
CME Information:
**Seventh Annual Women's Heart & Vascular Symposium:
A New Era in Prevention, Diagnosis & Treatment**

Overview

Among the greatest threats to women as they age are cardiovascular disease (CVD) and coronary heart disease (CHD).

An estimated 43.8 million women in the United States have some form of CVD, which is associated with 1 of every 3 female deaths. Cardiovascular disease kills approximately as many women as do cancer, chronic lower respiratory diseases, and diabetes mellitus combined. More women than men die of CVD each year, usually without having reported previous symptoms.

An estimated 6.6 million women are living with CHD. Although it might be thought of as a "man's disease," CHD kills approximately as many women as men in the U.S. each year. Public awareness is improving but is far from widespread. In women 35 to 44 years of age, the mortality rate attributable to CHD has been increasing annually, whereas in men, that rate has been falling. Before they reach menopause, women have an advantage over men in terms of developing CHD; however, after age 65, women have the same risk of having a heart attack or stroke as do men and are more likely to die of either.

Gaps in prevention and diagnosis exist for many reasons. Multiple challenges include recognizing varying symptoms, performing effective diagnostic testing, ensuring timely treatment, modifying patients' lifestyle behaviors, and recognizing that some diseases manifest themselves and progress differently in women than in men. Education must continue among providers who care for women. This activity focuses on ways of confronting these challenges and offers insights.

Educational Objectives

After this activity, the participant should be able to:

- Identify cardiac risk factors in women
- Understand the current guidelines for prevention, treatment, and diagnosis of heart disease and stroke in women
- Understand cardiovascular-risk stratification in female patients, to guide preventive treatment
- Discuss new diagnostic tools and techniques
- Recognize challenges in health care related to cardiovascular treatment and research in women
- Understand the importance of health-promotion activities

Target Audience

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

Accreditation

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

Credit Designation

Texas Heart Institute designates this journal-based CME activity for a maximum of 5 *AMA PRA Category 1 Credits*[™]. Physicians should claim only the credit commensurate with the extent of their participation in the activity. The articles marked with a ★ are designated for CME credit.

Term of Approval

October 1, 2017, through October 1, 2019.

Disclosure of Financial Relationships with Commercial Interests

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

Briana T. Costello, MD

Stephanie A. Coulter, MD

Eduardo A. Hernandez-Vila, MD

Zvonimir Krajcer, MD

David Kuten, MD

Carol Lai, MD

Michael McArdle, MD

Keri Sprung, BA

Amy Woodruff, MD

The Planning Committee members have nothing to disclose.

The THI CME Staff have nothing to disclose.

The Program Reviewers have nothing to disclose.

Repurposing Statement

If you previously completed and received credit for the live CME-accredited symposium titled Seventh Annual Women's Heart & Vascular Symposium: A New Era in Prevention, Diagnosis & Treatment on 10 December 2016, please note that you will not receive credit

for completing this activity. Participants who take part in an identical activity, even 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 Seventh Annual Women's Heart & Vascular Symposium, *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 352. 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
6770 Bertner Ave., MC 3-276
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 that you provide.

Evaluation/Feedback

For assistance or feedback on this activity, please contact the Texas Heart Institute Office of CME at 832-355-9100 or by e-mail at cme@texasheart.org.