



**Northwell Health**<sup>®</sup>  
Cardiovascular Institute



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

In collaboration with the Katz Institute for Women's Health

# FROM PREVENTION TO INTERVENTION

## Focus on Women's Heart

Friday, May 17, 2024

8am - 4:30pm EDT

Social networking event

4:30pm - 6pm EDT

Location: Zucker School of Medicine  
Virtual option also available

[To register](#)



This activity was planned by and for the health care team, and learners will receive 6.25 interprofessional continuing education (IPCE) credits for learning and change.



New York  
CHAPTER

American College  
of Cardiology.

# PROGRAM AGENDA

## FROM PREVENTION TO INTERVENTION

### Focus on Women's Heart

Friday, May 17, 2024, 8am - 4:30pm

8am	<b>Breakfast</b>
8:45am	<b>Opening remarks:</b> Eugenia Gianos, MD and Evelina Grayver, MD
9-9:50am	<b>Lipids 101: Targeting Lipoprotein Risk</b> Moderated by Supreeti Behuria, MD
9am	<b>Lp(a), Apo B, Non-HDL and Other Important Biomarkers</b> Eugenia Gianos, MD
9:10am	<b>Nocebo Effect? Approaches to Patients with Statin Intolerance</b> Dmitriy Nevelev, MD
9:20am	<b>Beyond Statins: Therapies on the Horizon</b> Dina Katz, MD
9:30am	<b>Panel Discussion:</b> Eugenia Gianos, MD; Dmitriy Nevelev, MD; Dina Katz, MD; Julia Frangeskos, PA-C
9:50 - 10:40 am	<b>Cardiometabolic Disease: At the Heart of Cardiovascular Disease Risk</b> Moderated by Dmitriy Nevelev, MD
9:50am	<b>Cardiometabolic Therapies: A Focus on Patient Outcomes</b> Valerie Demekhin, PharmD
10am	<b>Highlight on Obesity: Achieving and Sustaining Weight Loss</b> Lauren Rosenberg, MD
10:10am	<b>Inflammation and Cardiometabolic Disease</b> Guy Mintz, MD
10:20am	<b>Panel Discussion:</b> Eugenia Gianos, MD; Valerie Demekhin, PharmD; Lauren Rosenberg, MD; Guy Mintz, MD
10:40am	<b>Break</b>

Continues next page

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# PROGRAM AGENDA

<b>11-11:35am</b>	<b>Lifestyle Medicine 2.0: The Latest Evidence That Will Transform Your Practice</b> Moderated by Rachel Nahrwold, NP
<b>11am</b>	<b>Cardio, HIIT, Strength Training: What's Best for CV Health?</b> Christopher Tanayan, MD
<b>11:10am</b>	<b>Counseling for Heart Health, Weight Loss &amp; Success with Glp-1 Therapies</b> Sarah Miller, RD
<b>11:20am</b>	<b>Panel Discussion:</b> Christopher Tanayan, MD; Sarah Miller, RD; Evelina Grayver, MD; Ashley Goodwin, PhD
<b>11:35-12:25pm</b>	<b>The Impact of Hormones on Cardiovascular Disease</b> Moderated by Jean Cacciabaudo, MD
<b>11:35am</b>	<b>Risks and Benefits of Hormone Treatment in Menopause</b> Ellen Manos, MD
<b>11:45am</b>	<b>Gender Affirming Therapy in Transgender Patients</b> Caroline Ong, MD
<b>11:55am</b>	<b>Cardiovascular Risk Related to Fertility Therapies</b> Catherine Weinberg, MD
<b>12:05pm</b>	<b>Panel Discussion:</b> Caroline Pessel, MD; Ellen Manos, MD; Caroline Ong, MD; Catherine Weinberg, MD
<b>12:25pm</b>	<b>Lunch</b>
<b>1:15-2pm</b>	<b>The Epidemic of Maternal Mortality</b> Moderated by Evelina Grayver, MD
<b>1:15pm</b>	<b>Overcoming Disparities in Maternal Health</b> Dawnette Lewis, MD
<b>1:30pm</b>	<b>Gender and Racial Disparities in Cardiovascular Health</b> Jennifer Mieres, MD
<b>1:45pm</b>	<b>Panel Discussion:</b> Burt Rochelson, MD; Dawnette Lewis, MD; Jennifer Mieres, MD

Continues next page

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# PROGRAM AGENDA

<b>2-4pm</b>	<b>Pregnancy Planning: A Window into Optimal Cardiometabolic Health</b> Moderated by Shane Wasden, MD
<b>2pm</b>	<b>Case: Cardiometabolic Disease and Cardiomyopathy During Pregnancy</b> Northwell Cardiology Fellow
<b>2:05pm</b>	<b>PCOS, APOs and Cardiovascular Risk</b> Alexandra Peyser, MD
<b>2:15pm</b>	<b>Family Planning: Key Conversations</b> Elizabeth Schmidt, MD
<b>2:25pm</b>	<b>Panel Discussion:</b> Evelina Grayver, MD; Alexandra Peyser, MD; Elizabeth Schmidt, MD
<b>2:45pm</b>	<b>Break</b>
<b>3:05-3:50pm</b>	<b>Controversies in Pregnancy Management: Risk and Harm of Testing, Procedures &amp; Therapies</b> Moderated by Dina Katz, MD
<b>3:05pm</b>	<b>Case: Pregnancy with CVA and PFO</b> Northwell Cardiology Fellow
<b>3:10pm</b>	<b>We Need to Close That PFO Now!</b> Sean Wilson, MD
<b>3:20pm</b>	<b>Why Not Wait Until After Delivery...</b> Catherine Weinberg, MD
<b>3:30pm</b>	<b>Panel Discussion:</b> Sean Wilson, MD; Catherine Weinberg, MD; Sonia Henry, MD
<b>3:50-4:30pm</b>	<b>Creating Women's Heart Centers of Excellence</b> Moderated by Eugenia Gianos, MD
<b>3:50pm</b>	<b>Keynote Address: Improving Women's Health: Launching a Revolution</b> Stacey Rosen, MD
<b>4:05pm</b>	<b>Tailoring Women's Heart Programs of the Future</b> Nisha Parikh, MD
<b>4:15pm</b>	<b>Panel Discussion</b> Stacey Rosen, MD; Evelina Grayver, MD; Jean Cacciabauda, MD; Nisha Parikh, MD
<b>4:30pm</b>	<b>Networking Event: Meet the Experts in Your Field</b>

[To register](#)

# WAYS TO ATTEND



## IN PERSON

**Zucker School of Medicine**  
500 Hofstra Boulevard  
Hempstead, NY 11549

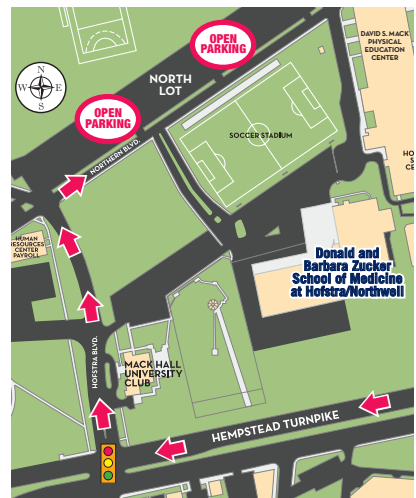
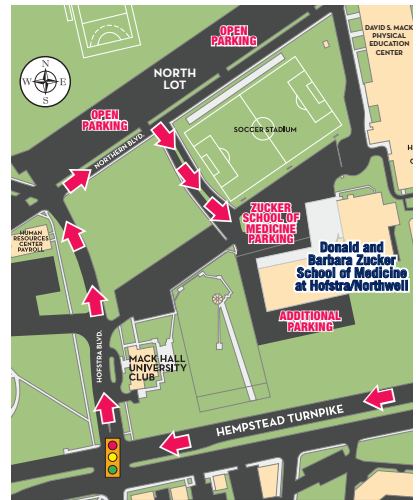
## TRAVEL INFORMATION

**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.



# COURSE DIRECTORS/KEYNOTE SPEAKER

## Program directors



**Eugenia Gianos, MD\***

System Director, Cardiovascular Prevention  
Northwell Health

Director, Western Region, Women's Heart Program  
Katz Institute for Women's Health  
Professor, Cardiology



**Evelina Grayver, MD\***

Director, Central Region, Women's Heart Program  
Katz Institute for Women's Health  
Co-Director, Cardio-Obstetrics Program  
North Shore University Hospital and Long Island Jewish  
Medical Center  
Assistant Professor, Cardiology

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## Keynote speaker



**Stacey Rosen, MD**

Senior Vice President, Katz Institute for Women's Health  
Northwell Health  
Professor, Cardiology

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\*Course director and faculty member

# PROGRAM FACULTY

**Supreeti Behuria, MD**  
Director, Nuclear Cardiology  
Staten Island University Hospital  
Assistant Professor, Cardiology

**Jean Cacciabauda, MD**  
Medical Director, Cardiology  
Huntington Hospital  
Associate Professor, Cardiology

**Valerie Demekhin, PharmD**  
Pharmacist  
North Shore University Hospital

**Julia Frangeskos, PA-C**  
Physician Assistant  
Lenox Hill Hospital

**Ashley Goodwin, PhD**  
Assistant Investigator  
Feinstein Institutes for  
Medical Research

**Sonia Henry, MD**  
Director, Echocardiography  
North Shore University Hospital  
Assistant Professor, Cardiology

**Dina Katz, MD**  
Preventative Cardiologist  
Phelps Hospital  
Assistant Professor, Cardiology

**Dawnette Lewis, MD**  
Associate Chief  
Maternal Fetal Medicine  
North Shore University Hospital  
Associate Professor  
Maternal Fetal Medicine

**Ellen Manos, MD**  
Obstetrics Gynecologist  
Lenox Hill Hospital

**Sarah Miller, RD**  
Registered Dietitian  
Northwell Heart Disease  
Prevention Center

**Jennifer Mieres, MD**  
Senior Vice President, Center for  
Equity of Care  
Chief Diversity and Inclusion Officer  
Associate Dean, Faculty Affairs and  
Professor, Cardiology

**Guy Mintz, MD**  
Director, Cardiovascular Health  
& Lipidology  
North Shore University Hospital  
Clinical Associate Professor, Cardiology

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

**Dmitriy Nevelev, MD**  
Associate Director, Outpatient  
Cardiology  
Staten Island University Hospital  
Assistant Professor, Cardiology

**Caroline Ong, MD**  
Director, LGBTQ+ Cardiovascular  
Health  
Lenox Health Greenwich Village  
Assistant Professor, Cardiology

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# PROGRAM FACULTY

**Nisha Parikh, MD**

System Director, Women's Heart Health  
Northwell Health

**Alexandra Peysr, MD**

Obstetrics Gynecologist  
North Shore University Hospital  
Associate Fellowship Program Director  
REI, North Shore University Hospital

**Burton Rochelson, MD**

Chief, Maternal Fetal Medicine  
North Shore University Hospital  
Professor, Obstetrics and Gynecology

**Lauren Rosenberg, MD**

Cardiologist  
Concorde Medical Group  
Assistant Professor, Cardiology

**Elizabeth Schmidt, MD**

Obstetrics Gynecologist, Great Neck  
Associate Professor, OB/GYN

**Christopher Tanayan, MD**

Director, Cardiac Executive Health  
& Sports Cardiology  
Lenox Hill Hospital  
Assistant Professor, Cardiology

**Catherine Weinberg, MD**

System Director, Adult Congenital  
Heart Disease  
Northwell Health  
Director, High-Risk Cardiovascular  
Obstetrics, Lenox Hill Hospital  
Assistant Professor, Cardiology

**Sean Wilson, MD**

Interventional Cardiologist  
North Shore University Hospital  
Associate Professor, Cardiology

## Planning Committee

Supreeti Behuria, MD

Valerie Demekhin, PharmD

Julia Frangeskos, PA-C

Sonia Henry, MD

Dina Katz, MD

Sarah Miller, RD

Rachel Nahrwold, NP

Stacey Rosen, MD

Elizabeth Vransy, PhD

Shane Wasden, MD

## Program Coordinators

**Christian Adams**

Director, Cardiology &  
Cardiothoracic Surgery

**Sanjanasree Mohan**

Project Manager  
Cardiology & Cardiothoracic  
Surgery

[To register](#)



# GENERAL INFORMATION

**Statement of need:** Cardiovascular disease is the leading cause of death in men and women warranting aggressive lifestyle and medical therapy to improve risk. In fact, with the provision of essential education, lifestyle modification techniques and preventive therapies, the majority of the cardiovascular diseases can be prevented. Historically in women, preventive efforts have often been lacking or delayed leading to late onset of cardiovascular morbidity. To date, preventive cardiology and women's heart disease have been grossly under-represented in medical curricula despite their need for optimal care in women. This CME activity is designed to provide education to practitioners across disciplines to optimally prevent and treat heart disease in men and women. In addition to thoroughly covering general approaches to preventive cardiac care, the conference addresses novel gender-specific issues, such as preconception, pregnancy, and family planning approaches, as well as unique areas of overlap in disciplines such as rheumatology, oncology, and heart failure, spanning care from prevention to intervention. Furthermore, the conference will target issues in cardiology that have raised multiple questions about the evidence-based treatment approach among practitioners and promote engaging discussions and debates. Lastly, the aim of this activity to educate all members of the care team and create a true multidisciplinary approach to prevention and women's heart disease.

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

**Target audience:** This activity was planned by and for MDs, NPs, RNs, PAs, registered dietitians, psychologists and PharmDs in the areas of cardiology, endocrinology, internal medicine, neurology, obstetrics and gynecology, and maternal fetal medicine. All other members of the health care team, including residents, fellows, students of health professions and Northwell retirees who are interested in education about women's heart disease, are invited 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.



JOINTLY ACCREDITED PROVIDER™  
INTERPROFESSIONAL CONTINUING EDUCATION

## Credit designation statements:

- **Physicians:** Northwell Health designates this activity for a maximum of 6.25 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 6.25 ANCC contact hours.

# GENERAL INFORMATION

- **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 *6.25 AAPA Category 1 CME credits*. PAs should only claim credit commensurate with the extent of their participation.
- **Pharmacists:** This activity provides *6.25 contact hours (6.25 CEUs)* of continuing education credit. ACPE Universal Activity Number JA008234-0000-24-003-L01-P
- **Psychologists:** Northwell Health designates this activity for *6.25 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 and dietetic technicians, registered:** Northwell Health designates this activity for *6.25 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.

## MOC designation: American Board of Internal Medicine (ABIM) MOC statement

Successful completion of this CME activity, which includes participation in the evaluation component, enables the participant to earn up to 6.25 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.



**Location:** Zucker School of Medicine, 500 Hofstra Blvd., Hempstead, NY 11549

## Course offering and registration fees:

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

Attendee	Fee
Physicians	\$150
Non-physician clinical staff	\$120
Students	\$50

**Registration fee will include:** Breakfast, lunch, CME/Verification of attendance certificate and parking.

**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.

**Cancellation policy:** To receive a refund, all cancellations must be confirmed via email with Belinda Spatola (bspatola@northwell.edu), Office of Continuing Medical Education, by Friday, May 10, 2024. An administrative fee of \$25 will be kept for all cancellations. No refunds will be made after that date or for “no shows.”



# A REVOLUTION IN WOMEN'S HEALTH HAS BEGUN

**We're the only network of experts in the region dedicated to every aspect of women's care.**

Men have always been the default in medicine, leaving women understudied, undertreated and misdiagnosed. That's why Northwell created the Katz Institute for Women's Health — to advance women's health every day through community education, expert clinical care and personalized support.

## **What does this mean for you?**

- Trusted health insights from our newsletter, the Katz Women's Circle
- A network of women-focused clinicians to give you personalized, multidisciplinary care
- Education from our free monthly health events to empower informed health decisions



**Northwell Health**<sup>®</sup>  
Katz Institute for  
Women's Health

Scan to  
learn more

