

Let's Talk:

Conversations about Women's Health



How to Protect Your Heart: The Ins and Outs of Stroke, Cardiac Arrhythmias, and the Connection between Mental Health and Cardiovascular Health

Please join us during heart health month for our Let's Talk: Conversations about Women's Health program as experts from the CU Anschutz Medical Campus will discuss cardiovascular health. You will gain valuable knowledge about how stroke and cardiac arrhythmias differ in men and women and how taking care of your mental health can promote heart health.

Who: Women and Men

Date: Wednesday, February 9, 2022

Registration: Please register by Wednesday, February 9, 2022 at noon at www.ludemancenter.org. A zoom link will be emailed after registration.

For more information, email ludemancenter@cuanschutz.edu or call 303-725-0305.

AGENDA

6:00-6:10 p.m. **Judy Regensteiner, PhD**
Welcome

6:10-6:30 p.m. **Layne Dylla, MD, PhD**
Of Mice and Women—A Tale of Sex-based Disparities in Stroke

6:30-6:50 p.m. **Wendy Tzou, MD**
Sex Differences in Cardiac Arrhythmias

6:50-7:10 p.m. **Kevin Masters, PhD**
The Psychology of the Heart (i.e., The One in Your Chest)

7:10-7:30 p.m. Question and Answer Session

Presented by the University of Colorado **Ludeman Family 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 Ludeman Family 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/ludemancenter.



Ludeman Family Center for Women's Health Research
UNIVERSITY OF COLORADO ANSCHUTZ MEDICAL CAMPUS



School of Medicine
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uchealth

Brenda & Don Lewis

Speakers



Layne Dylla, MD, PhD

Of Mice and Women-A Tale of Sex-based Disparities in Stroke

This talk will touch on the underlying biology of stroke and stroke risk factors. It will particularly emphasize the differences between men and women in terms of stroke care and outcomes, and how we can combat these disparities.

Born and raised in New Mexico, Dr. Dylla has a passion for medicine and using research to advance her treatment of many patients. She pursued this passion for medicine and research as a dual MD/PhD student at the University of Colorado in the Medical Scientist Training Program where she studied the oncogenic role of microRNAs in Ewing Sarcoma. Dr. Dylla subsequently completed her emergency medicine residency training and dual experimental therapeutic and emergency medicine research fellowships at the University of Rochester Medical Center. Since residency, Dr. Dylla has focused on stroke treatments in the prehospital and emergency department settings, where she began to address the disparities in care and research between men and women with stroke.



Wendy Tzou, MD

Sex Differences in Cardiac Arrhythmias

Dr. Tzou will discuss sex differences in the presentation and treatment of arrhythmias and rhythm control issues. She will also provide insight into hormonal influences on arrhythmias such as supraventricular tachycardia and QT intervals.

Dr. Tzou is an associate professor of medicine at University of Colorado School of Medicine, and the associate director of the Cardiac Electrophysiology Laboratories at the University of Colorado Hospital. Her passion for and expertise in management of complex arrhythmias were cultivated at the University of Pennsylvania, where she completed training in cardiology and cardiac electrophysiology in 2010 and served on faculty until 2011. Her clinical practice includes a comprehensive range of contemporary device and arrhythmia management, although her primary clinical and research activities revolve around management and ablation of complex atrial and ventricular arrhythmias. In addition to her experience in clinical management of atrial fibrillation, she has participated in multiple service programs and initiatives intended to improve awareness and treatment of patients, advocated by the American Heart Association and the Heart Rhythm Society. She has also participated in collaborative pre-clinical and clinical research designed to optimize techniques and outcomes of complex catheter ablation procedures.



Kevin Masters, PhD

The Psychology of the Heart (i.e., The One in Your Chest)

Dr. Masters will discuss how positive and negative psychological experiences influence heart function, for better or worse, and suggest steps for taking psychological care of your physical heart.

Dr. Kevin Masters is a clinical health psychologist and an international leader in the fields of health psychology and behavioral medicine. Dr. Masters is currently investigating how meaning/purpose may be leveraged to increase adherence to healthy behavior regimens. He is the Colorado principle investigator on the Enhancing Lifestyles for Metabolic Syndrome (ELM) study, a multi-site, randomized trial of lifestyle interventions for treatment of metabolic syndrome. In the lab he is studying the possible influence of meaning on cardiovascular function during stress and how pre-pandemic lab values predict stress response during the COVID-19 pandemic.