



2020 Canadian Women’s Heart Health Summit PRELIMINARY PROGRAM

Summit Theme:
Women’s Cardiovascular Health Puzzle:
Connecting the Pieces to Understand the Whole

Thursday April 2, 2020

**Learning Objectives: By the end of the session, participants will:*

Time	Topic	Speakers
7:30	Registration and Continental Breakfast	
8:30 – 9:10	Introductory Comments and Opening Ceremony	<p>Dr. Kerri Mullen (Emcee) University of Ottawa Heart Institute Ottawa, ON</p> <p>Dr. Thais Coutinho University of Ottawa Heart Institute Ottawa, ON</p> <p>Ms. Diane Campbell Heart & Stroke Halifax, NS</p> <p>Dr. Thierry Mesana University of Ottawa Heart Institute Ottawa, ON</p>
9:10 – 10:00	<p>KEYNOTE PRESENTATION: Advancing Women’s Cardiovascular Health Research: Milestones, Gaps and Future Directions <i>*Identify opportunities for improvement with early detection, accurate diagnosis and treatment for women living with or at risk of heart disease and provide a road map for future research concerning women’s cardiovascular health.</i></p>	<p>Dr. Cara Tannenbaum Canadian Institutes of Health Research Montreal, QC</p>
10:00 – 10:20	Break	
10:20 – 11:10	<p>THEME 1: Heart Disease and Co-Morbidities: “My Diagnosis Doesn’t Exist in a Vacuum”</p> <p>Patient Perspective <i>*Describe a woman’s personal journey through the healthcare system from symptom recognition, heart disease diagnosis, treatment and outcomes.</i></p>	TBD



	<p>Heart Disease and Co-Morbidities – What we Know <i>*Explore issues surrounding multiple conditions/ co-morbidities as so many diseases are intertwined and share common risk factors.</i></p>	<p>Dr. Paula Harvey Women's College Hospital Toronto, ON</p>
11:10– 12:10	<p>THEME 2: The Brain & Mind Connection</p> <p>The Heart-Mind Connection from a Patient's Perspective <i>*Describe her journey from a healthy young woman to a stroke survivor and cardiomyopathy patient who is concerned about her own cognitive future.</i></p> <p>Stroke in Women – What's New? <i>*Identify differences in the epidemiology, clinical manifestations, treatment and outcomes stroke in women.</i></p> <p>Vascular Cognitive Impairment in Women <i>*Identify differences in the epidemiology, clinical manifestations, treatment and outcomes vascular cognitive impairment in women.</i></p> <p>Mental Health as a Determinant of Cardiovascular Health in Women <i>*Describe the role of mental health and its implications on cardiovascular risk in women.</i></p>	<p>Ms. Jennifer Monaghan Woman with Lived Experience Kelowna, BC</p> <p>Dr. Moira Kapral University Health Network, Toronto General Hospital Toronto, ON</p> <p>TBD</p> <p>Dr. Heather Tulloch University of Ottawa Heart Institute Ottawa, ON</p>
12:10 – 1:10	<p>Lunch</p>	
1:10 – 1:50	<p>Hot Topics that Everyone Should Know: Top 3 Studies that Advanced Women's Heart Health in the Last Two Years <i>*Interpret latest research results in the field of women's heart health from the top three studies that advanced women's heart health in the last two years.</i></p>	<p>Dr. Karin H. Humphries University of British Columbia UBC-Heart and Stroke Foundation BC Centre for Improved Cardiovascular Health Vancouver, BC</p> <p>Dr. Jordan Hudson University of Ottawa Heart Institute Ottawa, ON</p>
1:50- 2:50	<p>THEME 3: The Valves</p> <p>Patient Perspective <i>*Describe a woman's personal journey through the healthcare system from symptom recognition, heart disease diagnosis, treatment and outcomes.</i></p>	<p>TBD</p>



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	<p>Sex Differences in Prevalence, Clinical Manifestations and Medical Management of Valvular Heart Disease <i>*Identify the sex differences in prevalence, clinical manifestations and medical management of valvular heart disease in women.</i></p> <p>Sex Considerations in Percutaneous Management of Valve Disease <i>*Explain the sex considerations in percutaneous management of valve disease in women.</i></p> <p>Sex Considerations in Surgical Management of Valve Disease <i>*Examine sex considerations in surgical management of valve disease in women.</i></p>	<p>Dr. Hector Michelena Mayo Clinic Rochester, MN</p> <p>Dr. Anita Asgar Montreal Heart Institute Montreal, QC</p> <p>Dr. Maral Ouzounian University Health Network Toronto, ON</p>
2:50 – 3:10	Break	
3:10 - 3:50	<p>Concurrent Breakout Sessions (select one to attend)</p> <p>1. Hot Topics in Cardio-Obstetrics <i>*Focus on conditions during pregnancy that provide risk for heart disease later in life.</i></p>	<p>Dr. Kara Nerenberg University of Calgary Calgary, AB</p>
	<p>2. The Intersection of Breast Cancer and Heart Disease <i>*Describe how shared risk factors influence prevention and treatment of both diseases.</i></p>	<p>Dr. Michele Turek University of Ottawa Heart Institute, Ottawa, ON</p> <p>Dr. Husam Abdel-Qadir Women's College Hospital and University Health Network, Toronto ON</p>
	<p>3. Aspirin for Primary Prevention in Women: Should I Use it in 2019? <i>*Describe the latest evidence on aspirin with clinical strategies for appropriate patient selection.</i></p>	TBD
	<p>4. Become a Community Leader and Advocate for Women's Cardiovascular Health <i>*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</i></p>	<p>Ms. Marion Martell Women@Heart Ambassador Ottawa, ON</p> <p>Ms. Jackie Ratz Woman with Lived Experience Winnipeg, MB</p>



		Dr. Jillianne Code Woman with Lived Experience Vancouver, BC
3:50 – 4:40	THE DEBATE: Can Social Media Positively Transform Knowledge Translation for Women’s Heart Health? <i>*Identify the role of social media in medicine, and specifically for women’s heart health, for research, education, advocacy and sharing knowledge on a world-wide level. This session will share the best practices for the use of social media for health care professionals.</i>	Dr. Martha Gulati (For) College of Medicine – Phoenix University of Arizona Phoenix, AZ Dr. Paul Oh (Against) Toronto Rehabilitation Institute Toronto, ON
4:40 – 4:50	Closing Remarks – What I Learned About Today?	Dr. Michele Turek 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

Friday April 3, 2020

*Learning Objectives: By the end of the session, participants will be able to:

Time	Topic	Speakers
7:30	Registration and Continental Breakfast	
8:30 - 8:35	Introductory Comments	Dr. Kerri Mullen (Emcee) University of Ottawa Heart Institute Ottawa, ON Ms. Anne Simard Heart & Stroke Toronto, ON



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8:35 – 9:00	<p>OPENING PLENARY Achieving Gender Equity in Medicine and Leadership: A Strategy for Improving Women's Cardiovascular Health <i>*Describe individual, systemic and structural opportunities and barriers to advancing women in healthcare leadership.</i></p>	<p>Dr. Sharonne Hayes Mayo Clinic Rochester, MN</p>
9:00 – 10:00	<p>THEME 4: The Coronary Arteries: A Novell Perspective</p> <p>Patient Perspective <i>*Describe a woman's personal journey through the healthcare system from symptom recognition, heart disease diagnosis, treatment and outcomes.</i></p> <p>What's New in Spontaneous Coronary Artery Dissection (SCAD)? <i>*Describe recent developments in the optimal diagnosis and management of SCAD.</i></p> <p>Are There Still Disparities in PCI Outcomes in Women in Contemporary Practice? The Patient vs the Doctor <i>*Describe whether there are disparities in PCI outcomes in women and consider whether any differences in outcomes are because of the adverse risk factor profile of women or whether they are due to sub-optimal treatment.</i></p> <p>Unique Aspects of Surgical Revascularization in Women <i>*Describe the factors that contribute to surgical strategy for coronary revascularization in men and women as well as the potential effects of these decisions on patient outcomes in both sexes.</i></p>	<p>Ms. Sudi Barre Woman with Lived Experience</p> <p>Dr. Sharonne Hayes Mayo Clinic Rochester, MN</p> <p>Dr. Mamas Mamas University of Manchester Manchester UK</p> <p>Dr. Fraser Rubens University of Ottawa Heart Institute Ottawa, ON</p>
10:00 – 10:20	Break	
10:20 – 11:20	<p>THEME 5: Before and After the Diagnosis - Unique Challenges in Prevention and Rehabilitation</p> <p>Patient Perspective <i>*Describe a woman's personal journey through the healthcare system from symptom recognition, heart disease diagnosis, treatment and outcomes.</i></p>	TBD



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	<p>Primary Prevention: Unique Aspects for Women <i>*Describe sex-specific nuances in the implementation of the 2019 U.S. Guidelines for the Primary Prevention of Cardiovascular Disease (CVD). These include 1) the consideration of female-specific risk enhancing factors and coronary artery calcium (if measured) to guide decisions for statin therapy, 2) the role of aspirin, and 3) patient-centered approach to CVD prevention.</i></p> <p>Female-Specific Barriers to Rehabilitation: How to Overcome Them? <i>*Identify the barriers for access and potential solutions and strategies to increase participation.</i></p> <p>Discovering the Impact of Peer Support on Psycho-Social Well-Being: the Women@Heart Experience <i>*Describe how social support for women is an essential component of cardiac rehabilitation.</i></p>	<p>Dr. Erin Michos Johns Hopkins University School of Medicine, Baltimore, MD</p> <p>Dr. Tracey Colella University Health Network Toronto, ON</p> <p>Dr. Robert Reid University of Ottawa Heart Institute Ottawa, ON</p>
<p>11:20 – 12:00</p>	<p>Concurrent Breakout Sessions (select one to attend)</p> <p>1. Communicating with Your Healthcare Provider: How to Maximize Your Time and Optimize Your Health <i>*Review tips and techniques for patients to communicate with their healthcare provider.</i></p>	<p>Dr. Krystina Lewis University of Ottawa Ottawa, ON</p>
	<p>2. Addressing the Gaps: One Project at a Time (CWHH Alliance) <i>*Describe the launch and current activities of a national alliance of experts in, and advocates for, women's cardiovascular health. Participants will summarize how this Alliance helps develop and disseminate evidence-informed strategies to transform clinical practice and enhance collaborative action on women's cardiovascular health in Canada.</i></p>	<p>Dr. Thais Coutinho University of Ottawa Heart Institute Ottawa, ON</p> <p>Dr. Tara Sedlak Vancouver General, St. Paul's, and UBC Hospitals Vancouver, BC</p> <p>TBD</p>
	<p>3. Circadian Medicine and Women's Heart Health <i>*Describe the critical role of circadian biology for cardiovascular health, and how translational application of the new field of Circadian Medicine will improve treatment of patients with cardiovascular disease in both biological sexes</i></p>	<p>Dr. Tami Martino University of Guelph Guelph, ON</p>



	4. In Progress	TBD
12:00 – 1:00	Lunch	
12:15 – 1:00:	Career and Mentor Roundtable Session for Trainees	
1:00 – 2:00	<p>THEME 6: The Aorta, Pulmonary & Peripheral Arteries</p> <p>My Path in the Medical System <i>*Describe Judith's personal experience with being diagnosed, course of treatment, and managing life with the disease.</i></p> <p>Sex Differences in Aortic Aneurysms and Dissections <i>*Identify differences in the epidemiology, clinical manifestations, treatment and outcomes of aortic aneurysms and dissections in women.</i></p> <p>Peripheral Arterial Disease in Women <i>*Identify differences in the epidemiology, clinical manifestations, treatment and outcomes of peripheral arterial disease in women.</i></p> <p>Sex Differences in Pulmonary Hypertension <i>*Identify differences in the epidemiology, clinical manifestations, treatment and outcomes of pulmonary hypertension in women.</i></p>	<p>Ms. Judith Moatti Woman with Lived Experience Canadian PAH Ambassador Montreal, QC</p> <p>Dr. Thais Coutinho University of Ottawa Heart Institute Ottawa, ON</p> <p>Dr. Amy Pollak Mayo Clinic Rochester, MN</p> <p>Dr. Lisa Mielniczuk University of Ottawa Heart Institute Ottawa ON</p>
2:00 – 2:40	<p>Rapid Fire Oral Presentations <i>*Interpret new experiences, insights, and latest research results in the field of women's heart health from our summit delegates.</i></p>	Multiple Presenters
2:40 – 3:00	Break	
3:00 – 4:00	<p>THEME 7: Heart Failure</p> <p>Patient Perspective <i>*Describe a woman's personal journey through the healthcare system from symptom recognition, heart disease diagnosis, treatment and outcomes.</i></p> <p>Sex-Specific Differences in Heart Failure Care and Outcomes: Closing the Gap <i>*Describe the sex-based differences in characteristics, care, and outcomes among patients with heart failure. To make recommendations</i></p>	<p>Ms. Jackie Ratz Woman with Lived Experience Winnipeg, MB</p> <p>Dr. Harriette Van Spall McMaster University Hamilton, ON</p>



	<p><i>that close the sex-based gaps in care among patients with heart failure.</i></p> <p>What is new in Heart Failure with Preserved Ejection Fraction (HFpEF)? <i>*Describe the latest on pathophysiology and clinical issues of HFpEF and potential reasons for female predominance.</i></p> <p>Advanced Heart Failure Therapies: Do Women Benefit as Much as Men? <i>*Discuss the latest in heart failure therapies and whether women benefit as much as men.</i></p>	<p>Dr. Shelley Zieroth St. Boniface Hospital St. Boniface, MB</p> <p>Dr. Mary Norine Walsh St. Vincent Heart Centre Indianapolis, IN</p>
4:00 – 4:45	<p>KEYNOTE PRESENTATION: Putting the Pieces of the Puzzle Together... <i>*Examine systems' needs that are necessary to increase awareness, educate health providers, drive the research agenda, and improve healthcare for women with or at risk of heart disease.</i></p>	<p>Dr. Jennifer Mieres Northwell Health, New York, NY</p>
4:45 – 5:00	<p>Awards Ceremony and Closing Remarks</p>	<p>Dr. Thais Coutinho University of Ottawa Heart Institute Ottawa, ON</p> <p>Ms. Diane Campbell Heart and Stroke Halifax, NS</p> <p>Dr. Tara Sedlak Vancouver General, St. Paul's, and UBC Hospitals Vancouver, BC</p>