



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

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PROGRAM AGENDA

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

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[To register](#)

PROGRAM AGENDA

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

[To register](#)

WAYS TO ATTEND



IN PERSON

Zucker School of Medicine
500 Hofstra Boulevard
Hempstead, NY 11549

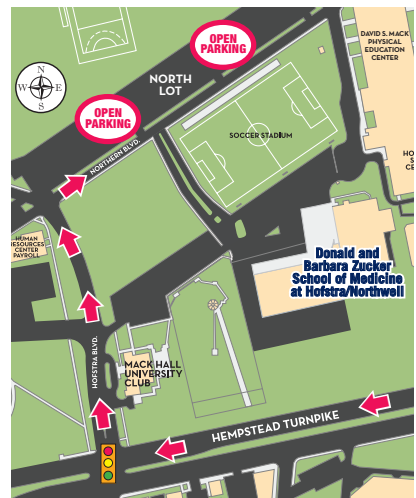
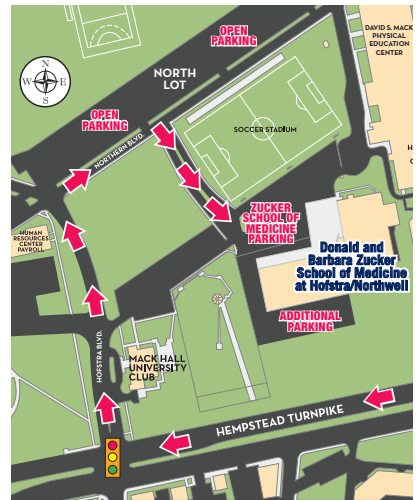
TRAVEL INFORMATION

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

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



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Katz Institute for
Women's Health

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