

CANADIAN WOMEN'S
HEART HEALTH
SUMMIT ► 2020



SUMMIT BROCHURE

APRIL 2 - 3, 2020 | FAIRMONT CHÂTEAU LAURIER HOTEL, OTTAWA

WOMENSHEARTSUMMIT.CA



CANADIAN WOMEN'S
HEART HEALTH CENTRE
CENTRE CANADIEN DE SANTÉ
CARDIAQUE POUR LES FEMMES



Heart & Stroke
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Proudly hosted by the University of Ottawa Heart Institute and Heart & Stroke, the Canadian Women's Heart Health Summit is the only event of its kind and has become the national reference point for health professionals seeking up-to-date knowledge of women's heart health.

Building on the success of the 2016 and 2018 Summits, we are assembling national and international experts and stakeholders to further advance women's heart and brain health. Together, we will transform and enhance Canadian women's lives through research, awareness, policy development, and care.

This is an accredited opportunity for knowledge exchange for a variety of stakeholders including primary care providers, cardiologists, neurologists, gynecologists, pharmacists, nurses, cardiac rehabilitation providers, allied healthcare providers, researchers, policy-makers, community partners and women with lived experience.

OBJECTIVES

- Bring together national and international leaders, knowledge-users, and women with lived experience to strengthen our capacity to develop and disseminate strategies to improve heart, brain and vascular health among women.
- Convene an accredited national forum and enhance education, training, and dissemination for providers and researchers interested in women's heart, brain and vascular health.
- Identify research and treatment gaps regarding heart, brain and vascular health among women.
- Promote networking among clinicians, scientists, policy-makers and women with lived experience, facilitating translation of knowledge that will ultimately improve the health of women.

COMMITTEE MEMBERS

CHAIRS:

Thais Coutinho, MD | University of Ottawa Heart Institute

Michele Turek, MDCM, FRCPC | University of Ottawa Heart Institute

Diane Campbell, LLB, BA | Heart & Stroke

Linda Barlow | Heart & Stroke

Sarah Blanchard | Woman with Lived Experience

Lisa Comber, KTPC, BA | University of Ottawa Heart Institute

Melissa Core-Gunn, BSc, DIPM | University of Ottawa Heart Institute

Jodi Edwards, PhD | University of Ottawa Heart Institute

Mary Elizabeth Harriman, MBA | Heart & Stroke

Pam Fletcher | Heart & Stroke

Jordan Hutson, MD, FRCPC | University of Ottawa Heart Institute

Kristin Honshorst, MSc | Heart & Stroke

Karin H. Humphries, MBA, DSc, FAHA | University of British Columbia, UBC-Heart & Stroke Foundation | BC Centre for Improved Cardiovascular Health

Amy Johnston, PhD | University of Ottawa Heart Institute

Judith Lachance | University of Ottawa Heart Institute

Patrice Lindsay, PhD | Heart & Stroke

Risa Mallory, MEd | Woman with Lived Experience

Marion Martell | Woman with Lived Experience

Katharina Mertens-Tropper, BA | Heart & Stroke

Jennifer Monaghan, LLB, BA | Woman with Lived Experience

Kerri Mullen, PhD, MSc | University of Ottawa Heart Institute

Kara Nerenberg, MD | Heart & Stroke

Karine Proulx, MSc | University of Ottawa Heart Institute

Jackie Ratz, BA Hons. | Woman with Lived Experience

Katey Rayner, PhD | University of Ottawa Heart Institute

Bob Reid, PhD, MBA | University of Ottawa Heart Institute

Helen Robert | Woman with Lived Experience

Tara L. Sedlak, MD, FRCPC | Vancouver General, St. Paul's, and UBC Hospitals

Anne Simard, MSc | Heart & Stroke

Louise Sun, MD | University of Ottawa Heart Institute

Moira Teed, MSc, MSW, RSW | Heart & Stroke

Cindy Yip, PhD | Heart & Stroke

Deborah Younger-Lewis, RN | University of Ottawa Heart Institute



ACCREDITATION

This event is an Accredited Group Learning Activity (Section 1) as defined by the Maintenance of Certification Program of the Royal College of Physicians and Surgeons of Canada, and approved by the University of Ottawa's Office of Continuing Professional Development. You may claim a maximum of 13.0 hours (credits are automatically calculated). This one-credit-per-hour Group Learning program meets the certification criteria of the College of Family Physicians of Canada and has been certified by the University of Ottawa's Office of Continuing Professional Development for up to **13.0 Mainpro+ credits**.

DISCLOSURE

Speakers will be requested to disclose to the audience any real or apparent conflict(s) of interest that may have a direct bearing on the subject matter of this program.

AGENDA ► THURSDAY, APRIL 2, 2020

7:30 – 8:30 Registration and Continental Breakfast

8:30 – 9:10 Introductory Comments and Opening Ceremony

Kerri Mullen, PhD, MSc (Master of Ceremonies)
University of Ottawa Heart Institute | Ottawa, ON

Thais Coutinho, MD
University of Ottawa Heart Institute | Ottawa, ON

Diane Campbell, LLB, BA
Heart & Stroke | Halifax, NS

Thierry Mesana, MD, PhD, FRCSC
University of Ottawa Heart Institute and University of Ottawa
Ottawa, ON

9:10 – 10:00 KEYNOTE PRESENTATION: Advancing Women's Cardiovascular Health Research: Milestones, Gaps and Future Directions

Cara Tannenbaum, MD, MSc
Canadian Institutes of Health Research | Montréal, QC

10:00 – 10:20 Break

10:20 – 11:10 THEME 1: HEART DISEASE AND CO-MORBIDITIES

My Diagnosis Doesn't Exist in a Vacuum

Anjie Valgardsen
Woman with Lived Experience | Winnipeg, MB

Heart Disease and Co-Morbidities – A Long and Winding Road

Paula Harvey, BMBS, PhD, FRACP
Women's College Hospital | Toronto, ON



11:10 – 12:10 **THEME 2: THE HEART, BRAIN & MIND CONNECTION**

The Heart-Mind Connection from a Patient's Perspective

Jennifer Monaghan, LLB, BA

Woman with Lived Experience | Kelowna, BC

Stroke in Women

Moira K. Kapral, MD, MSc, FRCPC

University Health Network, Toronto General Hospital | Toronto, ON

Vascular Cognitive Impairment in Women

Jodi Edwards, PhD

University of Ottawa Heart Institute | Ottawa, ON

Mental Health as a Determinant of Cardiovascular Health in Women

Heather Tulloch, PhD

University of Ottawa Heart Institute | Ottawa, ON

12:10 – 1:10 **Lunch**

1:10 – 1:50 HOT TOPICS THAT EVERYONE SHOULD KNOW: Top 3 Studies that Advanced Women's Heart Health in the Last Two Years

Karin H. Humphries, MBA, DSc, FAHA

University of British Columbia | UBC-Heart & Stroke Foundation BC

Centre for Improved Cardiovascular Health | Vancouver, BC

Jordan Hutson, MD, FRCPC

University of Ottawa Heart Institute | Ottawa, ON

AGENDA ► THURSDAY, APRIL 2, 2020

1:50 – 2:50 **THEME 3: THE VALVES**

Women with Cardiac Disease (Congenital and Acquired) Learning to Become Their Own Health Advocates - My Story

Lori Constable-Smolcic, RN, BScN

Woman with Lived Experience | Mississauga, ON

Sex Differences in Prevalence, Clinical Manifestations and Medical Management of Valvular Heart Disease

Maurice Enriquez-Sarano, MD, FACC, FAHA, FESC

Mayo Clinic | Rochester, MN

Sex Considerations in Percutaneous Management of Valve Disease

Anita Asgar, MD, FRCPC, FACC

Montréal Heart Institute | Montréal, QC

Sex Considerations in Surgical Management of Valve Disease

Maral Ouzounian, MD, PhD

University Health Network | Toronto, ON

2:50 – 3:10 **Break**

3:10 – 3:50 **CONCURRENT BREAKOUT SESSIONS (select one to attend)**

1. Hot Topics in Cardio-Obstetrics

Kara Nerenberg, MD

University of Calgary | Calgary, AB

2. The Intersection of Breast Cancer and Heart Disease

Michele Turek, MDCM, FRCPC

University of Ottawa Heart Institute | Ottawa, ON

Husam Abdel-Qadir, MD, PhD, FRCPC

Women's College Hospital and University Health Network

Toronto, ON

3. Aspirin for Primary Prevention in Women: Should I Use it in 2020?

Erin Michos, MD, MHS, FACC, FAHA, FASE

Johns Hopkins University School of Medicine | Baltimore, MD



3:10 – 3:50 (cont...) **4. Become a Community Leader and Advocate for Women's Cardiovascular Health**

Marion Martell

Women@Heart Ambassador | Ottawa, ON

Jackie Ratz, BA hons

Woman with Lived Experience | Winnipeg, MB

Jillianne Code, PhD

Woman with Lived Experience | Vancouver, BC

3:50 – 4:40 THE DEBATE: Can Social Media Positively Transform Knowledge Translation for Women's Heart Health?

Caroline Lavallée (Moderator)

Woman with Lived Experience | Montréal, QC

Martha Gulati, MD, MS, FACC, FAHA, FASPC (For)

College of Medicine – Phoenix and the University of Arizona | Phoenix, AZ

Paul Oh, MSc, MD, FRCPC (Against)

Toronto Rehabilitation Institute | Toronto, ON

4:40 – 4:50 CLOSING REMARKS – What Did I Learn Today?

Michele Turek, MDCM, FRCPC

University of Ottawa Heart Institute | Ottawa, ON

4:50 – 6:00 WINE AND CHEESE POSTER SESSIONS

Ballroom Foyer

7:00 – 10:00 NETWORKING DINNER

Ei8ghteen Restaurant

18 York Street

Ottawa, ON

AGENDA ► FRIDAY, APRIL 3, 2020

7:30 – 8:30 Registration and Continental Breakfast

8:30 – 8:35 Introductory Comments

Kerri Mullen, PhD, MSc (Master of Ceremonies)
University of Ottawa Heart Institute | Ottawa, ON

Anne Simard, MSc
Heart & Stroke | Toronto, ON

8:35 – 9:00 OPENING PLENARY: Achieving Gender Equity in Medicine and Leadership: A Strategy for Improving Women's Cardiovascular Health

Sharonne N. Hayes, MD, FACC, FAHA
Mayo Clinic | Rochester, MN

9:00 – 10:00 THEME 4: THE CORONARY ARTERIES: A NOVEL PERSPECTIVE

Patient Perspective

Sudi Barre
Woman with Lived Experience | Edmonton, AB

What's New in Spontaneous Coronary Artery Dissection (SCAD)?

Sharonne N. Hayes, MD, FACC, FAHA
Mayo Clinic | Rochester, MN

Are There Still Disparities in PCI Outcomes in Women in Contemporary Practice? The Patient vs the Doctor

Mamas A. Mamas, BM, BCh, MA, DPhil, MRCP
University of Manchester | Manchester, UK

Unique Aspects of Surgical Revascularization in Women

Fraser Rubens, MD, MSc, FACS, FRCS
University of Ottawa Heart Institute | Ottawa, ON

10:00 – 10:20 Break

10:20 – 11:20 THEME 5: BEFORE AND AFTER THE DIAGNOSIS - UNIQUE CHALLENGES IN PREVENTION AND REHABILITATION

Charlotte's Experience with Symptoms, Time to Care, Treatment and Recovery

Charlotte Girard
Woman with Lived Experience | Otterburn Park, QC

10:20 – 11:20 **Primary Prevention: Unique Aspects for Women**
(cont...)
Erin Michos, MD, MHS, FACC, FAHA, FASE
Johns Hopkins University School of Medicine | Baltimore, MD

Sex-Specific Barriers to Cardiac Rehabilitation: How to Overcome Them?

Tracey J.F. Colella, PhD, RN
University Health Network | Toronto, ON

Discovering the Impact of Peer Support on Psycho-Social Well-Being: the Women@Heart Experience

Robert Reid, PhD, MBA
University of Ottawa Heart Institute | Ottawa, ON

11:20 – 12:00 CONCURRENT BREAKOUT SESSIONS (select one to attend)

1. Communicating with Your Healthcare Provider: How to Maximize Your Time and Optimize Your Health

Krystina B. Lewis, RN, MN, PhD, CCN(C)
University of Ottawa | Ottawa, ON

Nadia Lappa
Woman with Lived Experience | Ottawa, ON

2. Addressing the Gaps: One Project at a Time (Canadian Women's Heart Health Alliance)

Thais Coutinho, MD
University of Ottawa Heart Institute | Ottawa, ON

Karen E. Jacques, JD
Woman with Lived Experience | Kincardine, ON

Tara L. Sedlak, MD, FRCPC
Vancouver General, St. Paul's, and UBC Hospitals | Vancouver, BC

Colleen Norris, PhD, MSc, BScN, RN
University of Alberta | Edmonton, AB

Sharon L. Mulvagh, MD, FRCP(C), FACC, FAHA, FASE
Mayo Clinic, Dalhousie University and QEII Health Sciences Centre
Halifax, NS

Beth L. Abramson, MD, MSc, FRCPC, FACC
St. Michael's Hospital and University of Toronto | Toronto, ON

AGENDA ► FRIDAY, APRIL 3, 2020

11:20 – 12:00 **CONCURRENT BREAKOUT SESSIONS** (select one to attend)
(cont...)

3. Circadian Medicine and Women's Heart Health

Tami A. Martino, PhD

University of Guelph | Guelph, ON

4. Sex-Specific Considerations in Lipid Metabolism

Karen Reue, PhD

University of California at Los Angeles (UCLA) | Los Angeles, CA

12:00 – 1:00 **Lunch**

12:15 – 1:00 **Career Mentoring Session for Trainees**

1:00 – 2:00 **THEME 6: THE AORTA, PULMONARY & PERIPHERAL ARTERIES**

My Path in the Medical System

Judith Moatti

Woman with Lived Experience | Montréal, QC

Sex Differences in Aortic Aneurysms and Dissections

Thais Coutinho, MD

University of Ottawa Heart Institute | Ottawa, ON

Peripheral Arterial Disease in Women

Amy West Pollak, MD, MS-CR

Mayo Clinic | Rochester, MN

Sex Differences in Pulmonary Hypertension

Lisa Mielniczuk, MD, FRCPC

University of Ottawa Heart Institute | Ottawa, ON

2:00 – 2:40 **Rapid Fire Oral Presentations**

Multiple Presenters



2:40 – 3:00 Break

3:00 – 4:00 **THEME 7: HEART FAILURE**

Patient Perspective

Jackie Ratz, BA Hons

Woman with Lived Experience | Winnipeg, MB

Sex-Specific Differences in Heart Failure Care and Outcomes: Closing the Gap

Harriette G.C. Van Spall, MD, MPH, FRCPC

McMaster University | Hamilton, ON

What is New in Heart Failure with Preserved Ejection Fraction (HFpEF)?

Shelley Zieroth, MD

St. Boniface Hospital | St. Boniface, MB

Advanced Heart Failure Therapies: Do Women Benefit as Much as Men?

Mary Norine Walsh, MD, MACC

St. Vincent Heart Centre | Indianapolis, IN

4:00 – 4:45 **KEYNOTE PRESENTATION: Putting the Pieces of the Puzzle Together: Advancing the Journey to Equity for Women's Heart Health**

Jennifer H. Mieres, MD, FACC, MASNC, FAHA

Northwell Health | New York, NY

4:45 – 5:00 **Awards Ceremony and Closing Remarks**

Thais Coutinho, MD

University of Ottawa Heart Institute | Ottawa, ON

Diane Campbell, LLB, BA

Heart & Stroke | Halifax, NS

Tara L. Sedlak, MD, FRCPC

Vancouver General, St. Paul's, and UBC Hospitals | Vancouver, BC

REGISTRATION FEES

Registration is now open. Register online at womensheartsummit.ca.

	EARLY BIRD FEE (Register on or before March 2, 2020)	REGULAR FEE (Register after March 2, 2020)
Regular Attendee: One Day	\$275	\$325
Regular Attendee: Two Days	\$450	\$500
*Trainee: One Day	\$175	\$225
*Trainee: Two Days	\$250	\$300
**Person with Lived Experience: One Day	\$175	\$225
**Person with Lived Experience: Two Day	\$250	\$300
Networking Dinner	\$55	\$55

***Trainee includes:** undergraduate, masters, PhD, post-doc, medical students, residents and fellows with proof of status. If no proof is provided onsite, the regular attendee rate will apply.

****Person with Lived Experience includes:** those living with heart disease, stroke, and/or vascular conditions and caregivers of those with lived experience (family or informal caregiver/friend) who are also affiliated with an advocacy or health organization (e.g. Heart & Stroke, University of Ottawa Heart Institute, HeartLife, etc...).

CALL FOR ABSTRACTS

The Canadian Women's Heart Health Summit Research Committee received abstracts in January of 2020 which will be considered for poster and rapid fire oral presentations. Accepted abstracts will be published in the April 2020 issue of the Canadian Journal of Cardiology.

Please visit womensheartsummit.ca for more information.

AWARDS

Best Rapid-Fire Oral Presentation and Best Poster Awards

The Canadian Women's Heart Health Summit's Research Committee will be offering an award for Best Rapid-Fire Oral Presentation and Best Poster. Winners will each receive an award of recognition and a cheque for \$250.

2020 Canadian Women's Heart Health Advocacy Award Call for Nominations - Deadline January 20, 2020

Recognizing visionary contributions as an advocate for the heart, brain and vascular health of women in Canada, through mobilizing others to increase awareness and take action to reduce women's risk of heart, brain and vascular diseases or support their management of these diseases.

The 2020 Canadian Women's Heart Health Advocacy Award recognizes the contributions of an individual or group working to improve the heart, brain and vascular health of women in Canada through advocacy, awareness, and support. The award recognizes the outstanding commitment in mobilizing women and/or health professionals to take heart health seriously and act to reduce women's risk of heart disease. Nominees may be patients, family members, caregivers, healthcare professionals, researchers, organizations or community advocates currently working and/or living in Canada.

2020 Canadian Women's Heart, Brain And Vascular Health Investigator Award Call for Nominations - Deadline January 24, 2020

Recognizing contributions as an investigator for the heart and/or brain health of women in Canada, through advancing inquiry and knowledge of women-specific heart and brain health issues to ultimately reduce disease risk and premature death.

The 2020 Canadian Women's Heart, Brain and Vascular Health Investigator Award recognizes the contributions of an individual or group working to improve the heart, brain and vascular health of women in Canada through contributions to science. The award recognizes the outstanding commitment of emerging investigators to advancing inquiry and knowledge of women's heart, brain and vascular health with the goal of ultimately reducing disease risk and premature death. Nominees may be healthcare professionals, researchers, or organizations currently working in Canada.

Please note that the recipient/group representatives will be invited to the

award presentation on Friday, April 3, 2020 and is encouraged to attend to accept their awards. The winners will receive full fare economy travel to the Canadian Women's Heart Health Summit, complimentary registration to the Summit and two nights' hotel accommodation (room and tax).

NETWORKING OPPORTUNITIES

Wine and Cheese Poster Session

The Wine and Cheese Poster Session will be held on Thursday, April 2, 2020 from 4:50 - 6:00 p.m. for Summit registrants only. This event is included in your registration fee. Hors d'oeuvres and cash bar will be available.

Women with Lived Experience Reception

The CWHHS planning committee would like to invite all attendees with heart, brain or vascular related lived experience to a special networking reception on Thursday, April 2, 2020 from 5:45 to 6:45 p.m. in the Laurier Alcove following the Poster Session.

This will be an opportunity to meet other women with lived experience (including caregivers) from across the country to share in some light refreshments and conversation. We hope to see you there!

Networking Dinner

Please join us on Thursday, April 2, 2020 from 7:00 - 10:00pm for an elegant, fun-filled evening at Eighteen. Steps from the Fairmont Château Laurier Hotel, this contemporary, fine dining restaurant features traditional French cuisine with seasonal Canadian influences and is backed by an extensive wine selection.

Enjoy a heart healthy three-course dinner, flavourful wine and stimulating conversation with friends and colleagues from across Canada. This event always sells out, so don't wait!

Career Mentoring Session For Trainees

At this year's Canadian Women's Heart Health Summit, we are excited to offer a networking opportunity to trainees via a Career Mentoring Session on Friday, April 3, 2020 from 12:15 - 1:00pm. The session will consist of a 45-minute round table session with experts in the field of women's heart, brain and vascular health. This will be an invaluable opportunity for graduate students, fellows and early-career researchers to discuss their own research projects and programs, as well as career development plans with each other and with leading researchers and clinicians in their fields.

Visit womensheartsummit.ca to learn more.

SPONSORSHIP OPPORTUNITIES

We invite you to become an important part of this incredible opportunity by participating as an Event Sponsor. A variety of sponsorship levels have been developed and will be available to government, corporate, community, and other healthcare agencies. Don't miss this chance to be part of something that will change the face of women's heart health.

Visit womensheartsummit.ca to view our Sponsorship Prospectus or contact us directly at cwhhc@ottawaheart.ca to discuss how you or your organization can get involved!

SUMMIT LOCATION

Fairmont Château Laurier Hotel
1 Rideau Street,
Ottawa, ON K1N 8S7



Located in the center of Downtown Ottawa, Fairmont Château Laurier is minutes away from its biggest attractions including: The Parliament Buildings, Rideau Canal, Byward Market, National Gallery of Canada, Shaw Center, and the National Arts Centre.

TRAVEL

We are pleased to offer travel discounts for qualifying delegates.

Please visit womensheartsummit.ca for more information on cost saving travel rates.

HOTEL ACCOMMODATION

A limited block of guest rooms has been reserved at the Fairmont Château Laurier for Summit delegates at a negotiated group rate of \$259.00 CAD per night. In order to receive the negotiated group rate, please reference “Canadian Women’s Heart Health Summit” and book your reservation before March 2, 2020. Please note that all room rates are subject to 13% HST.

Please contact the hotel at **1-866-540-4410** or go online to reserve your room.

ACKNOWLEDGEMENTS

The University of Ottawa Heart Institute and Heart & Stroke would like to thank the following organizations for their support of this event:

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