

AGENDA

State of the Heart: Women's Cardiovascular Health Across the Lifespan

THURSDAY APRIL 5, 2018

7:30 – 8:30 Registration and Continental Breakfast

8:30 – 9:10 Introductory Comments

9:10 – 10:00

KEYNOTE PRESENTATION:

Women's Cardiovascular Health Across the Lifespan: Key Opportunities for Prevention and Maximization of Health

By the end of the session, participants will be able to describe the current state of affairs in Canada from the impact of cardiovascular health in pregnancy and the future health of offspring to sex and gender differences for aging women and those within diverse ethnic groups.



Sonia Anand, MD, PhD, FRCPC

Professor of Medicine and Epidemiology, McMaster University
Director, Population Genomics Program
Senior Scientist at Population Health Research Institute
Hamilton Health Sciences and McMaster University
Hamilton, ON

10:00 - 10:20 Refreshment Break and Networking in Exhibit Hall

10:20 – 11:20

THEME: Maternal Placental Syndromes and Cardiovascular Health

Cardiovascular Health After Maternal Placental Syndromes

By the end of the session, participants will be able to describe the pathophysiology of hypertensive disorders of pregnancy and gestational diabetes mellitus and its cardiovascular impact.



Stella S. Daskalopoulou, MSc, MD, DIC, PhD

FRQ-S Chercheur-Boursier Clinician
Associate Professor (tenured) in Medicine
Director, Vascular Health Unit
Department of Medicine, Division of Internal Medicine
McGill University and McGill University Health Centre
Montreal, QC

The Maternal Health Clinic: An Initiative for Cardiovascular Risk Reduction in Women with Pregnancy-Related Complications

By the end of the session, participants will be able to list the pregnancy-related cardiovascular risk indicators and develop an action plan for a woman who has a pregnancy complicated by one or more of these risk indicators.



Graeme Smith, MD, PhD, FRCSC

Professor and Head, Obstetrics and Gynaecology
Kingston Health Sciences Centre
Kingston, ON

Clinical Management Guidelines: Hypertension During and After Pregnancy

By the end of the session, participants will be able to describe the clinical practice implications of recent Canadian guidelines relating to hypertension during and after pregnancy (i.e., Hypertension in Pregnancy, Stroke and Pregnancy; and Postpartum Lipids).



Kara Nerenberg, MSc, MD

Assistant Professor, University of Calgary
Departments of Medicine, Obstetrics & Gynecology, and Community Health
Sciences
Division of General Internal Medicine (Obstetric Medicine)
Calgary, AB

Ask the Experts Panel Discussion

Moderated by:



Thais Coutinho, MD

Chief, Division of Prevention and Rehabilitation
Chair, Canadian Women's Heart Health Centre
University of Ottawa Heart Institute
Assistant Professor of Medicine
University of Ottawa
Ottawa, ON

11:20– 11:50

Autoimmune Disease in Women: A Novel Risk Factor

By the end of the session, participants will be able to describe the role of autoimmune disorders on the atherosclerotic process, and its implications on cardiovascular risk in women.



Paula Harvey, BMBS, PhD, FRACP

Physician in Chief, Women's College Hospital
Scientist, Women's College Research Institute
Associate Professor, Department of Medicine, University of Toronto
F.M. Hill Chair in Women's Academic Medicine
Women's College Hospital
Toronto, ON

11:50 – 12:50 Lunch

12:50 – 1:50

THEME: Young Women: A Population at Risk

Premature Coronary Artery Disease in Women: Lessons Learned from GENESIS-PRAXY

By the end of the session, participants will be able to identify 1) the differences between men and women in terms of presentation, process of care and outcomes of CVD, 2) women specific conditions increasing vascular risk and 3) the differences between gender (psychological sex) and sex (biological sex).



Louise Pilote, MD, MPH, PhD, FRCPC
Professor, Department of Medicine
Division of General Internal Medicine
Faculty of Medicine
McGill University
Montreal, QC

Smoking and Young Women: Real Challenges and Distinct Opportunities

By the end of the session, participants will be able to describe the epidemiology of smoking specific to women, and the importance of cessation.



Kerri-Anne Mullen, PhD, MSc
Program Manager, Ottawa Model for Smoking Cessation Network
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Ottawa, ON

Physical Activity: Are Young Women Getting Enough?

By the end of the session, participants will be able to describe current physical activity patterns and associated cardiometabolic health in young women.



Jennifer Reed, PhD, R.Kin
Scientist, Division of Prevention and Rehabilitation
Director, Exercise Physiology and Cardiovascular Health Lab
University of Ottawa Heart Institute
Adjunct Professor, Faculty of Health Sciences
University of Ottawa
Ottawa, ON

Ask the Experts Panel Discussion

Moderated By:



Karin H. Humphries, MBA, DSc
Associate Professor, Faculty of Medicine, University of British Columbia
UBC - Heart and Stroke Foundation Professor in Women's Cardiovascular
Health
Scientific Director, BC Centre for Improved Cardiovascular Health
Vancouver, BC



1:50 – 2:20

Cardiovascular Health in Indigenous Women: Current State of Affairs and Emerging Areas for Improvement

By the end of the session, participants will be able to describe heart health within a sociopolitical context, identify priorities for assessing the quality of cardiovascular care and define cultural safety and anti-racism as they relate to cardiovascular care for Indigenous women.



Marcia Anderson, MD, MPH, FRCPC
Executive Director, Indigenous Academic Affairs
Ongomizwin Indigenous Institute of Health and Healing
Rady Faculty of Health Sciences
University of Manitoba
Winnipeg, MN

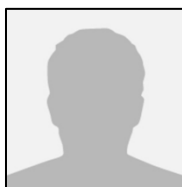
2:20 – 2:40 Refreshment Break and Networking in Exhibit Hall

2:40 - 3:40

THEME: Chest Pain Syndromes in Women: Clinical Perspectives on the Identification and Treatment in Women

Myocardial Infarction with Nonobstructive Coronary Arteries in Women (MINOCA): Clinical Presentation, Diagnosis and Treatment

By the end of the session, participants will be able to explain the prevalence, mechanisms and management of myocardial infarction with non-obstructive coronary disease in women.



John F. Beltrame, PhD, FRACP, FESC, FACC, FCSANZ, FAHA
Michell Professor, The University of Adelaide
Senior Cardiologist, The Queen Elizabeth Hospital
Director of Research and Cardiology Academic Lead
Central Adelaide Local Health Network (CALHN)
Adelaide, AU

Diagnostic Testing in Women with Chest Pain: Which Test Should I Order?

By the end of the session, participants will be able to identify optimal strategies for, and differences in, performance of diagnostic testing in the evaluation of women with chest pain.



Sharon L. Mulvagh, MD, FRCPC, FACC, FASE, FAHA
Emeritus Professor, Mayo Clinic
Professor, Department of Medicine
Division of Cardiology, Nova Scotia Health Authority
Dalhousie University
Halifax, NS

Psychosocial Risk Factors: Their Role in the Clinical Manifestation of Coronary Disease and Chest Pain in Women

By the end of the session, participants will be able to describe the impact of psychological factors on pathogenesis and clinical presentation of cardiovascular disease and implications for management in women.



Viola Vaccarino, MD, PhD
Wilton Looney Chair of Cardiovascular Research
Professor and Chair, Dept. of Epidemiology
Rollins School of Public Health
Professor, Dept. of Medicine, School of Medicine
Emory University
Atlanta, GA

Ask the Experts Panel Discussion

Moderated By:

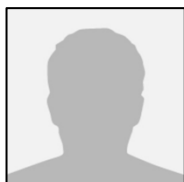


Jacqueline Saw, MD, FRCPC, FACC, FAHA, FSCAI
Clinical Professor of Medicine
University of British Columbia
Program Director, Interventional Cardiology Fellowship Program
Interventional Cardiologist, Vancouver General Hospital
Vancouver, BC

3:40 – 4:40

THE DEBATE: Should Women with Heart Disease be Cared for in a Specialized Women Heart Clinic?

By the end of the session, participants will be able to examine issues and challenges surrounding the diagnosis and management of women with cardiovascular disease, and determine if a clinic dedicated to women with cardiovascular disease is considered the best practice.



Peter Collins, MA, MD (Cantab), FRCP, FACC, FESC (For)
Professor of Clinical Cardiology
National Heart and Lung Institute,
Imperial College London and
Royal Brompton Hospital
London, England, UK



Paul Oh, MD, MSc, FRCPC (Against)
Medical Director and GoodLife Fitness Chair
Cardiac Disease Prevention and Rehabilitation Program
University Health Network
Peter Munk Cardiac Centre and Toronto Rehabilitation Institute
Toronto, ON



Chairperson:
Andrew Pipe, CM, BA, MD, LLD (Hons), DSc (Hons)
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Professor, Faculty of Medicine
University of Ottawa
Ottawa, ON

4:40 – 5:00 **Closing Remarks**



Andrew Pipe, CM, BA, MD, LLD (Hons), DSc (Hons)
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Professor, Faculty of Medicine
University of Ottawa
Ottawa, ON

5:00 – 6:30 **Wine and Cheese Poster Session**

7:00 – 10:00 **Networking Reception and Dinner - The Albion Rooms**

FRIDAY APRIL 6, 2018

7:30 – 8:30 **Registration and Continental Breakfast**

8:30 – 8:35 **Introductory Comments**

8:35 – 9:35

THEME: Risk Factor Management: Sex-Specific Considerations

Hypertension

By the end of the session, participants will be able to identify differences in the epidemiology, clinical manifestations, treatment and outcomes of hypertension in women.



Thais Coutinho, MD
Chief, Division of Prevention and Rehabilitation
Chair, Canadian Women's Heart Health Centre
University of Ottawa Heart Institute
Assistant Professor of Medicine
University of Ottawa
Ottawa, ON

Diabetes

By the end of the session, participants will be able to identify differences in the epidemiology, clinical manifestations, treatment and outcomes of diabetes in women.



Amel Arnaout, MD, FRCPC
Assistant Professor, Faculty of Medicine
Program Director, Division of Endocrinology and Metabolism
University of Ottawa
Ottawa, ON



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Lipids/Statins

By the end of the session, participants will be able to identify sex differences in the epidemiology, treatment and outcomes of dyslipidemia, with an emphasis on specific effects and hazards of statin use in women.



Todd J. Anderson, MD, FRCP(C)

Director, Libin Cardiovascular Institute
Department Head, Cardiac Sciences
University of Calgary and Alberta Health Services
Calgary, AB

Ask the Experts Panel Discussion

Moderated by:



Martha Gulati, MD, MS, FACC, FAHA, FASPC

Chief of Cardiology, University of Arizona College of Medicine- Phoenix
CardioSmart Editor-in-Chief, American College of Cardiology
Physician Executive Director, Banner University Medicine Heart Institute
Phoenix, AZ

9:35 – 10:30

Theme: Cardiac Rehabilitation and Women

Cardiac Rehabilitation and Secondary Prevention 2018: Contemporary Issues and Contemporary Approaches

By the end of the session, participants will be able to describe how demographic trends, advances in treatment, shifting patient needs, and new technologies are influencing models for cardiac rehabilitation and secondary prevention.



Robert Reid, PhD, MBA

Deputy Chief, Division of Prevention & Rehabilitation
Professor, Faculty of Medicine
University of Ottawa
Ottawa, ON

Cardiac Rehabilitation Benefits for Women...So How Do We Increase Utilization?

By the end of the session, participants will be able to describe the effect of cardiac rehabilitation on mortality and morbidity in women, and identify strategies to increase their utilization to reap these benefits.



Sherry L. Grace, PhD, FCCS

Professor, York University
Sr. Scientist, University Health Network
Toronto, ON



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How to Improve Engagement in Cardiac Rehabilitation Among Women: Program Delivery Considerations

By the end of the session, participants will be able to describe different channels to deliver cardiac rehabilitation services to women.



Scott Lear, PhD

Pfizer/Heart & Stroke Chair in Cardiovascular Prevention Research
St. Paul's Hospital
Professor, Faculty of Health Sciences, Simon Fraser University
Member, Division of Cardiology, Providence Health Care
Vancouver, BC

Ask the Experts Panel Discussion

Moderated by:



Jennifer Reed, PhD, R.Kin

Scientist, Division of Prevention and Rehabilitation
Director, Exercise Physiology and Cardiovascular Health Lab
University of Ottawa Heart Institute
Adjunct Professor, Faculty of Health Sciences
University of Ottawa
Ottawa, ON

10:30 – 10:45 Refreshment Break and Networking in Exhibit Hall

10:45 – 11:15

Atrial Fibrillation: Does Sex Matter?

By the end of the session, participants will be able to describe sex differences in symptoms, quality of life, drug response, advanced therapies and outcomes in atrial fibrillation.



Paul Dorian, MD, CM

Staff Cardiac Electrophysiologist
St. Michael's Hospital
Toronto, ON

11:15 – 12:00

Knowledge Transfer Breakout Sessions

CHOOSE ONE SESSION

1. A Fire Side Chat: How to Design and Implement a Women's Heart Health Program Panel

By the end of the session, participants will be able to discuss the challenges, opportunities and "lessons learned" as part of the implementation of various women heart health initiatives from across Canada.



Tara L. Sedlak, MD, FRCPC

Leslie Diamond Women's Heart Centre
Cardiologist, Leslie Diamond Women's Heart Centre, Vancouver General, and
UBC Hospitals
Clinical Assistant Professor
University of British Columbia
Vancouver, BC



Lisa McDonnell, BSc, MSc, EMBA

Manager, Prevention and Wellness Centre and Canadian Women's Heart
Health Centre
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Ottawa, ON



Wendy Wray, RN, BScN, MScN

Director, Women's Healthy Heart Initiative
McGill University Health Centre
Montreal, QC

Moderated by:



Sharon L. Mulvagh, MD, FRCPC, FACC, FASE, FAHA

Emeritus Professor, Mayo Clinic
Professor, Department of Medicine
Division of Cardiology, Nova Scotia Health Authority
Dalhousie University
Halifax, NS

2. Emerging Areas in Women's Cardiovascular Health Research

By the end of the session, participants will be able to explain the importance of sex/gender in research, identify research knowledge gaps and challenges that still remain and how to incorporate sex/gender into the design, recruitment, and reporting of research findings cardiovascular to advance women's cardiovascular health.



Karin H. Humphries, MBA, DSc

Associate Professor, Faculty of Medicine, University of British Columbia (UBC)
UBC-Heart and Stroke Foundation Professor in Women's Cardiovascular Health
Scientific Director, BC Centre for Improved Cardiovascular Health
Vancouver, BC

3. Clinical Conundrums in Pregnancy

By the end of the session, participants will be able to describe general approaches to the management of complex heart disease during and after pregnancy.

Case #1 - Woman with a Mechanical Heart Valve Who is Pregnant



Nandita Srividya Scott, MD
Co-Director, MGH Corrigan Women's Heart Health Program
Massachusetts General Hospital
Boston, MA

Case #2 - Woman with Complex Congenital Heart Disease Who is Pregnant



Jasmine Grewal, MD, FRCPC
Clinical Associate Professor and Cardiologist
University of British Columbia
Director, Cardiac Obstetrics Clinic and
Associate Director Echocardiography Lab
St. Paul's Hospital
Vancouver, BC

Moderated by:



Michele A. Turek, MDCM, FRCPC
Co-Chair, Canadian Women's Heart Health Summit
Canadian Women's Heart Health Centre
Associate Professor of Medicine and Staff Cardiologist
University of Ottawa Heart Institute and the Ottawa Hospital
Ottawa, ON

4. In Their Own Words - The Day in the Life of a Women's Heart Health Advocate

By the end of the session, participants will be able to describe insights from women who have successfully recovered from heart disease and have a strong passion for supporting and helping others to become advocates within their own communities and networks.



Marion Martell
Women @ Heart Ambassador
Canadian Women's Heart Health Centre
Division of Prevention and Wellness
University of Ottawa Heart Institute
Ottawa, ON



Helen Robert
Entrepreneur and Consultant
Chair, Board of Directors, Dovercourt Recreation Association
Women @ Heart Ambassador, Canadian Women's Heart Health Centre
University of Ottawa Heart Institute
Ottawa, ON



Nadine Elias, BSc, KIN
Facilitator, Prevention and Wellness
Canadian Women's Heart Health Centre, University of Ottawa Heart Institute
Ottawa, ON



12:00 – 1:00 Lunch

12:15 – 1:00 Career Mentoring Session (*Pre-Registration Required*)

1:00 – 1:45

The Burden of Heart Disease: The Voices of Women (Also available via Facebook Live)

By the end of the session, participants will be able to describe insights from women who have successfully recovered from heart disease and have a strong passion for supporting and helping others to become advocates within their own communities and networks.

Punam Gill
Calgary, AB

Louise Durocher
Ottawa ON

Esther Sanders
Montreal, QC

Moderated by:



Caroline Lavallée

Communications and Public Relations Professional
Lived Experience with Heart Disease
Co-Chair, Advancing Women's Heart Health Research Steering Committee
Heart & Stroke
Montreal, QC

1:45 – 2:40

Rapid Fire Oral Presentations

By the end of the session, participants will be able to describe the personal journeys of women and their experience with heart disease.

Multiple Presenters

Moderated by:



Lisa McDonnell, BSc, MSc, EMBA

Manager, Prevention and Wellness Centre and Canadian Women's Heart Health Centre
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Ottawa, ON

2:40 – 3:00 Refreshment Break and Networking in Exhibit Hall

3:00 – 4:00

THEME: Hormones and Cardiovascular Disease

Contraceptives and Hormone Replacement Therapy: Do They Impact Cardiovascular Health?

By the end of the session, participants will be able to describe the evidence underlying the cardiovascular risks associated with oral contraceptives and hormone replacement therapy, and clinical strategies for appropriate patient selection.



Ruth McPherson, PhD, MD, FRCPC, FACP, FRCS

Professor, Departments of Medicine and Biochemistry
Merck Frosst Canada Chair in Atherosclerosis Research
Director, Ruddy Canadian Cardiovascular Genetics Centre,
Atherogenomics Laboratory and Lipid Clinic, University of Ottawa Heart Institute
Ottawa, ON

Premature Ovarian Insufficiency (POI) and Polycystic Ovary Syndrome (PCOS): Influence on Cardiovascular Risk

By the end of the session, participants will be able to describe the excess cardiovascular risk attributed to POI and PCOS, and strategies to minimize this risk.



Jennifer Blake, MD, FRCSC

Chief Executive Officer
The Society of Obstetricians and Gynaecologists of Canada
Ottawa, ON

Sex and Venous Thromboembolism

By the end of the session, participants will be able to describe how gender has a large influence on the risk of first and recurrent venous thrombosis and the gender specific therapeutic management of this condition.



Marc Rodger, MD, FRCPC, MSc (Epidemiology)

Professor, University of Ottawa
Chief and Chair, Division of Hematology
Head, Thrombosis Program
The Ottawa Hospital
Ottawa, ON

Ask the Experts Panel Discussion

Moderated by:



Michèle de Margerie, MD, CCFP

Director, Francoforme Program
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Assistant Professor, Department of Family Medicine
University of Ottawa
Ottawa, ON

4:00 – 4:40

KEYNOTE PRESENTATION: Health Care Gaps for Women: Attributions to Sex Differences in Cardiovascular Medicine and Steps for Creating an Equitable Health Care System

By the end of the session, participants will be able to review the evidence and describe the issues and identified strategies related to healthcare equality and equity for women at risk or currently living with cardiovascular disease.



C. Noel Bairey Merz, MD, FACC, FAHA
Director, Barbra Streisand Women's Heart Center
Director, Linda Joy Pollin Women's Heart Health Program
Director, Erika J. Glazer Women's Heart Research Initiative
Director, Preventive Cardiac Center
Professor of Medicine, Cedars-Sinai Medical Center
Los Angeles, CA

4:50 – 5:00 **Awards Ceremony and Closing Remarks**



Thais Coutinho, MD
Chief, Division of Prevention and Rehabilitation
Chair, Canadian Women's Heart Health Centre
Co-Chair, Canadian Women's Heart Health Summit
University of Ottawa Heart Institute
Assistant Professor of Medicine, University of Ottawa
Ottawa, ON



Michele A. Turek, MDCM, FRCPC
Co-Chair, Canadian Women's Heart Health Summit
Canadian Women's Heart Health Centre
Associate Professor of Medicine and Staff Cardiologist
University of Ottawa Heart Institute and the Ottawa Hospital
Ottawa, ON



Colleen Johnston
Co-Chair, Canadian Women's Heart Health Summit
National and Ontario Provincial Boards of Directors (Former)
Heart & Stroke
Toronto, ON



Andrew Pipe, CM, BA, MD, LLD (Hons), DSc (Hons)
Division of Prevention and Rehabilitation
University of Ottawa Heart Institute
Professor, Faculty of Medicine
University of Ottawa
Ottawa, ON