Let’s Talk About...Keeping Your Interior Highway in Top Notch Condition

In this seminar, you will learn about:

- Cardiovascular disease (CVD), the #1 killer of men and women in the U.S., and what you can do to avoid or minimize your risks of CVD.
- Atherosclerosis (ath-er-oh-skler-oh-sis), or the build-up of plaque, that leads to coronary artery disease, stroke and peripheral artery disease.
- The warning signs of stroke, the #5 killer of men and women in the U.S., and the leading cause of long-term disability.
- The new UCHealth Mobile Stroke Treatment Unit and how it is revolutionizing the way we deliver stroke treatment to patients.
- The LEAP Program, a semi-annual series of lectures that gives stroke patients the tools, training and tips they need to lead fuller, healthier and more productive lives.

Who: Any woman seeking information about the modifiable risk factors that lead to cardiovascular disease and stroke

Date: Thursday, Feb. 4, 2016

Time: 5:15-8 p.m.

Where: Anschutz Inpatient Pavilion 2
Conference Center Auditorium
12605 E. 16th Ave.
Aurora, CO 80045

Cost: $10 per person (dinner included)

Parking: Free valet parking will be available and information will be emailed to you in advance of the event.

RSVP: Space is limited; please RSVP by January 28, 2016 at uchealth.org/letstalkheartandstroke

Contact: Chiara Del Monaco, 720.848.4023

Agenda

5:15 p.m. // Registration, light dinner and informational booths

6 p.m. // Welcome and introductions

6:05 p.m. // Introduction to Atherosclerosis, Jennifer Simpson, MD

6:20 p.m. // Cardiovascular Disease & Peripheral Artery Disease: Not Just A Walk in the Park, Judith Regensteiner, PhD

6:50 p.m. // Different Strokes for Different Folks, Sharon Poisson, MD, MA, Jennifer Simpson, MD

7:20 p.m. // Stroke Survivor

7:30 p.m. // Question and answer session with the experts

8 p.m. // Adjourn
Our Speakers

“Cardiovascular Disease & Peripheral Artery Disease: Not Just A Walk in the Park”

Judith Regensteiner, PhD, Director, Center for Women’s Health Research; Professor of Medicine in the Divisions of Internal Medicine and Cardiology, Department of Medicine, University of Colorado School of Medicine, Judith and Joseph Wagner Chair in Women’s Health Research

Cardiovascular disease is the #1 killer of women and men, accounting for 1 in 4 deaths in the United States. Cardiovascular disease encompasses diseases of the heart and blood vessels, and is typically related to the presence of atherosclerosis, or plaque that builds up in the arteries.

A commonly undiagnosed type of cardiovascular disease is peripheral artery disease (PAD), or atherosclerosis of the arteries in the legs. Eight to 12 million Americans have PAD which is often called “poor circulation” and has a strong relationship to heart disease. Patients with PAD typically have an impaired ability to walk which adversely affects their quality of life. PAD is usually a sign of more widespread accumulation of fatty deposits in the arteries (atherosclerosis). Atherosclerosis can reduce blood flow to the heart, brain, and legs, causing stroke and heart attack in PAD.

“Introduction to Atherosclerosis”

“Different Strokes for Different Folks”

Every 40 seconds in the United States, someone has a stroke, making it an incredibly common disease. Ischemic stroke, which is the most common type, happens when a portion of the brain does not get enough blood or oxygen delivered. Strokes are the fourth leading cause of death in the United States and a leading cause of disability. Women are more likely than men to have strokes over the course of their lifetime and are more likely to die from stroke, in part due to their longer lifespans. Symptoms of stroke can be highly variable depending upon the part of the brain affected, but early recognition is a critical part of being able to save brain cells. We will discuss recognizable signs of stroke, early management of stroke, and ways that women can reduce their stroke risk.

Jennifer Simpson, MD, Assistant Professor, Director, Quality Improvement, Department of Neurology, University of Colorado School of Medicine

Sharon Poisson, MD, MA, Assistant Professor, Department of Neurology, Medical Co-Director, Comprehensive Stroke Program, University of Colorado School of Medicine