

In collaboration with the
Katz Institute for Women's Health



FROM PREVENTION TO INTERVENTION: FOCUS ON WOMEN'S HEART

**Wednesday,
June 11, 2025
8am – 5pm EDT**

**Social networking event
4:15pm – 5pm EDT**

**Museum of the Moving Image
36-01 35th Avenue
Astoria, NY 11106**

Virtual option also available

To register



**DONALD AND BARBARA
ZUCKER SCHOOL of MEDICINE
AT HOFSTRA/NORTHWELL**



This activity was planned by and for the health care team, and learners will receive 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

Live IPCE conference; also offered via Zoom

Wednesday, June 11, 2025

8am	BREAKFAST/EXHIBITOR HALL
8:45am	Opening remarks
Session 1: Mind the Gap: Overcoming Disparities in Cardiovascular Care Moderator: Stacey Rosen, MD	
9am	Genetics or Environment? Increased CVD Risk in South Asians Rajiv Jauhar, MD
9:10am	Putting on the Pressure: Equity in Hypertension Ehimare Akhabue, MD
9:20am	Institutional Efforts to Reduce Disparities — Swimming Against the Tide Jennifer Mieres, MD
9:30am	Panel discussion Dmitriy Nevelev, MD; Samit Shah, MD
Session 2: FOUR Trimesters, When Did That Happen? Moderator: Michael Nimaroff, MD	
9:50am	Fertility Preservation (Infertility and Risks, Cardiometabolic Health + Planning) Randi Goldman, MD
10am	Navigating the Maze of Medication Safety and Pregnancy Catherine Weinberg, MD
10:10am	Keynote Lecture: Mama's Got the Blues: Peripartum Depression Kristina Deligiannidis, MD
10:25am	Panel discussion Valerie Demekhin, PharmD; Bella Grossman, PhD; Rachel Bennett, PhD
10:50am	BREAK

PROGRAM AGENDA

Session 3: It Takes a Village: MDM Approach to High-Risk Pregnancy

Moderator: Dawnette Lewis, MD

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|----------------|--|
| 11:10am | Case presentation:
WHO III and IV Adult Congenital Heart Disease Pregnancies
George Chalhoub, MD |
| 11:15am | Multidisciplinary Meeting Approach (MDM) + Advanced Cases
Evelina Grayver, MD |
| 11:25am | Case presentation:
SVT During Pregnancy
Natasha Qureshi, MD |
| 11:30am | Arrhythmias and Pregnancy
Stuart Beldner, MD |
| 11:40am | Panel discussion
Sirish Vullaganti, MD; Catherine Weinberg, MD; Kristie Coleman, MD |

Session 4: It's All Greek (and Latin) to Me — INOCA/MINOCA/ANOCA

Moderator: Jean Cacciabaud, MD

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|----------------|--|
| 12pm | Approach to Patients with Chest Pain 101
Moderator: Zlata Platsman, DO |
| 12:10pm | Panel discussion
Nisha Parikh, MD; Evelina Grayver, MD |
| 12:25pm | LUNCH/EXHIBITOR HALL |

Session 5: The Forgotten Lipoproteins

Moderator: Jessica Bjorklund, MD

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|---------------|--|
| 1:10pm | Invited Lecture:
Beyond LDL: Understanding the Value of Lipoprotein (a) + Apo B
Gisette Soffer-Reyes, MD |
| 1:25pm | Triglycerides & HDL — Do They Even Matter Anymore?
Guy Mintz, MD |
| 1:35pm | Panel discussion
Eugenia Gianos, MD; Dmitriy Nevelev, MD |

PROGRAM AGENDA

Session 6: Subclinical Atherosclerosis — A Window into Cardiovascular Risk

Moderator: Samantha Lee, MD

1:55pm **Looking Beyond the “Power of Zero” — Non-Coronary Atherosclerosis**
Eugenia Gianos, MD

2:05pm **Baby got BAC! Now What?**
Nisha Parikh, MD

2:15pm **Panel discussion**
Nina Vincoff, MD; Aeshita Dwivedi, MD; Jessica Bjorklund, MD

2:35pm **BREAK**

Session 7: Not all HF Was Created Equal

Moderator: Samit Shah, MD

2:55pm **Patient with HFpEF & Cardiometabolic Disease**
Spencer Weintraub, MD

3pm **Which Med, How Much, How Soon?**
Sirish Vullaganti, MD

3:10pm **Panel discussion**
Julia Frangeskos, PA; Valerie Demekhin, PharmD; Dina Katz, MD

Session 8: Rx for Living Well

Moderator: Ashley Goodwin, MD

3:25pm **Supplements: Heart Health in a Bottle?**
Dina Katz, MD

3:35pm **Motivational Interviewing — Getting Your Patient on Board for Behavior Change**
Deborah McElligott, DNP

3:45pm **Prescriptive Nutrition Therapy + Food is Medicine Invitations**
Ambika Chawla, RD

3:55pm **Panel discussion**
Chris Tanayan, MD; Valerie Demekhin, PharmD; Lorraine Chrysomalis, MD, Jannine Thorp, PA-C

4:15pm **Networking reception (until 5pm)**
Social networking event (mentorship, early and mid-career guidance)

[To register](#)

PROGRAM FACULTY

Course directors



Eugenia Gianos, MD*
System Director
Cardiovascular Prevention
Northwell Health
Director, Western Region
Katz Institute Women's Heart Program
& Lenox Hill Hospital
Professor of Cardiology
Zucker School of Medicine



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
Northwell Health
Assistant Professor, Cardiology
Zucker School of Medicine

Keynote speaker



Kristina Deligiannidis, MD
Director, Women's Behavioral Health
Zucker Hillside Hospital
Northwell Health
Medical Director
Reproductive Psychiatry, Project TEACH
NYS Office of Mental Health
Professor, Psychiatry, Molecular Medicine
and Obstetrics & Gynecology,
Zucker School of Medicine
Professor, Feinstein Institutes for
Medical Research
Northwell Health

Invited speaker



Gisette Reyes-Soffer, MD
Associate Professor, Medicine
Columbia Vagelos College of
Physicians and Surgeons
Department of Medicine
Division of Preventive Medicine
and Nutrition

PROGRAM FACULTY

Faculty

Ehimare Akhabue, MD

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Sandra Atlas Bass Hospital
Assistant Professor
Department of Cardiology
Zucker School of Medicine

Stuart Beldner, MD

Electrophysiologist
North Shore University Hospital
Associate Professor, Cardiology
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Rachel A. Bennett, MD

Northwell Health Fertility
Division Head, Reproductive
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Northern Westchester
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George Chalhoub, MD

Cardiology Fellow
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Ambika Chawla, RD*

Assistant Vice President
Nutrition Services
Northwell Health

Lorraine Chrisomalis-Valasiadis, MD

OB/GYN Private Practice
Preventive Women's Health Care
Instructor, New York Institute of
Technology College of
Osteopathic Medicine

Kristie Coleman, RN

Director, Electrophysiology Research
Lenox Hill Hospital

Valerie Demekhin, PharmD*

Pharmacist
North Shore University Hospital
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Assistant Professor, Cardiology
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Physician Assistant
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Ashley Goodwin, PhD

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Bella Grossman, PhD

Lead Psychologist
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Chief of Cardiology
North Shore University Hospital
Vice Chairman
Sandra Atlas Bass Heart Hospital
Co-Director, Center for Atherosclerosis
Northwell Cardiovascular Institute

Dina Katz, MD*

Preventative Cardiologist
Phelps Hospital
Northwell Health
Assistant Professor, Cardiology
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Samantha M. Lee, MD

Director, Cardiac Telemetry
Associate Program Director
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Staten Island University Hospital

Dawnette Lewis, MD*

Associate Chief
Maternal Fetal Medicine
North Shore University Hospital
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Associate Professor
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Deborah McElligott, DNP

Nurse Practitioner, Center for Wellness
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Clinical Assistant Professor
Zucker School of Medicine

Jennifer Mieres, MD

Senior Vice President
Center for Equity of Care
Chief Diversity and Inclusion Officer
Associate Dean, Faculty Affairs and
Professor, Cardiology
Zucker School of Medicine

Guy Mintz, MD

Director, Cardiovascular Health
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North Shore University Hospital
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Clinical Associate Professor, Cardiology
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Dmitriy Nevelev, MD

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Outpatient Cardiology
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Samit Shah, MD

Director, Heart Failure
Long Island Jewish Medical Center
Professor, Cardiology
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Adult Congenital Heart Disease
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Zucker School of Medicine

Spencer Weintraub, MD*

Cardiology Fellow
North Shore University Hospital

Conference coordinated by

Birjot Kaur

Project Manager, Cardiology &
Cardiothoracic Surgery

Christian B. Adams

Director, Cardiology &
Cardiothoracic Surgery

Northwell Health's Office of Continuing Medical Education

Michelle Dula-Harris, MHA, Sr.

CME Program Administrator

Catherine Leonardo

Project Manager

Nancy L. Petrone

Senior Manager, CME

Aneesah Sandhu

Manager, CME

Penny Stern, MD

Assistant Vice President
Medical Education

To register

GENERAL INFORMATION

Statement of need: Cardiovascular disease is the leading cause of death for both men and women, highlighting the need for effective lifestyle changes and medical interventions. However, preventive strategies for women have often been overlooked, resulting in delayed diagnoses and treatment.

Despite growing awareness of women's unique cardiovascular health needs, these topics remain underrepresented in medical education. This CME conference aims to equip healthcare practitioners across all disciplines with essential knowledge to better prevent and treat heart disease in women.

The program will cover foundational preventive strategies while addressing gender-specific issues such as preconception health, pregnancy-related cardiovascular risks, and family planning.

It will also explore interdisciplinary overlaps, including imaging and heart failure, emphasizing a comprehensive approach from prevention to intervention.

By facilitating discussions on evidence-based treatment protocols, this conference seeks to promote collaborative care models that enhance prevention and management of women's heart disease. Our goal is to empower all members of the healthcare team to provide tailored, high-quality cardiovascular care for women throughout their lifespan.

Program 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 cardiovascular care, including risk satisfaction, lifestyle interventions and evidence-based pharmacotherapy tailored to the specific needs of female patients.

- **Discuss** the benefits and implementation of a multidisciplinary team approach to address cardiovascular health in women across the childbearing years, encompassing preconception counseling, pregnancy management and postpartum care.
- **Translate** emerging research on lifestyle interventions, weight loss strategies and preventive pharmacotherapy into practical clinical approaches for optimizing cardiovascular risk reduction in female patients.

Target audience: This activity was planned by and for physicians, nurses, physician assistants, pharmacists, psychologists and registered dietitians. All other members of the health care team who are interested in women's heart health are welcome 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 statement:

- **Physicians:** Northwell Health designates this live activity for a maximum of 6 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 ANCC contact hours.
- **Pharmacists:** Northwell Health designates this activity for a maximum of 6 ACPE CE credit hours.
- **Physician assistants:** Northwell Health has been authorized by the American

GENERAL INFORMATION

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 AAPA Category 1 CME credits. PAs should only claim credit commensurate with the extent of their participation.

- **Psychologists:** Northwell Health designates this activity for 6 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:** Northwell Health designates this activity for 6 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.

Verification of attendance: This will be provided to all professionals.

ABIM MOC statement:

Successful completion of this CME activity, which includes participation in the evaluation component (self-assessment), enables the participant to earn 6 MOC medical knowledge points in the American Board of Internal Medicine’s (ABIM) Maintenance of Certification (MOC) program. It is the CME activity provider’s responsibility to submit participant completion information to ACCME for the purpose of granting ABIM MOC credit.



Location: Museum of Moving Image, 36-01 35th Avenue, Astoria, NY 11106.

Course offering and registration fees:

	FEE
Physicians	\$150
Clinical staff	\$120
Students	FREE

Registration fee includes: Breakfast, lunch, course materials, and CME/ Verification of attendance certificate.

Cancellation policy: To receive a refund, all cancellations must be confirmed via email to Catherine Leonardo, CME project manager (cleonardo@northwell.edu), Office of Continuing Medical Education, by June 2, 2025. An administrative fee of \$10 will be kept for all cancellations. No refunds will be made after this date or for “no-shows.”

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.

Americans with Disabilities Act (ADA):

This conference is in compliance with provisions of the ADA and is accessible for individuals with special needs. If you would like to attend this conference and require any special accommodations, please contact the Office of CME at (516) 730-2263..

To register

WAYS TO ATTEND/PARKING OPTIONS



Photo credit: Peter Aaron/Esto (courtesy of Museum of the Moving Image).

Ways to attend:

- **Via Zoom**

- **In person**

Museum of the Moving Image

36-01 35th Avenue (at 37th Street)
Astoria, NY 11106

Easily accessible from all major highways, Museum of the Moving Image is located minutes away from Midtown Manhattan by subway or car, on the campus of the historic Kaufman Astoria Studios.

Parking

PV Parking Corp.

34-11 Steinway Street, Astoria
(entrance on 41st Street, between 34th and 35th avenues); wheelchair accessible.
Discount offered (validation required).

Astoria Parking Management

34-22 35th Street
Astoria, NY 11106

Street parking (two-hour meters) is also available.



REDEFINING WOMEN'S HEALTHCARE ONE MISSING PIECE AT A TIME

For centuries, women's healthcare has been incomplete. Studies left unfinished. Pieces missing.

That's why we're rewriting history. By putting women first and basing women's healthcare on women, we can give them the care they deserve.

More women choose Northwell than any other health system in New York.

[Learn more at RaiseHealth.com/Women](https://www.RaiseHealth.com/Women)

**RAISE
HEALTH**



NorthwellSM
Katz Institute for
Women's Health

Claim based on 2023 SPARCS data for elective discharges and ambulatory surgeries amongst females