



CANADIAN WOMEN'S HEART HEALTH SUMMIT ▶ 2018  
APRIL 5-6, 2018 | OTTAWA | WOMENSHEARTSUMMIT.CA



CANADIAN WOMEN'S  
HEART  
HEALTH CENTRE



## AGENDA

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

## THURSDAY APRIL 5, 2018

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

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**8:30 – 9:10** Introductory Comments

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**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

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

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**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



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### **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:



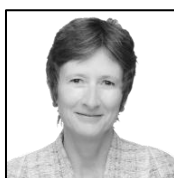
**Thais Coutinho, MD**  
Chief, Division of Prevention and Rehabilitation  
Chair, Canadian Women's Heart Health Centre  
University of Ottawa Heart Institute  
Assistant Professor of Medicine  
University of Ottawa  
Ottawa, ON

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**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



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**11:50 – 12:50 Lunch**

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**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



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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  
Ongomiizwin Indigenous Institute of Health and Healing  
Rady Faculty of Health Sciences  
University of Manitoba  
Winnipeg, MN

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

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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, FRCP(C), FACC, FAHA, FASE**

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



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### 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:

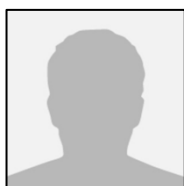


**Jacqueline Saw, MD, FRCPC, FACC, FAHA, FSCAI**  
Clinical Professor of Medicine  
University of British Columbia  
Program Director, Interventional Cardiology Fellowship Program  
Interventional Cardiologist, Vancouver General Hospital  
Vancouver, BC

**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:  
**Robert Reid, PhD, MBA**  
Deputy Chief, Division of Prevention & Rehabilitation  
Professor, Faculty of Medicine  
University of Ottawa  
Ottawa, ON



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**4:40 – 5:00**    **Closing Remarks**

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

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**7:00 – 10:00**    **Networking Reception and Dinner - The Albion Rooms (Tickets \$45)**

## FRIDAY APRIL 6, 2018

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

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**8:30 – 8:35**    **Introductory Comments**

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**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.

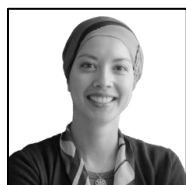


**Thais Coutinho, MD**

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.

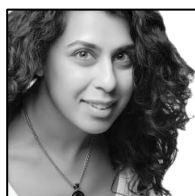


**Todd J. Anderson, MD, FRCP(C)**

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

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**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 Women...So How Do We Increase Utilization?**

By the end of the session, participants will be able to describe the effect of cardiac rehabilitation 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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## Program Delivery Models for Women with Heart Disease

By the end of the session, participants will be able to describe various program delivery models that support self-management, social support, and health-related quality of life in women with heart disease.



### 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

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

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## 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

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## 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.





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**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, FRCP(C), FACC, FAHA, FASE**

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

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**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

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**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.



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**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:**



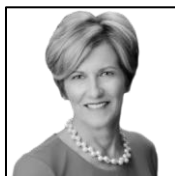
**Michele A. Turek, MDCM, FRCPC**

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

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**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



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**12:00 – 1:00** Lunch

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

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**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 Sanderson**  
The Pas, MB

**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

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**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

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

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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): Influence on Cardiovascular Risk**

By the end of the session, participants will be able to describe the excess cardiovascular risk attributed to POI 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



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**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

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