

4th Annual MUSC Women's Heart Health Symposium
Saturday, April 24, 2010
Gaillard Municipal Auditorium

7:00-9:00 a.m.

Know Your Heart Health Numbers
Health Screenings and Results Review
** Limited participation for early registrants*

9:00-9:05 a.m.

Welcome, Ladies!

9:05-9:30 a.m.

Me-Hab: Living Your Life with Joy, Purpose, and Energy
Heather Perram Frank, Jump Strategies
Media Strategist



9:30-9:50 a.m.

Past the Boiling Point:
Understanding Hypertension in Women
Dr. Jan Basile, MUSC Hypertension Specialist

9:50-10:05 a.m.

Sodium and a Woman's Heart:
How to Rid Yourself of Salt for Good
Amy Mendez, RD, LD, MPH
Director of Nutrition, Seinsheimer CV Health Program

10:05-10:20 a.m.

Am I at Risk--How Can I Know for Sure?
New Tests to Identify Heart Attack Risk in Women
Dr. Pamela Morris, MUSC Preventive Cardiologist

10:20-10:30 a.m.

The Doctor is In:
Question and Answers with Speakers

10:30-11:00 a.m.

Refreshment Break and Expo Browsing

11:00-11:15 a.m.

Marine Boot Camp Fitness Break:
It's All About Discipline, Commitment, and a Cool Uniform!

11:15-11:45 a.m.

Opening Clogged Arteries:
Understanding Coronary Stents in Women
Dr. Daniel Steinberg, MUSC Cardiologist

- 11:45-12:45 p.m. **Heart Healthy Lunch Break:
Yes, Healthy can be Delicious!**
- 12:15-12:45 p.m. *Lunchtime Entertainment*
**Zumba Fitness:
Ditch the Workout and Join the Party!**
James Johnson
- 12:45-1:05 p.m. **Vascular Screening Tests:
How to Know When Testing is Right for You**
Dr. Bruce Elliott, Director, MUSC Vascular Surgery
- 1:05-1:30 p.m. **It Must Have Slipped My Mind:
Understanding Stroke Symptoms and Risk in Women**
Dr. Tanya Turan, MUSC Neurologist
- 1:30-1:45 p.m. **Take a Walk on the Wild Side!
Exercise and a Woman's Heart**
Dr. Marian Taylor, Director, MUSC Cardiac Rehab
- 1:45-2:00 p.m. **Cholesterol--Even Lower, Even Better:
And How to Get It There**
Kellie McLain, ANP, MUSC Clinical Lipid Specialist
- 2:00-2:15 p.m. **"Fitness 4 All" Exercise Break**
Brenda Murray
- 2:15-2:45 p.m. **Go Red Fashion Show**
Beautiful MUSC Heart and Vascular Center staff and patients in
stunning red fashions provided by generous area merchants
- 2:45-3:00 p.m. **Prize Give-away!
Must be present to win!
Testimonial**