

Registration Information

The fee to attend the seminar is \$25 per person, or free if attending virtually.

The \$25 fee includes:

- Light breakfast and lunch
- Screenings:
 - Cholesterol
 - Carotid artery
 - EKG
 - Blood Pressure
 - Time with a nurse practitioner to review your results.

Call (562) 933-0100 or scan the QR code to register.



14th Annual Women's Heart & Stroke Seminar

*Saturday, Feb. 25
7:30 a.m. – 2 p.m.*



14th Annual Women's Heart & Stroke Seminar

The MemorialCare Heart & Vascular Institute and Comprehensive Stroke Center at Long Beach Medical Center are hosting their 14th Annual Women's Heart & Stroke Seminar. We welcome both men and women to attend.

At the seminar, you'll learn how to manage risk factors for heart disease and stroke including:

- High Cholesterol
- Glucose (Sugar Levels)
- High Blood Pressure
- Obesity
- Smoking
- Lifestyle

Heart disease and stroke specialists will share the latest information about recognition and treatment of cardiovascular disease and strokes.

The **Comprehensive Stroke Center** is ready 24 hours a day, seven days a week to deliver advanced stroke care. It has the highest level of stroke certification, earned by meeting standards for the most complex stroke cases.

The **MemorialCare Heart & Vascular Institute** is dedicated to helping women and men identify heart disease and stroke risk factors, and researching how heart disease affects men and women differently.

Seminar Schedule

- **7:30 – 9 a.m.**
Registration & screenings
- **9 – 9:40 a.m.**
Is sleep the best medicine?
Dr. Sarathi Bhattacharyya
Pulmonology, Critical Care, & Sleep Medicine Physician
- **9:40 – 10:20 a.m.**
Why women's heart health matters
Dr. Nissi Suppogu
Cardiology Fellow
- **10:20 – 10:40 a.m.**
Break & screenings
- **10:40 – 11:20 a.m.**
Stroke: Understanding risk prevention and learning about the most advanced, cutting-edge treatments
Dr. May Nour
Interventional Neuroradiologist
- **11:20 a.m. – Noon**
Atrial fibrillation and your new watch
Dr. Mark Lee
Cardiac Electrophysiologist
- **Noon – 12:45 p.m.**
Lunch
Heart and stroke survivor stories
- **12:45 – 1:25 p.m.**
Supplements and medicines for heart and vascular health
Angela Chaili, PharmD
Tammy Nguyen, PharmD
- **1:25 – 2 p.m.**
Nutrition for a healthy heart and brain
Carine Sidhom, Registered Dietitian

Location & Directions

The in-person seminar will be held in Houssels Forum at Long Beach Medical Center.

Take the 405 (San Diego) freeway Atlantic Ave. exit.

Long Beach Medical Center is located three blocks south of the freeway. Turn right at Memorial Medical Center Dr. into the visitor parking lot.

Houssels Forum is located on the lower level of the medical center, below the main hospital entrance in the Center for Health Education.

