

# Let's Talk:

## Conversations about Women's Health



### Mending a Broken Heart: Technologies, Treatments, and Threats

The heart performs an incredibly important function in our body. Please join us for the next *Let's Talk: Conversations about Women's Health* during heart health month. Physicians with the University of Colorado Anschutz Medical Campus will share how precision medicine is improving cardiovascular care, how valvular heart disease is now being treated, and how COVID-19 can affect the heart. Join us to learn about some of the latest technologies, treatments and risks to your heart and health.

**Who:** Women and Men

**Date:** Thursday, February 18, 2021

**Registration:** Please register by Thursday, February 18, 2021 at noon at [www.cwhr.org](http://www.cwhr.org). A zoom link will be emailed after registration.

For more information, email [cwhr@cuanschutz.edu](mailto:cwhr@cuanschutz.edu) or call 303-725-0305.

#### AGENDA

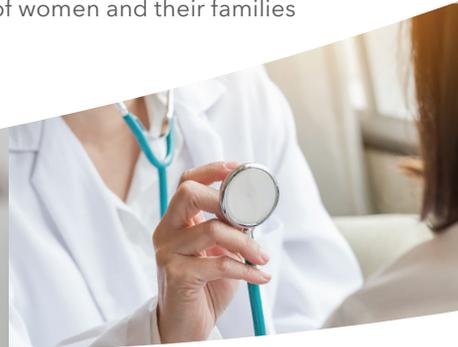
- 6-6:05 p.m. **Judy Regensteiner, PhD**  
Welcome
- 6:05-6:25 p.m. **David Kao, MD**  
*Precision Medicine and Clinical Practice: Where are we and where are we going?*
- 6:25-6:45 p.m. **John Carroll, MD**  
*Treating Narrowed or Leaky Heart Valves without Open-Heart Surgery*
- 6:45-7:05 p.m. **Kylie Adamek, MD**  
*Getting to the Heart of the Matter: The Cardiovascular Consequences of COVID-19*
- 7:05-7:25 p.m. Question and answer panel
- 7:25-7:30 p.m. Closing

Presented by the University of Colorado **Center for Women's Health Research** at the CU Anschutz Medical Campus.

Americans with Disabilities Act: Event staff are glad to assist you with any special needs. If you need sign language interpretation or CART, please contact us at least three business days prior to the meeting date.

*Let's Talk: Conversations about Women's Health* is a lecture series that educates the community on topics of health. These evidence-based talks provide information that people need to make educated decisions about health for themselves and their families. Let's Talk content is uniquely created and presented by a panel of nationally recognized subject matter experts, physicians and researchers.

Give to the Center for Women's Health Research to support this and other programs designed to improve the health and well-being of women and their families at [giving.cu.edu/cwhr](http://giving.cu.edu/cwhr).



# Speakers



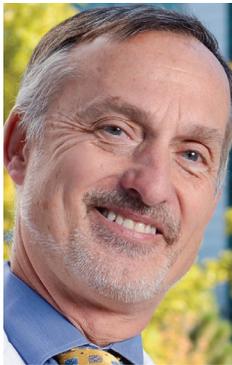
## David Kao, MD

*Precision Medicine and Clinical Practice: Where are we and where are we going?*

Dr. Kao will discuss the current state of personalized medicine at the University of Colorado and UHealth and how these efforts are impacting patients and are specifically improving diagnosis and treatment of heart disease in women. He will also describe the ongoing efforts and goals to increase the use of personalized medicine at UHealth in the coming years.

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Dr. Kao is the Medical Director for the Colorado Center for Personalized Medicine and a general cardiology physician scientist funded by the National Heart, Lung, and Blood Institute and the American Heart Association in the areas of congestive heart failure, clinical precision medicine, and dissemination of patient-centered evidence-based care recommendations to providers and their patients. His research interests are sex differences in cardiovascular disease and personalization of heart failure management based on medical conditions, demographics, social factors, and genetics. He studied biomedical engineering and graduated from medical school at the Johns Hopkins University in Baltimore, Maryland. During that time, he spent a year as a molecular biologist at the National Institutes of Allergy and Infectious Disease and in tissue engineering at JHU. He completed his internal medicine residency and chief residency at Stanford Hospital and Clinics before completing a post-doctoral fellowship with Stanford's Division of Biomedical Informatics Research.



## John Carroll, MD

*Treating Narrowed or Leaky Heart Valves without Open-Heart Surgery*

In the last 10 years the treatment of valvular heart disease has undergone a major transition with the development of the ability to repair and replace heart valves without the need for open heart surgery. In the 1980's-90's a similar transition occurred with the use of angioplasty and stent treatment of coronary blockages as an alternative to coronary bypass surgery. From 2011-2019 approximately 275,000 people in the US had their aortic valves replaced with a catheter-based system that allows most people to go home the next day. This talk will review these advancements in medical care as well as demonstrate the dramatic increase in the incidence of women and men having degeneration of heart valves as they age.

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Dr. John Carroll is an interventional cardiologist with clinical and investigative interests related to structural/valvular heart disease interventions and the development of advanced cardiac 3D imaging for image guidance. He has been the Director of Interventional Cardiology, and co-Medical Director of the Cardiac and Vascular Center since 1996. He has developed the interventional program at the University of Colorado with his colleague, John Messenger. He is currently a member of various national and international editorial and advisory boards, the STS-ACC Transcatheter Valve Therapy Registry Steering Committee, and the Steering Committee of the RESPECT trial. Additionally, Dr. Carroll has co-edited with John G. Webb, MD of Vancouver the first textbook, *Structural Heart Disease Interventions*.



## Kylie Adamek, MD

*Getting to the Heart of the Matter: The Cardiovascular Consequences of COVID-19*

There is a spectrum of cardiovascular illness associated with COVID-19. This discussion will identify those complications common in critical illness, regardless of SARS-CoV-2 infection, as well as those unique to this novel coronavirus. Dr. Adamek will also review any observed sex differences associated with the cardiovascular consequences of COVID-19.

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Dr. Adamek is a hospitalist at the University of Colorado. Her interests include medical education, implicit bias in medicine, and cardiovascular disease, with ongoing research projects evaluating cardiac dysfunction in those with COVID-19, as well as use of the electronic medical record to improve outcomes in those with heart failure. She graduated from medical school at Louisiana State University in New Orleans before completing her residency and chief residency at the University of Colorado. She will be starting her fellowship training in Cardiovascular Disease at Vanderbilt University in July 2021.