



Go Red for Women Educational Sessions

Heart Healthy Continental Breakfast, 9:30-10 am

sponsored by Medical Park Family Care

Break-Out Sessions, 10-11 am (sessions run concurrently)

sponsored by Alaska Heart Institute and Alaska Cardiovascular Research Foundation



“Peripheral Artery Disease (PAD): Are You At Risk?”



Have you ever been out walking or shopping and have to stop due to leg pain? Pain or discomfort in the legs is a common symptom of PAD however; many women with PAD will have mild to no symptoms. Peripheral artery disease (clogged arteries) in the legs can be an indicator that the same process is occurring elsewhere because PAD is associated with other life-threatening vascular diseases. Through early detection, women as well as men can be saved from future stroke, heart attack and early death. Some risk factors for PAD include 50+ yrs of age, diabetes, smoking, high blood pressure, high cholesterol, obesity and family history of heart disease or stroke. It is important to know your risk factors, the signs of PAD, and how you can be tested. There will be a demonstration of the Ankle Brachial Index (ABI) test that is used to evaluate the legs for PAD. Drawing for attendees: Gift certificate for a free complete PAD screening exam at Alaska Heart Institute, LLC.

Presented by Melissa Nascimento, RDCS, RVS, Lead Cardiovascular Sonographer, Alaska Heart Institute, LLC

Melissa is a registered cardiovascular sonographer. She is currently the lead sonographer in the cardiovascular lab at Alaska Heart Institute, LLC. She has been performing cardiovascular ultrasound for nearly 21 years and has literally performed thousands of peripheral vascular and cardiac sonograms. During her career she has been involved in many research studies that were dedicated to the detection and treatment of vascular disease. She has co-directed two cardiology conferences held in northern Colorado where she recruited renowned physician speakers from Mayo Clinic, Cedars-Sinai, UCLA, Wake Forest and Duke Universities. This is her second time living in Alaska and so happy to be back in the state she loves. She would like to bring more cardiovascular health education to the communities of Alaska.

Know Your Numbers!



Are you at risk for heart disease or stroke? Do you know what it means when someone says, ‘Do you know your numbers?’ In this session you will learn what cardiovascular (heart) disease and cerebrovascular (stroke) disease are, why they occur in women, what the risks are and how you can improve your health and minimize your chances of having a heart attack or stroke. The ‘numbers’ will be reviewed and each one of the risk factors explained in an easy to understand and applicable manner. At the end of the session, you should leave with a solid understanding of your own health, what you should do, and how you can adjust your lifestyle to decrease your risk for cardiovascular and cerebrovascular disease.

Presented by Christie E. Artuso, Ed.D., RN, CNRN, Director, Neuroscience Services, Providence Alaska Medical Center

Christie Artuso is a Registered Nurse with over 31 years acute clinical experience in critical care, certified as a national expert in neuroscience nursing, and has earned her doctorate in healthcare education. She became the Director of Neuroscience Services for Providence in 2007 and has subsequently developed a nationally recognized stroke program, developed and implemented a successful Telectroke program and continues to work with communities and practitioners to improve care for neurologic diseases in this state. She currently serves on the Western States Affiliates Stroke Task Force for the American Heart Association and is a nationally recognized speaker on the topic of stroke and cardiovascular disease.