



Scan the QR code below  
to register online.



## Registration Information

The fee to attend the seminar is \$25 per person.

The \$25 fee includes:

- Light food and beverages
- Screenings:
  - Cholesterol
  - Blood Pressure
  - Glucose
  - Body Mass Index (Weight)
- Time with a nurse practitioner to review your results



# 16th Annual Women's Heart & Stroke Seminar



**Saturday, Feb. 21  
7:30 a.m. - 2 p.m.**

MemorialCare Long Beach Medical Center  
Houssels Forum  
2801 Atlantic Ave.,  
Long Beach, CA 90806



# 16<sup>th</sup> Annual Women's Heart & Stroke Seminar

The MemorialCare Heart & Vascular Institute and Comprehensive Stroke Center at Long Beach Medical Center are hosting their 16<sup>th</sup> 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
- High Blood Pressure
- Glucose (Sugar Levels)
- 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** at Long Beach Medical Center continually provides exceptional patient-centered care by utilizing the latest comprehensive advancements in cardiac care, powered by cutting-edge technologies, innovative treatment options, and the expertise of nationally recognized physicians.

## Seminar Schedule

**7:30 - 9 a.m.**

### Registration & Screenings

**9 a.m.**

### Event Welcome

**9 - 9:35 a.m.**

### New Horizons in Stroke Care

May Nour, M.D.,  
Interventional & Vascular Neurologist

**9:35 - 10:10 a.m.**

### Menopause & Women's Cardiac Health

Nissi Suppogu, M.D.,  
Medical Director, Women's Heart Center, MemorialCare Heart & Vascular Institute, Long Beach Medical Center

**10:10 - 10:45 a.m.**

### Atrial Fibrillation (AFib) & WATCHMAN™ Procedure

Natasha Cuk, M.D.,  
Cardiac Electrophysiologist

**10:45 - 11:10 a.m.**

### Break & Continued Screenings

**11:10 - 11:45 a.m.**

### Alzheimer's Disease Diagnosis & Treatments

Omid Omidvar, M.D.,  
Board-Certified Neurologist

**11:45 a.m. - 12:30 p.m.**

### Lunch & Heart and Stroke Survivor Stories

**12:30 - 1:10 p.m.**

### Heart Failure As We Age

Kevin Shah, M.D.,  
Program Director, Heart Failure Outreach,  
MemorialCare Heart & Vascular Institute, Long Beach Medical Center

**1:10 - 2 p.m.**

### Food as Medicine

Jill Ross, NP,  
Certified Family Nurse Practitioner, Applied Clinical Nutritionist & Functional Herbalist

Seminar's speakers and schedule are subject to change.

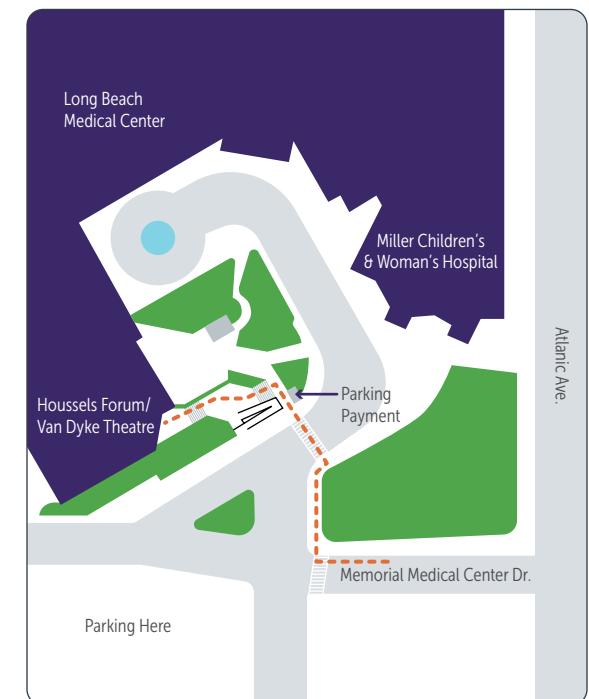
## Location & Directions

The 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.



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