

Seminar Registration Card

Women's Heart and Stroke Seminar

February 18, 2012 - 7:30 a.m. to 3 p.m.

Please print

Name:

Address:

Telephone: (_____) _____

E-Mail Address:

Registration fee: \$25 per person

Payment (please check one):

Check Money Order Cash

Make checks payable to:

Memorial Medical Center Foundation

Mail completed form and payment to:

Long Beach Memorial
Fourth Floor, Stroke Program
2801 Atlantic Avenue
Long Beach, CA 90806

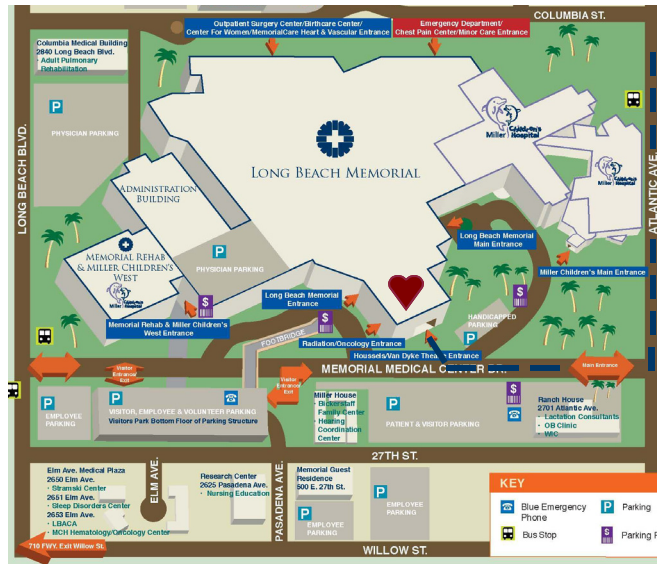
Credit Cards are accepted.

**To register using a credit card,
call (888) 794-9466.**

Location/Directions

This seminar will be held in Houssels Forum at Long Beach Memorial. ❤️

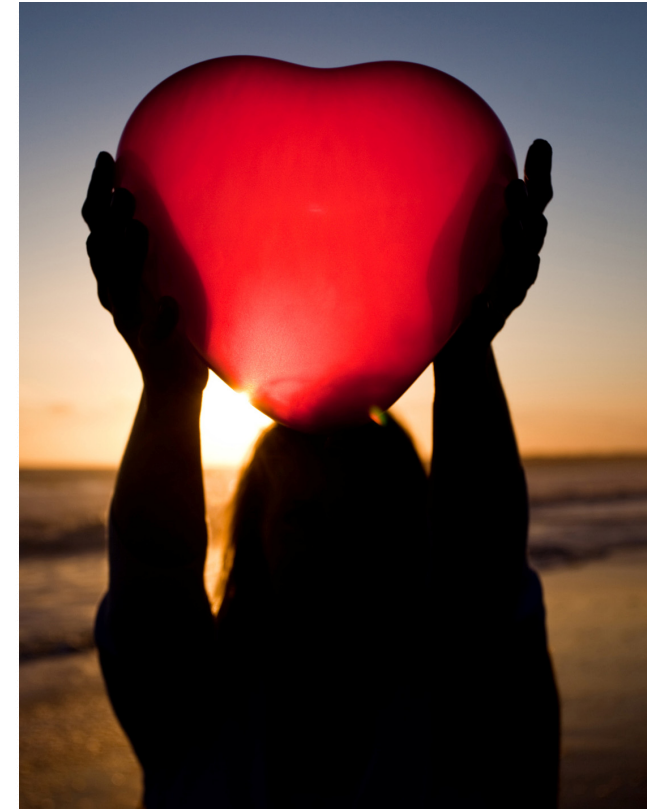
To arrive by car, exit 405 (San Diego) freeway at Atlantic Avenue. Long Beach Memorial is located three blocks south of the freeway. Turn right at Memorial Medical Center Drive into the visitor parking lot. Houssels Forum is located on the lower level of the medical center, below the main hospital entrance in the Center for Health Education.



memorialcare.org/lbwomensheart

memorialcare.org/stroke

5th Annual Women's Heart & Stroke Seminar



February 18, 2012

7:30 a.m. - 3 p.m.

 **LONG BEACH MEMORIAL**
MEMORIALCARE HEALTH SYSTEM

Share the Love: One Heart at A Time

Long Beach Memorial's Stroke Program and Center for Women's Cardiac Health and Research are hosting the Women's Heart and Stroke Seminar in celebration of **National Heart Awareness Month**.

Learn how to manage risk factors, such as high cholesterol, glucose (sugar levels), high-blood pressure, obesity, smoking and life-style, and participate in non-fasting screenings. Through preventive screenings, the risk of stroke and heart attack can be reduced. Blood pressure, carotid artery ultrasound, cholesterol and blood glucose (non-fasting) screenings will be available.

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

The **Long Beach Memorial Stroke Program** is certified as a Primary Stroke Center by the Joint Commission, who evaluates and certifies health care programs following national guidelines to improve outcomes for patients.

The **Center for Women's Cardiac Health and Research** is dedicated to helping women identify heart disease and stroke risk factors, and researching how heart disease affects men and women differently. The Center provides screenings and individualized plans for women to help manage and reduce risks for heart disease and stroke.

Schedule of the Day

- ♥ **7:30 - 9 a.m.**
Registration and Screenings
- ♥ **9 - 10 a.m.**
Stroke 101 - An Update on Stroke Treatment and Prevention
— Angela West, RN, CCRN, CNRN
- ♥ **10 - 10:45 a.m.**
Skipping A Beat - Atrial Fibrillation
— Steven Appleby, M.D.
- ♥ **10:45 - 11:15 a.m.**
Break and Screenings
- ♥ **11:15 a.m. - 12:15 p.m.**
Laughing Your Stress Away
— Mariusz Wurga, M.D.
- ♥ **12:15 - 1:15 p.m.**
Lunch and Personal Stories
 - Paula's Heart Journey & Weight Loss Reveal
 - Brian Healey - Stroke Survivor
- ♥ **1:15 - 2 p.m.**
Keep Your Legs Kicking - Peripheral Arterial Disease (PAD)
— Khiet Huong, M.D.
- ♥ **2 - 3 p.m.**
Hormones and Your Heart - What Do We Know?
— Carol Grabowski, M.D.

Our Speakers

Angela West, RN, CCRN, CNRN
Neuro/Stroke Program Director,
Long Beach Memorial

Steven B. Appleby, M.D.
Interventional Cardiologist,
MemorialCare Heart and Vascular Institute,
Long Beach Memorial

Mariusz Wurga, M.D.
Director, Psychosocial Oncology, MemorialCare
Todd Cancer Institute, Long Beach Memorial

Khiet Huong, M.D.
Interventional Cardiologist,
Cardiac Care Unit Co-Medical Director,
MemorialCare Heart & Vascular Institute,
Long Beach Memorial

Carol Grabowski, M.D., MBA
Obstetrician/Gynecologist, MemorialCare
Center for Women, Miller Children's Hospital
Long Beach, Long Beach Memorial



The **Roxanna Todd Hodges
Foundation**
Because there's life after stroke



**MEMORIAL
MEDICAL CENTER
FOUNDATION**
Long Beach Memorial
Miller Children's Hospital Long Beach

This seminar is made possible with support from the Memorial Medical Center Foundation through grants from the Roxanna Todd Hodges Foundation and Center for Women's Cardiac Health and Research.

♥ 80 percent of strokes can be prevented

♥ Heart disease is the No. 1 killer of American women over 25