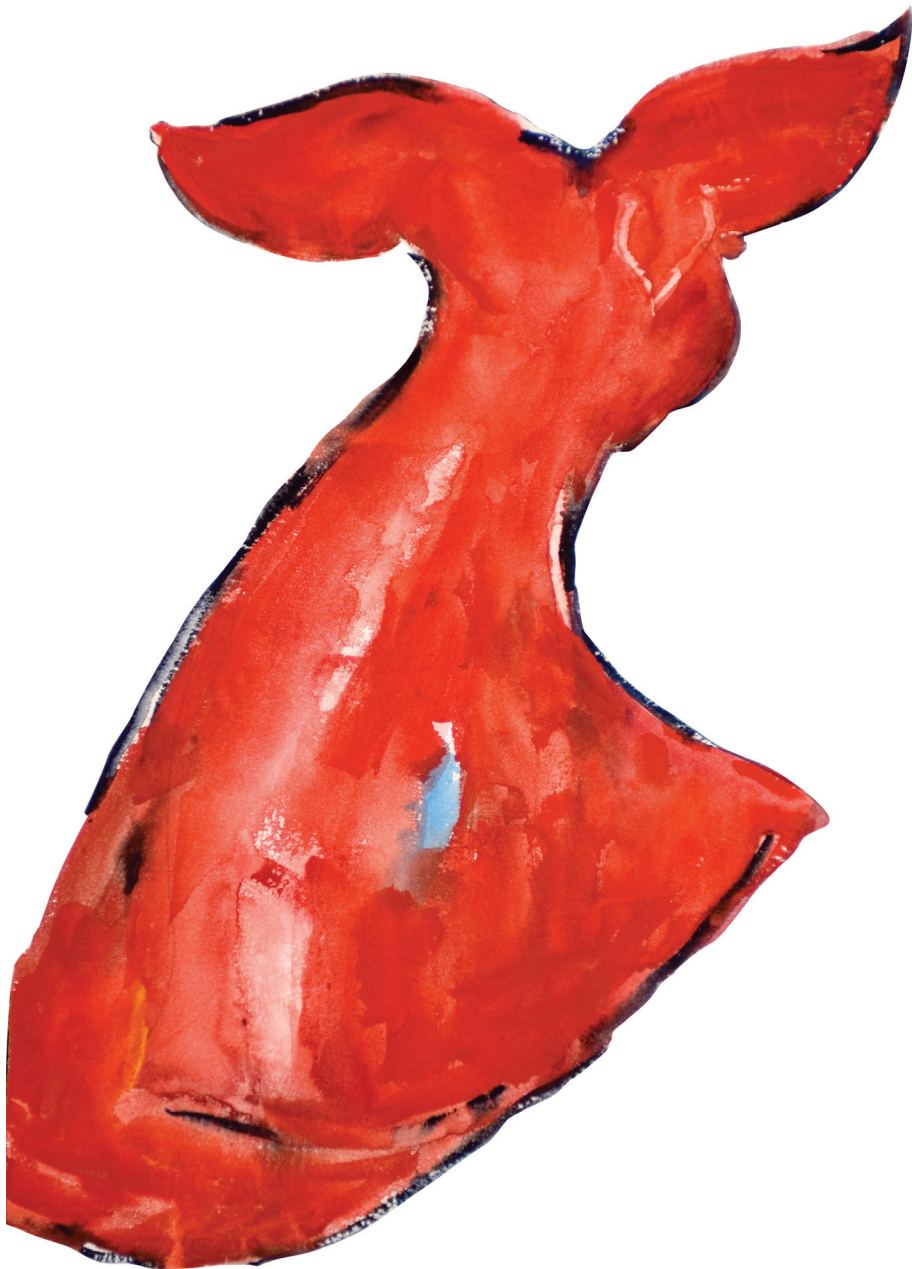


Women's Heart Health Symposium



SATURDAY
APRIL 30, 2011
Gaillard
AUDITORIUM
77 CALHOUN STREET
Downtown Charleston

Women's Heart Care at the MUSC Heart and Vascular Center is pleased to announce the **5th annual Women's Heart Health Symposium**. This event is designed to educate women about the risk factors, warning signs and prevention of women's heart disease. There is a \$10 admission fee at the door (cash or check preferred).

The event will feature nutrition counseling, a heart healthy breakfast & snack, exercise, free parking, and raffle prizes.

Health Screening 7am to 9pm. A health screening is available to a limited number of attendees for an additional \$10. It includes testing for cholesterol, glucose, blood pressure and body mass index (BMI). *You must call to register for the health screening.*

Please register for the symposium online at **MUSChealth.com/whhs** or call **792-1616**.

Women's Heart Health Symposium

Agenda

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| 7:00-9:00 am | Know Your Heart Health Numbers Health Screenings (Limited) |
| 8:30-9:00 am | Heart Healthy Breakfast: Join Us for the Most Important Meal of the Day! |
| 9:00-9:05 am | Welcome, Ladies! |
| 9:05-9:35 am | Surviving Heart and Vascular Disease: Survivors Help Attendees Understand the Impact of Heart Attack and Stroke on Their Lives and Families |
| 9:35-10:05 am | 10 Things Every Patient Should Know: How to Get the Most from Your Physician Dr. Jennifer Peura, MUSC Cardiologist |
| 10:05-10:30 am | Keeping the Clots Away: Your Blood and Your Arteries Dr. Eric Powers, MUSC Cardiologist Medical Director, MUSC Heart & Vascular Center |
| 10:30-10:45 am | Understanding Your Lipid Profile: Bring Your Latest Results and Let's Talk Numbers Kellie McLain, ARNP, CLS MUSC Nurse Practitioner and Clinical Lipid Specialist |
| 10:45-11:00 am | The Doctor Is In: Question and Answers with Speakers |
| 11:00-11:30 am | Refreshment Break |
| 11:15-11:30 am | Fitness Break Raquel Bynum, Praise Aerobics |
| 11:30-12:00 noon | Navigating the Grocery Store Maze: A Virtual Lesson in Heart Healthy Shopping Amy Mendez, RD, MPH, MUSC Registered Dietitian |
| 12:00-12:20 pm | Endurance, Flexibility, Strength: Is My Fitness Program Really Keeping Me and My Heart Young? Dr. Marian Taylor, MUSC Cardiologist Director, Cardiac Rehabilitation Co-Director, Women's Heart Care |
| 12:20-12:40 pm | Alternative Medicine and the Heart: Vitamins, Supplements, and Chelation—Oh, My? Dr. Pamela Morris, MUSC Preventive Cardiologist Director, Seinsheimer Cardiovascular Prevention Program Co-Director, Women's Heart Care |
| 12:40-1:00 pm | Be Stroke Smart: Update on the Latest Stroke Prevention Guidelines Dr. Christine Holmstedt, MUSC Neurologist |
| 1:00-1:15 pm | The Doctor Is In: Questions and Answers with Speakers |
| 1:15 pm | Prizes and Wrap-Up |