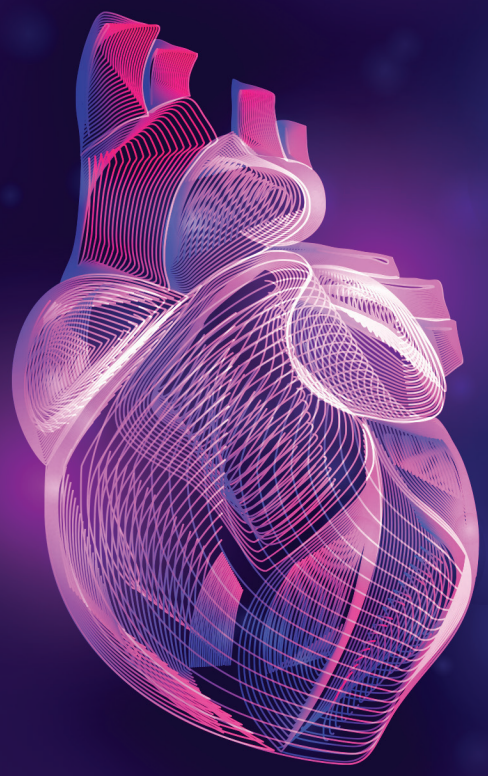
Northwell Health®

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

FROM PREVENTION TO INTERVENTION:

Cardiovascular Updates with a focus on women



Wednesday
June 14, 2023
8:00 am – 4:30 pm EST

HYBRID CME PROGRAM: In-person at Zucker School of Medicine at Hofstra/ Northwell and virtual

CLICK HERE To Register

Join leading experts in Cardiology for discussions on the latest treatments.

This activity was planned by and for the healthcare team, and learners will receive *6 Interprofessional Continuing Education (IPCE) credits* for learning and change.

IPCE CREDIT™

ABIM CME MOC ACCREDITED

KATZ INSTITUTE FOR WOMEN'S HEALTH

New York CHAPTER | American College of Cardiology®

ASPC The American Society for Preventive Cardiology ENDORSED PROGRAM

northeast lipid association

PROGRAM AGENDA

WEDNESDAY, JUNE 14, 2023, 8:00am – 4:30pm

8:00–8:45am	**Breakfast**
8:45–9:00am	**Opening Remarks**
9:00 – 9:40am	**Chest Pain Syndromes — Seeing Beyond the "False Positives & False Negatives"** moderated by Dina Katz, MD
9:00–9:05am	**Case Presentation —** Northwell Health Cardiology Fellow
9:05–9:15am	**The Non-Invasive Approach,** Shahryar Saba, MD
9:15–9:25am	**The Interventional Approach ,** Perwaiz Meraj, MD
9:25–9:40am	**Moderated Panel:** Maria Avila, MD; Evelina Grayver, MD
9:40–10:35am	**Before You Jump to Meds…The Case for Lifestyle Medicine,** moderated by Tara Narula, MD
9:40–9:50am	**Food is Medicine: The Power of a Plant-Based Diet — A Patient Perspective**
9:50–10:00am	**Exercise Prescription: From the Cardiac Patient to the Performance Athlete,** Adam Auerbach, MD
10:00–10:10am	**The Power of Sleep (and no sleep) on CVD,** Steven Feinsilver, MD
10:10–10:20am	**Putting it into Practice: The Art of Behavior Change,** Georgeta Vaidean, MD, PhD
10:20–10:35am	**Moderated Panel:** Sven Gierlinger; Ashley Goodwin, PhD; Chris Tanayan, MD
10:35–10:55am	**Break**
10:55–11:50am	**The Latest and Greatest in Cardiovascular Prevention,** moderated by Eugenia Gianos, MD
10:55–11:05am	**Cardiometabolic Updates — Beyond Diabetes,** Rachel Nahrwold, NP
11:05–11:20am	**Lipid Lowering Therapies on the Horizon with a focus on Lipoprotein (a),** Guy Mintz, MD
11:20–11:30am	**Hypertension 2023: Simple Algorithms for your Clinical Practice,** Jamie Hirsch, MD
11:30–11:50am	**Implementation Science Panel Discussion,** Nancy Beran, MD; Agnes Cha, PharmD; Dina Katz, MD
11:50–12:35pm	**A Weight Loss Revolution- Are We Ready?** moderated by Tara Narula, MD
11:50–12:00pm	**Ketogenic Diets and Intermittent Fasting — Benefit vs. Harm,** Sharon Zarabi, RD
12:00–12:10pm	**From Old to New: Game-Changing Medical Therapies,** Jamie Kane, MD
12:10–12:20pm	**Surgical Solutions for Weight Loss** Heather McMullen, MD
12:20–12:35pm	**Moderated Panel:** Eugenia Gianos, MD; Guy Mintz, MD; Rachel Nahrwold, NP

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PROGRAM AGENDA

12:35–1:20pm	Lunch
1:20–2:00pm	**GYN Cancers and CVD Prevention — Common Origins & Shared Opportunities,** moderated by Stacey Rosen, MD
1:20–1:30pm	**Lifestyle and Preventive Therapies for the Cancer Patient,** Eugenia Gianos, MD
1:30–1:40pm	**Management of the Complex Cardio-Oncology Patient,** Sonia Henry, MD
1:40–2:00pm	**Building Bridges for Collaborative Oncologic Care** **Panel Discussion:** Veena John, MD; Georgeta Vaidean, MD, PhD; Fidel Valea, MD
2:00–2:50pm	**What an OB Needs to Know About Cardiovascular Prevention,** moderated by Sarah Pachtman-Shetty, MD
2:00–2:10pm	**Prevention of Advance Pregnancy Outcomes,** Caroline Pessel, MD
2:10–2:20pm	**Lipid Lowering Peri-Pregnancy — Are We There Yet?** Shane Wasden, MD
2:20–2:30pm	**Center for High Risk Pregnancy and Fetal Health,** Burton Rochelson, MD
2:30–2:50pm	**Moderated Panel:** Stacey Rosen, MD; Bessy Thangavelu, NP; Catherine Weinberg, MD
2:50–3:10pm	Break
3:10–3:50pm	**Managing Advanced CVD Peri-Pregnancy — Ask the Expert,** moderated by Supreeti Behuria, MD
3:10-3:15pm	**Case Presentation (Advanced ASCVD & Pregnancy) —** Northwell Health Cardiology Fellow
3:15-3:30pm	**Panel Discussion**
3:30–3:35pm	**Case Presentation (Valvular Disease & Pregnancy) —** Northwell Health Cardiology Fellow
3:35–3:50pm	**Panel Discussion** **Moderated Panel:** Maria Avila, MD; Evelina Grayver, MD; Catherine Weinberg, MD; Sean Wilson, MD
3:50-4:30pm	**Keynote Lecture: Menopausal Hormone Therapy in 2023 — Setting the Record Straight,** moderated by Evelina Grayver, MD
3:50–4:10pm	**Keynote Speaker:** Rebecca Brightman, MD
4:10–4:30pm	**Moderated Panel:** Eugenia Gianos, MD; Tara Narula, MD; Stacey Rosen, MD
4:30pm	**Networking Event: Meet the Experts & Others in Your Field,** Hosted by DJ Chef, who will provide music & heart healthy apps

WAYS TO ATTEND

IN-PERSON

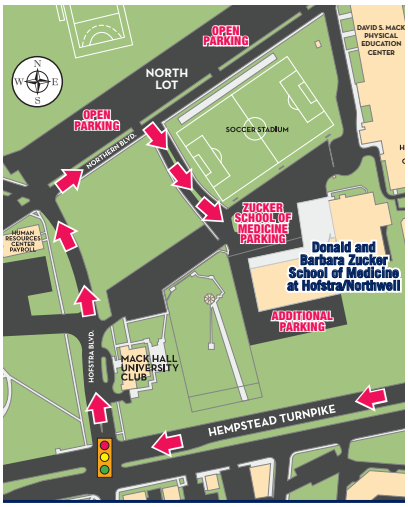
Zucker School of Medicine at Hofstra/Northwell
500 Hofstra Boulevard
Hempstead, NY 11549

TRAVEL INFORMATION

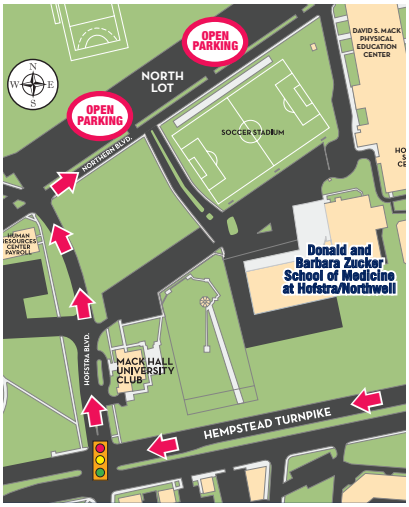
Mass Transit from NYC: From Penn Station, take the LIRR to Hempstead or Mineola.There is a shuttle service from each station to Zucker School of Medicine.

Parking: Free parking available on site. If the school lots are full, there is parking available in the North lots across the street from the school.

- **Campus parking:** The Zucker School of Medicine is located on the North Campus of Hofstra University. Take Meadowbrook Parkway to exit M4 (Route 24, Hempstead Turnpike). Traveling west on Hempstead Turnpike (Route 24), turn right at the traffic light before the second pedestrian bridge (Dunkin' Donuts will be on the left), entering North Campus. Continue past the Hofstra University Club. Turn right at Northern Boulevard. Turn right at the first driveway for the Zucker School of Medicine's parking lot. If that lot is full, open parking is available on the north side of Northern Boulevard.



- **North lot parking:** The Zucker School of Medicine is located on the North Campus of Hofstra University. Take Meadowbrook Parkway to exit M4 (Route 24, Hempstead Turnpike). Traveling west on Hempstead Turnpike (Route 24), turn right at the traffic light before the second pedestrian bridge (Dunkin' Donuts will be on the left), entering North Campus. Continue past the Hofstra University Club. Turn right at Northern Boulevard, where there is open parking available on the north side. Once in the lot, you will see the Zucker School of Medicine to the south, a short walking distance away.



For more information visit:
medicine.hofstra.edu/events/negea/negea-travel.html

COURSE DIRECTORS/KEYNOTE SPEAKER

Program Directors:

Eugenia Gianos, MD*
System Director,
Cardiovascular Prevention,
Northwell Health;
Director, Western Region,
Katz Institute Women's Heart Program

Evelina Grayver, MD*
Central Region Director,
Katz Institute Women's Heart Program;
Co-Director, Cardio-Obstetrics Program,
North Shore University Hospital and
Long Island Jewish Medical Center

Keynote Speaker:

Rebecca C. Brightman, MD
Department of Obstetrics, Gynecology, and
Reproductive Services,
Icahn School of Medicine at Mount Sinai;
Menopause Center,
Mount Sinai Hospital, New York;
East Side Women's OBGYN, PC

CLICK HERE
To Register

*Course Director and Faculty Member
** Faculty Member and Planning Committee

PROGRAM FACULTY

Adam Auerbach, MD
Medical Director,
Sandra Atlas Bass Heart Hospital,
North Shore University Hospital

Maria Avila, MD,
Medical Director, Cardiac Transplant
and Mechanical Circulatory Support,
North Shore University Hospital

Supreeti Behuria, MD
Director, Nuclear Cardiology,
Staten Island University Hospital

Nancy Beran, MD, MCHCDS
Vice President,
Chief Quality Officer,
Ambulatory Quality,
Northwell Health

Rebecca Brightman, MD
Assistant Clinical Professor
Obstetrics, Gynecology &
Reproductive Science
Icahn School of Medicine at
Mount Sinai
Board Certified OBGYN
East Side Women's OBGYN
Associates, P.C.

Tara Narula Cangello, MD
Associate Director,
Katz Institute Women's Heart Program,
Lenox Hill Hospital

Agnes Cha, PharmD
Director, Ambulatory Pharmacy,
Northwell Health

Steven Feinsilver, MD
Director, Center for Sleep Medicine,
Lenox Hill Hospital

Sven Gierlinger
Senior Vice President,
Chief Experience Officer,
Northwell Health

Ashley Goodwin, PhD
Visiting Scientist,
Institute of Health System Science,
Feinstein Institutes for
Medical Research

Sonia Henry, MD
Director, Echocardiography;
Cardio-oncology;
North Shore University Hospital

Jamie Hirsch, MD, MA, MSB
Assistant Vice President,
Clinical Digital Solutions,
Northwell Health

Veena John, MD
System Head, Gyn Medical Oncology,
Northwell Cancer Institute

Jamie Kane, MD
Director, Center for
Weight Management,
Northwell Health;
Chief, Section of Obesity Medicine

Dina R. Katz, MD
Cardiologist,
Phelps Memorial Hospital

*Course Director and Faculty Member
** Faculty Member and Planning Committee

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PROGRAM FACULTY

Heather McMullen, MD
Director, General Surgery;
Director, Bariatric Surgery,
Syosset Hospital

Perwaiz Meraj MD
Director,
Cardiac Catheterization Laboratory,
North Shore University Hospital

Guy Mintz, MD
Director, Cardiovascular Health &
Lipidology;
Director, Lipid Apheresis,
North Shore University Hospital

Rachel Nahrwold, MSN
Senior Nurse Practitioner,
Cardiovascular Prevention,
Women's Heart Program,
Lenox Hill Hospital

Sarah Pachtman-Shetty, MD, MSE
Maternal Fetal Medicine,
Northwell Health

Caroline Pessel, MD
Director, Center for Preconception Care,
Northwell Health

Burton Rochelson, MD
Chief, Maternal Fetal Medicine,
Northwell Health

Stacey Rosen, MD
Senior Vice President,
Katz Institute for Women's Health

Shahryar Saba, MD
Director, Advanced Cardiac Imaging,
North Shore University Hospital

Chris Tanayan, MD
Director, Sports Cardiology,
Lenox Hill Hospital

Bessy Thangavelu, MSN, RN, FNP- C**
Nurse Practitioner,
Katz Institute for Women's Health,
North Shore University Hospital
Long Island Jewish Medical Center

Georgeta Vaidean MD, MPH, PhD
Department of Translational Medicine,
Herbert Wertheim College of Medicine,
Florida International University

Fidel Valea, MD
System Chief, Gynecologic Oncology;
Director, Gynecologic Oncology
Northwell Health Cancer Institute

Shane Wasden, MD **
Director, Labor and Delivery
Maternal Fetal Medicine,
Lenox Hill Hospital

Catherine Weinberg, MD, MBA
Director, Adult Congenital
Heart Disease;
Director, High Risk
Cardiovascular Obstetrics,
Lenox Hill Hospital

Sean Wilson, MD
Interventional and
Structural Cardiology,
North Shore University Hospital

Sharon Zarabi, RD, CDN, CPT**
Director, Program Development,
Katz Institute for Women's Health

*Course Director and Faculty Member
** Faculty Member and Planning Committee

GENERAL INFORMATION

Statement of need: Cardiovascular disease is the leading cause of death in both men and women with preventive strategies grossly underutilized to reduce later stages of disease. Most cardiovascular diseases can be prevented with education, lifestyle change and preventive therapies, being sure to target the unique risk factor profiles of patients. In women, these unique factors require a specific focus and greater awareness to recognize their association with heart disease. To date, preventive cardiology, women's heart disease and lifestyle medicine have been grossly under-represented in medical curricula despite their great value to patients. There is a large body of literature in these areas that would benefit clinicians in multiple specialties and potentially improve patient outcomes.

Learning objectives: All Northwell Health CME-CE activities are intended to improve patient care, safety and outcomes. At the conclusion of this CVE program, participants should be able to:

- **Summarize** key targets in preventive cardiac care with specific focus on women.
- **Examine** the importance of a multidisciplinary approach to women's heart disease especially at the time of conception, pregnancy, and menopause.
- **Integrate** new information surrounding lifestyle medicine, weight loss and preventive therapies for optimal risk reduction into care being provided to female patients.

Target audience: MDs, RNs, NPs, PA's, Registered Dietitians, Psychologists, Pharmacists, Students, Residents, and Fellows in the areas of Cardiology, Endocrinology, Internal Medicine, Neurology, Obstetrics and Gynecology.

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 healthcare team.

JOINTLY ACCREDITED PROVIDER™
INTERPROFESSIONAL CONTINUING EDUCATION

CME Credit Designation for Live Activity:

- **Physicians:** Northwell Health designates this activity for a maximum of *6 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 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 AAPA Category 1 CME credits*.
- **Pharmacists:** Northwell Health designates this activity for a maximum of *6 ACPE credit hours*.
- **Psychologists:** Northwell Health designates this activity for *6 APA CE credits* for psychologists. APA Psychology credit is not accepted by the New York State Education Department as meeting their CME requirement.
- **Registered Dietitians:** Northwell Health designates this activity for *6 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.

GENERAL INFORMATION

MOC Designation: American Board of Internal Medicine (ABIM)

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6 medical knowledge MOC points in the American Board of Internal Medicine's (ABIM) Maintenance of Certification (MOC) program. Participants will earn MOC points equivalent to the amount of CME credits claimed for the activity. It is the CME activity provider's responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.

Course offering and registration fees:

This course will be available six months and is for viewing for reference only (no credit).

	In person	Virtual
Physicians	$150	$125
NPs, PAs, RNs, Pharmacists, Dietitians	$100	$75
External Trainees and Medical Students (Non-Northwell and Non-Maimonides)	$25	Free
Internal Trainees and Medical Students (Northwell Health and Maimonides)	Free	Free

Registration fee will include: CME-CE Verification transcripts.

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.

CLICK HERE To Register

What is the Katz Institute for Women's Health all about?

In a word: women.

When it comes to health and medicine, women have long been understudied, undertreated and misdiagnosed. We think it's time to change that.

That's why Northwell created the Katz Institute for Women's Health. It's the only network of experts devoted to every aspect of women's health. That means going beyond breasts and babies (though, those are just as important as everything else). Women's hearts, bones, minds and much more can show different symptoms and respond differently to treatments than men's. So we have specialists that cover it all—just for women.

We also take it outside the doctor's office to provide access to even more women's wellness services. This includes community health education, clinical programs and pioneering research. It's all designed to help you and the women in your life create the best, most healthful lives possible

Because when we raise the health of women, we raise everyone.

Northwell Health®
Katz Institute for
Women's Health