

Let's Talk:

Conversations About Women's Health



Heart To Heart: Preventing and Treating Heart Disease in Men and Women

You are invited to an evening full of interesting and relevant information about heart health sponsored by UCHealth and the Center for Women's Health Research. This program is held in collaboration with the Department of Emergency Medicine and the Division of Cardiology at the University of Colorado School of Medicine.

Who: Women and men

Date: Wednesday, February 7, 2018

Where: University of Colorado School of Medicine
Krugman Conference Room, Research Complex 2
12700 East 19th Ave.
Aurora, CO 80045

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

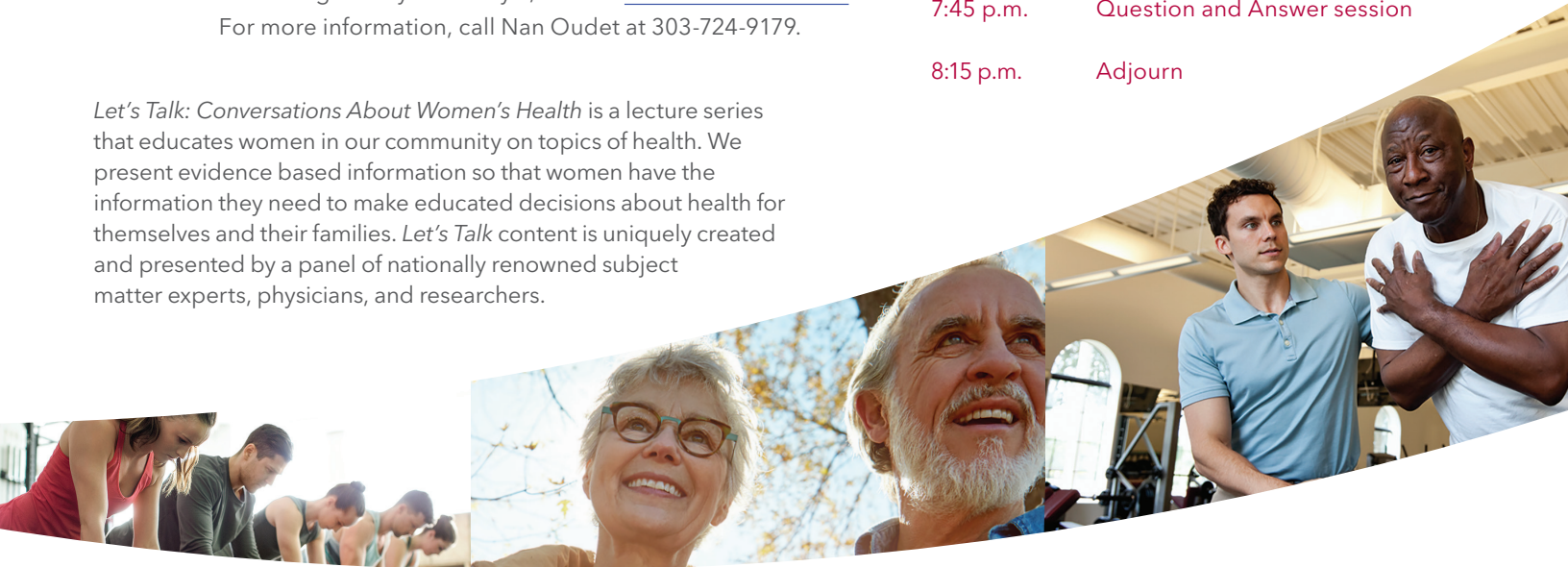
Parking: Maps and instructions to follow

RSVP: Please register by February 1, 2018 at www.uch.edu/events.
For more information, call Nan Oudet at 303-724-9179.

Let's Talk: Conversations About Women's Health is a lecture series that educates women in our community on topics of health. We present evidence based information so that women have the information they 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.

Agenda

- 5:15 p.m. Check-in and light dinner
- 6:00 p.m. Welcome and introductions
- 6:05 p.m. *Sex Differences in Heart Disease*
- Peter Buttrick, MD
- 6:35 p.m. *New Hypertension Guidelines: What You Need to Know*
- Amy Huebschmann, MD
- 6:45 p.m. *Interventional Heart Treatments: Fixing Problems Via Catheters Rather Than Surgery*
- John Carroll, MD, FACC, MSCAI
- 7:15 p.m. *Cardiac Arrest Outcomes: Gender Differences along the Spectrum of Post-Arrest Care*
- Sarah Perman, MD
- 7:45 p.m. Question and Answer session
- 8:15 p.m. Adjourn



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Speakers



Peter Buttrick, MD

Professor of Medicine, University of Colorado School of Medicine
Head, Division of Cardiology
Senior Associate Dean for Academic Affairs

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 (MVD) 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 is co-director for the Cardiovascular Institute at the University of Colorado and the Fellowship Program Director for Cardiovascular Disease.

Dr. Buttrick has been a member of the Editorial Boards of the *Journal of Applied Physiology*, the *American Journal of Physiology, Heart and Circulation*, and the *Journal of Molecular and Cellular Cardiology*, and Associate Editor of *Heart Disease*. Dr. Buttrick has published more than 140 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. His research program has been continuously funded by the NIH since 1985.



John Carroll, MD, FACC, MSCAI

Professor of Medicine, University of Colorado School of Medicine
Director of Interventional Cardiology
Co-Medical Director of the Cardiac and Vascular Center

Interventional Heart Treatments: Fixing Problems Via Catheters Rather Than Surgery

There are two forms of treatments that structurally modify heart disease – one is open heart surgery and the other is transcatheter, non-surgical, procedures often performed with the patient awake but sedated. This presentation will review transcatheter treatments for several conditions including coronary artery blockages, narrowed or leaky heart valves, and “holes” in the heart. Attention will be paid to the indications for these procedures, how they compare to open heart surgery, and how to find physicians and institutions with the best results.

Dr. John Carroll is an interventional cardiologist with clinical and investigative interests related to structural/valvular heart disease interventions and the development of advanced cardiac 3D imaging for image guidance. He has been the Director of Interventional Cardiology, and co-Medical Director of the Cardiac and Vascular Center since 1996. He has developed the interventional program at the University of Colorado with his colleague, John Messenger. He is currently a member of various national and international editorial and advisory boards, the STS-ACC Transcatheter Valve Therapy Registry Steering Committee, and the Steering Committee of the RESPECT trial. Additionally, Dr. Carroll has co-edited with John G. Webb, MD of Vancouver the first textbook, *Structural Heart Disease Interventions*.



Sarah Perman, MD

Assistant Professor of Emergency Medicine
University of Colorado School of Medicine

Cardiac Arrest Outcomes: Gender Differences along the Spectrum of Post-Arrest Care

When a loved one experiences cardiac arrest, families are often faced with difficult decisions. Knowing what to expect post arrest and understanding the guidelines around care is essential for families. Dr. Perman will discuss how gender can affect decision making during this critical time.

Dr. Sarah Perman is Assistant Professor of Emergency Medicine and is an NIH Building Interdisciplinary Research Careers in Women's Health (BIRCWH) Scholar at the University of Colorado. Dr. Perman's clinical interests are focused on out-of-hospital cardiac arrest and post-cardiac arrest care. She is actively engaged in supporting clinical initiatives in acute critical care in the emergency department as well as resident education in cardiac arrest. Her research is focused on sex and gender influences in post-arrest care and decision-making. She continues to publish in the areas of therapeutic hypothermia/targeted temperature management implementation, sex differences in outcomes and neuroprognostication after cardiac arrest.

Dr. Perman is a member of the Adult Research Task Force for the AHA Get with the Guidelines-Resuscitation Registry where she collaborates with national leaders in cardiac arrest and post-cardiac arrest care. Nationally, Dr. Perman holds leadership positions in the American Heart Association Council on Cardiopulmonary, Critical Care, Perioperative and Resuscitation (3CPR). She is currently supported by a career development award from the NIH and is also a researcher affiliated with the Center for Women's Health Research.