



Norma Melchor Heart & Vascular Institute

HEART FORUM
April 27, 2024
8 a.m. – 1 p.m.

- 8:00 – 9:00 **Health Fair Opens / Registration Check-in**
Morning Refreshments
- 9:00 – 9:15 **Welcome – Empowering Hearts for Lifelong Wellness**
Fred St. Goar, MD, Medical Director, NMHVI
Josh Schreckengost, Executive Director, NMHVI
- 9:15 – 9:45 **Keynote – Movement and Your Longevity**
Anne Friedlander, PhD
Assistant Director, Stanford Lifestyle Medicine & Adjunct Professor in the Program in Human Biology
- 9:45 – 10:35 **Panel 1 – Living Well, Lessons from the Blue Zone**
Moderator: Jane Lombard, MD
Panelists: Tony Masri, MD, Neal Scott, MD,
Discussion 40 min, Q&A 10 min
- 10:35 – 11:25 **Panel 2 – Cardiovascular Risk Factor Modification & Diagnostics**
Moderator: Raabia Ahmad, MD
Panelists: Cindy Wang, MD, Simon Ermakov, MD
Discussion 40 min, Q&A 10 min
- 11:25 – 11:35 **Cooking Demo of Brunch Item** – 10 min
Chef Jacques Wilson, Executive Chef, El Camino Health
- 11:35 – 12:00 **Break**
- 12:00 – 12:50 **Panel 3 – When More Care Is Needed: Heart Team, EP and Vascular**
Moderator: Deepu Nair, MD
Panelists: Chad Rammohan, MD, Vincent Gaudiani, MD, Matt Levy, MD, George Lee, MD
Discussion 40 min, Q&A 10 min
- 12:50 – 1:00 **Patient Story**
Introduction: Julee Arbuckle, RN, CPWC Leader
- 1:00-1:05 **Closing Remarks**
Fred/Josh