



## Schedule

Saturday, September 12, 2009

### 7th Annual Colorado Women's Cardiovascular Health Symposium

7:00 am Registration and Continental Breakfast

8:00 am Introductions and Welcome  
Judith Regensteiner, PhD

#### Session I

8:15 am Practical Fitness for Women on the Go  
Deborah Saint-Phard, MD

8:45 am The '100K cal per mile' and Other Myths regarding Exercise and Weight Regulation  
Wendy Kohrt, PhD

9:15 am Diabetes and Exercise in Women  
Jane Reusch, MD

9:45 am Panel - Questions and Answers

10:15 am Break

#### Session II

10:45 am Cardiovascular Disease in Women: Challenges in 2009  
Judith Regensteiner, PhD

11:15 am Type 2 Diabetes in Teenagers  
Kristen Nadeau, MD

11:45 am Hypertensive Disease in Pregnancy as a Predictor of Cardiovascular Disease Later in Life  
Anne Lynch, MD, MSPH

12:15 pm Panel - Questions and Answers

12:45 pm Conference Adjourns

**For more information:**  
Office of Continuing Medical Education  
University of Colorado Denver  
School of Medicine  
Mail Stop C295  
13001 E. 17th Place  
Aurora, CO 80045  
Phone: 303-724-3552 • Fax: 303-724-3557  
Visit: [www.uchsc.edu/cme](http://www.uchsc.edu/cme)  
Email: [cme.meetings@ucdenver.edu](mailto:cme.meetings@ucdenver.edu)



## Featured Presenters

University of Colorado Denver  
School of Medicine

**Deborah Saint-Phard, MD**  
Associate Professor of Medicine  
Department of Physical Medicine and Rehabilitation

**Wendy Kohrt, PhD**  
Professor of Medicine  
Division of Geriatric Medicine  
Department of Medicine

**Jane Reusch, MD**  
Professor of Medicine  
Division of Endocrinology  
Department of Medicine

**Judith Regensteiner, PhD**  
Professor of Medicine  
Divisions of General Internal Medicine  
and Cardiology  
Director of the Center for Women's Health Research  
Department of Medicine

**Kristen Nadeau, MD**  
Assistant Professor of Pediatrics  
Division of Pediatric Endocrinology  
Department of Pediatrics

**Anne Lynch, MD, MSPH**  
Assistant Professor  
Department of Obstetrics and Gynecology

## Course Registration

### Colorado Women's Cardiovascular Health Symposium

Four convenient ways to register: online, fax, mail, or phone



Last Name \_\_\_\_\_ First Name \_\_\_\_\_ MI \_\_\_\_\_  
(Please print name as you would like it to appear on your CME certificate)

Degree \_\_\_\_\_ (necessary for CME Certificate) Practice name/organization: \_\_\_\_\_

Mailing Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Office Phone \_\_\_\_\_ E-mail \_\_\_\_\_

Registration Fee: \$55

Form of Payment: Credit Card  MasterCard  Visa  Check - Payable to the University of Colorado Denver School of Medicine

Card # \_\_\_\_\_ Verification Code: \_\_\_\_\_ Exp. Date \_\_\_\_\_

Name on card \_\_\_\_\_ Signature of card holder \_\_\_\_\_

 Please indicate if you have any special assistance needs: \_\_\_\_\_

**Detach and return to:** University of Colorado Denver  
Office of CME  
Mail Stop C295  
13001 E. 17th Place  
Aurora, CO 80045

**Or fax to: 303-724-3557**

**Register online with credit card payments at our website:** [www.uchsc.edu/cme](http://www.uchsc.edu/cme); Click on the "Register Now" button. When you register online, you will receive immediate confirmation of your conference registration.

Please do not send in original if you have faxed your registration, you will receive a confirmation in the mail.

## General Information

*This program is designed to meet the educational needs of Physicians, Physician Assistants, Nurse Practitioners, Nurses, Medical Students, Cardiac Rehabilitation Specialists, Diabetes Educators and other individuals involved in cardiovascular health.*

### Accreditation

The University of Colorado School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

The University of Colorado School of Medicine designates this educational activity for a maximum of 4 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

### Learning Objectives

Upon completion of this course, participants should be able to:

- Prescribe exercise to their patients who are seen in clinic.
- Learn about the relationship between physical fitness with cardiovascular disease and diabetes so that they can:
  - a. Recognize the relationship between physical fitness and cardiovascular disease **and**
  - b. Improve the evidence-based knowledge about physical fitness and cardiovascular disease and diabetes in adults and teens for themselves and their patients.
- Understand the particular issues of cardiovascular disease for women and the appropriate treatments.
- Recognize the health issues of adolescents with type 2 diabetes and be able to treat patients appropriately.
- Address the issues of pregnant women who have hypertension and understand the consequences for their babies.

### Registration

The registration fee is \$55 and includes continental breakfast, snacks, syllabus material and continuing medical education credit. Register online at [www.uchsc.edu/cme](http://www.uchsc.edu/cme). Click on the "Register Now" button. You will receive an immediate confirmation of your conference registration and a receipt for payment. We accept MasterCard, Visa or check. Check payments must be made out for the exact amount of

### Accommodations

Please contact hotels directly and mention you are attending a University of Colorado Denver School of Medicine course at the Summit Conference and Event Center.

#### Homewood Suites by Hilton

4210 Airport Way  
Denver, CO 80239  
1-303-371-4555  
\$79/night plus tax

#### Holiday Inn Express Hotel & Suites

1500 South Abilene Street  
Aurora, CO 80012  
1-877-834-3613  
\$69/night plus tax

### Directions and Parking

The Summit Conference and Event Center is conveniently located one minute off Interstate 225 at 6th Avenue. From I-225 North and South bound, exit at 6th Avenue. Head east on 6th Avenue approximately 1/4 mile. The Summit is located in the 6th and Sable Shopping Plaza which is at the southwest corner of 6th Avenue and Sable, just south of Hobby Lobby in the plaza.

Ample free parking is available immediately outside the front door.

the registration to the University of Colorado Denver. Please include the participant's registration number and name on the check.

### Cancellation

The full course tuition is refundable, less a \$20 processing fee, if your cancellation is received, in writing, prior to August 28, 2009. No refunds will be granted after this time or for non-attendance.

# 7th Annual Colorado Women's Cardiovascular Health

Saturday, September 12, 2009

The Summit Conference and Event Center  
411 Sable Boulevard  
Aurora, Colorado

Sponsored by:

Center for Women's Health Research  
Divisions of General Internal Medicine  
and Cardiology  
University of Colorado Denver  
School of Medicine

Office of Continuing Medical Education

7th Annual Colorado  
Women's  
Cardiovascular  
Health Symposium  
Saturday  
September 12, 2009  
Aurora, Colorado

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School of Medicine  
Continuing Medical Education  
Mail Stop C295  
1301 East 17th Place  
Aurora, CO 80045

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State funds were not used to develop or administer this program.

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