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## CME Information

### Fourth Annual Symposium on Risk, Diagnosis and Treatment of Cardiovascular Disease in Women

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#### Needs Statement

Cardiovascular disease (CVD) is the number one killer of women in the United States. Long thought of as primarily affecting men, CVD—including heart disease, hypertension, and stroke—affects a substantial number of women. The number of CVD deaths for females has exceeded those for males since 1984.

More than one in three female adults has some form of cardiovascular disease. Experts estimate that one in two women will die of heart disease or stroke, compared with one in 25 women who will die of breast cancer.

Although heart disease is a complex disorder thought to be a result of interactions between genetic and environmental factors, it is 80% preventable with proven strategies for risk modification. Both patient and professional education about managing the risk factors shared by all cardiovascular diseases are essential and must be promoted across all disciplines encountering women in the health care field. The goal of this section to educate primary care physicians and cardiologists about diagnosis, treatment, and prevention of CVD in women.

#### Educational Objectives

At the conclusion of this activity, the participant should be able to:

- Identify emerging controversies in cardiovascular disease and treatments;
- Cite the identification of cardiac risk factors in women;
- Apply current guidelines for managing modifiable biological risk factors for cardiovascular disease in light of new data presented this year;
- Develop and utilize an overall cardiovascular risk stratification of female patients to guide prevention and treatment strategies.

#### Target Audience

Cardiologists, gynecologists, primary care physicians, internal medicine physicians, family medicine practitioners, endocrinologists, and nurse practitioners.

#### Accreditation and Credit Designation

Texas Heart Institute is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Texas Heart Institute designates this journal-based CME activity for a maximum of 5 *AMA PRA Category 1 Credits*<sup>™</sup>. Physicians should claim only the credit com-

mensurate with the extent of their participation in the activity. The articles marked with a ★ are designated for CME credit.

#### Term of Approval

June 5, 2014, through June 5, 2016. Continuation of CME credit from June 5, 2016, depends upon a thorough review of the content for currency and accuracy.

#### Disclosure of Financial Relationships with Commercial Interests

The following individuals have reported no interest or other relationship(s) with companies that may relate to the educational content of this activity:

Ambar A. Andrade, MD

Miguel Ángel Cano, PhD

Sharonne N. Hayes, MD

Raymond F. Stainback, MD, FACC

Salim S. Virani, MD, PhD

David W. Wetter, PhD

The Planning Committee members have nothing to disclose.

The THI CME Staff have nothing to disclose.

The Program Reviewers have nothing to disclose.

The following individuals have reported that they have or have had financial relationships with commercial interests:

**Guilherme V. Silva**, MD, is on the speakers' bureau for St. Jude Medical, Inc.

#### Repurposing Statement

If you previously completed and received credit for the live CME-sponsored symposium titled Fourth Annual Symposium on Risk, Diagnosis and Treatment of Cardiovascular Disease in Women, on October 19, 2013, please note that you will not receive credit for completing this activity. Participants who take part in an identical activity, even in order to validate learning or to clarify specific topics, cannot claim, nor will the Texas Heart Institute award, duplicate credit for the activity.

#### Method of Participation and Receipt of CME Certificate

To obtain CME credit for the Fourth Annual Symposium on Risk, Diagnosis and Treatment of Cardiovascular Dis-

ease in Women *Texas Heart Institute Journal* section, you must:

1. Carefully read the CME-designated articles marked with a ★ in this issue of the *Journal*.
2. Answer the assessment questions presented on page 311. A grade of 80% must be attained to receive CME credit.
3. Complete a brief evaluation.
4. Claim your CME credit by mailing the completed assessment and evaluation to

THI Office of CME  
2130 W. Holcombe, Suite 920  
Houston, TX 77030

5. The THI Office of CME will grade the assessment, and, if the score is 80% or higher, a certificate indicating the number of credits/contact hours earned for participation in the program will be mailed to you at the address provided.

#### **Evaluation/Feedback**

For assistance or feedback on this activity, please contact the Texas Heart Institute Office of CME at 713-218-2200 or by e-mail at [cme@texasheart.org](mailto:cme@texasheart.org).