

Let's Talk:

Conversations about Women's Health



Guarding your Heart: Cardiovascular News You Can Use

Heart disease is the leading cause of death for men and women in the United States. Please join us during heart health month for the next Let's Talk and be better equipped to guard and protect your heart. Experts at the University of Colorado Anschutz Medical Campus will teach you about sex differences in cardiovascular disease, including symptoms, diagnosis, prevention, and pharmacological treatments

Who: Women and Men

Date: Tuesday, February 25, 2020

Where: Anschutz Medical Campus
UCHealth University of Colorado Hospital
Bruce Schroff Conference Auditorium
Anschutz In-Patient Pavilion 2
12505 East 16th Avenue
Aurora, Colorado 80045

Cost: \$10 per person (includes light dinner)

Parking: Free valet parking will be available. Instructions will be sent closer to the event.

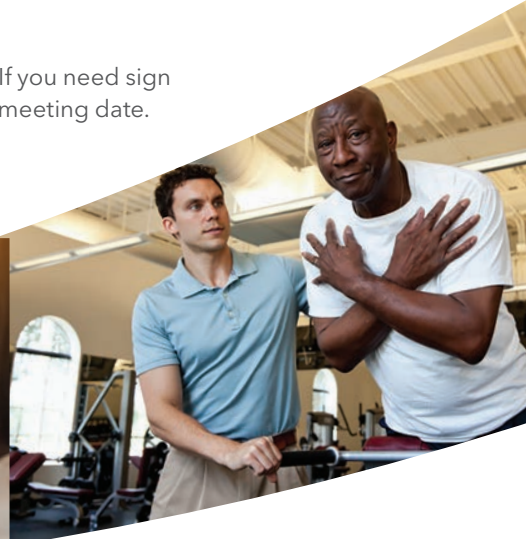
RSVP: Please register by February 20, 2020 at www.cwahr.org.
For more information, please contact Nan Oudet at 303-724-9179.

AGENDA

- 5:15 - 6 p.m. Registration and light dinner
- 6 - 6:30 p.m. **Peter Buttrick, MD**
Sex Differences in Heart Disease
- 6:30 - 7 p.m. **Judy Regensteiner, PhD**
Prevention of Cardiovascular Disease: Simple Steps to Reduce your Risk
- 7 - 7:30 p.m. **Robert Page, PharmD, MSPH**
Sex Differences in Cardiovascular Pharmacotherapy
- 7:30 - 8 p.m. Question and answer panel
- 8 p.m. Adjourn

Americans with Disabilities Act: Event staff will be glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

Let's Talk: Conversations about Women's Health is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. *Let's Talk* content is uniquely created and presented by a panel of nationally renowned subject matter experts, physicians, and researchers.



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Speakers



Peter Buttrick, MD

Sex Differences in Heart Disease

Heart disease manifests differently in women and men. In the United States, 1 in 4 women dies from heart disease. Coronary heart disease (CHD) is the most common type of heart disease and is the #1 killer of men and women. Other types of heart disease, such as coronary microvascular disease and stress-induced cardiomyopathy (broken heart syndrome), mainly affect women. Dr. Buttrick will discuss why heart disease is different in women as well as the signs and symptoms of heart disease.

Peter Buttrick, MD, is the Head of the Division of Cardiology and the S. Gilbert Blount Endowed Chair at the University of Colorado School of Medicine. He also serves as the Senior Associate Dean for Academic Affairs, and is co-director for the Cardiovascular Institute at the University of Colorado. Dr. Buttrick has published more than 150 peer-reviewed and solicited articles and is the recipient of numerous grants for his ongoing research in integrated mechanisms of cardiac maladaptation and myofilament function in heart failure.



Judy Regensteiner, PhD

Prevention of Cardiovascular Disease: Simple Steps to Reduce your Risk

Cardiovascular disease is very preventable but too often, healthy behaviors are not followed. Dr. Regensteiner will discuss reduction of common risk factors and some lesser known risk factors.

Judy Regensteiner, PhD, is the Director and co-founder of the Center for Women's Health Research and Professor of Medicine in the Divisions of Internal Medicine and Cardiology at the University of Colorado Anschutz Medical Campus. Dr. Regensteiner's research expertise is in the cardiovascular effects of diabetes with a specific focus on women with type 2 diabetes since they appear to have more significant abnormalities than men with diabetes. Dr. Regensteiner has authored more than 150 research publications, is an internationally and nationally invited speaker, and is sought after in contributing to and establishing guidelines about women's health.



Robert Page, PharmD, MSPH

Sex Differences in Cardiovascular Pharmacotherapy

Although sex-specific differences in cardiovascular medicine are well known, the exact influences of sex on the effect of cardiovascular drugs remain unclear. Women and men differ in body composition and physiology so it is not rare that they may respond differently to cardiovascular drugs. Dr. Page will highlight gender differences in the absorption, distribution, metabolism, and excretion of cardiovascular drugs and will provide recommendations for understanding and addressing sex-specific differences in drug efficacy and safety.

Robert Lee Page II, PharmD, MSPH, is a Professor in the Departments of Clinical Pharmacy and Physical Medicine and is the clinical pharmacy specialist for the Division of Cardiology Section of Advanced Heart Failure and Heart Transplantation. Dr. Page has 25 years of clinical expertise in the management of patients with heart failure in both the outpatient and inpatient setting. In addition to being a board-certified pharmacotherapy specialist with added qualifications in cardiology and a board certified geriatric pharmacist, he is also the clinical lead for the Colorado Evidence Based Drug Utilization Program. He has published over 200 peer reviewed manuscripts, abstracts, and book chapters in the management of patients with cardiovascular disease.