studios.

Parking

PV Parking Corp.
34-11 Steinway Street
Astoria , NY 11106
Entrance on 41st Street, between 34th and 35th avenues; wheelchair accessible. Discount offered (validation required).

Astoria Parking Management
34-22 35th Street
Astoria, NY 11106

Street parking
Two-hour meters are also available.

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Claim based on 2023 SPARCS data for elective discharges and ambulatory surgeries amongst females