Dr. Biykem Bozkurt
Mary and Gordon Cain Chair of Internal Medicine in the Winters Center for Heart Failure Research

Dr. Mary Dickinson
Professor of Molecular Physiology and Biophysics and the Josephine Morrow Endowed Chair

Moderated by
Dr. Xander Wehrens
Juanita P. Quigley Endowed Chair in Cardiology and Director of the Cardiovascular Research Institute

Dr. Bozkurt is board certified in internal medicine, cardiovascular disease, advanced heart failure and cardiac transplantation. Her clinical and translational research focuses on heart failure. She participated in seminal research projects studying the role of pro-inflammatory cytokines in heart failure. Her recent work has focused on the mechanisms of improvement in left ventricular function, reversal of remodeling, cardiac metabolism and insulin resistance with beta-blockers and salivary biomarkers of injury and remodeling in CV patients. Dr. Bozkurt has authored over 100 peer reviewed manuscripts and 16 book chapters, including major cardiology textbooks in cardiology. She is a co-author of the 2013 ACCF/AHA Guideline for the Management of Heart Failure and other important disease management guidelines. Dr. Bozkurt is also Associate Director of the CVRI.

Dr. Dickinson is an internationally recognized expert in cardiovascular development and genetic models of congenital disease and bioimaging with over 90 peer-reviewed publications in addition to numerous book chapters and reviews. Her work involves the development of novel imaging strategies to define the genetic and environmental causes of congenital birth defects and to develop repair strategies for tissue repair and replacement. In addition to Dr. Dickinson’s research efforts, she serves as the Director of the Optical Imaging and Vital Microscopy core, as an Executive Member of the Cardiovascular Research Institute and as the Program Leader for Embryonic Lethal Phenotyping for the NIH Knockout Mouse Project. She is the CVRI Executive Committee leader.

Dr. Wehrens’ research program focuses on the identification of new drug targets for the treatment of atrial fibrillation and heart failure, two of the most common causes of death in the developed world. A major focus of his research has also been on the role genetic variants that cause cardiac arrhythmias and sudden death in children. Dr. Wehrens has published more than 170 papers in renowned international journals, and his laboratory is supported by several NIH and American Heart Association grants. His translational research has led to the development of a new class of drugs for the treatment of cardiac arrhythmias and heart failure.

The Cardiovascular Research Institute (CVRI) at Baylor College of Medicine was established in 2012 to promote the integration of cutting-edge cardiovascular research and education with the best medicine. Since its inception, the CVRI has taken a leadership role in the Texas Medical Center by organizing collaborative research programs, grant applications, and annual symposia. The CVRI at Baylor College of Medicine works closely with physicians at our affiliate hospitals including the Texas Children’s Hospital, Ben Taub Hospital, the Baylor St. Luke’s Medical Center, and the Michael E. DeBakey Veterans Affairs Medical Center.

Advances in cardiology and cardiac surgery are driven by groundbreaking research and drug discoveries at the CVRI at Baylor College of Medicine. Moreover, cutting-edge research is inspired by patient contacts and genetic studies. The CVRI is building collaborative research and educational programs with the Pediatric Heart Center at Texas Children’s Hospital, currently ranked No. 2 in the nation for pediatric cardiology and heart surgery. Finally, the CVRI aims to improve cardiovascular health in the Houston community, and has partnered with the American Heart Association to develop joint symposia and outreach programs.

Burden of Cardiovascular Disease

- Cardiovascular disease is the No. 1 killer in the U.S. since 1900
- 20 percent of all deaths are attributable to heart disease.
- This year about 1.26 million Americans will have a new or recurrent coronary attack.
- There are approximately 300,000 EMS-assessed out-of-hospital cardiac arrests annually in the U.S., nearly half of these people will die out-of-hospital, or in the ER each year.
WARNING SIGNS OF HEART ATTACK

- Chest pain or discomfort
- Pain or discomfort in the jaw, neck or back
- Feeling weak, lightheaded or faint with chest pain
- Pain or discomfort in the arms or shoulders
- Shortness of breath with chest pain
- Sweating with chest pain

Note: Women with a heart attack often report discomfort rather than pain, and sometimes diagnosis is missed because of vague or slowly intensifying symptoms.

In case of symptoms, or doubt, call 911.

USEFUL TIPS TO IMPROVE YOUR CARDIOVASCULAR HEALTH

The CVRI in collaboration with the Houston Gulf Coast division of the American Heart Association (AHA) recommends the following 7-step plan for an improved cardiovascular health. This plan can reduce your risk for heart disease and stroke, reduce the need for medications and surgeries, and improve your overall quality of life.

- Manage blood pressure
- Get active!
- Control cholesterol
- Eat better
- Lose weight (if BMI is over 25)
- Don’t smoke
- Reduce blood sugar

KNOW YOUR NUMBERS

<table>
<thead>
<tr>
<th>FACTOR</th>
<th>NORMAL</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total cholesterol</td>
<td>&lt; 200 mg/dL</td>
</tr>
<tr>
<td>LDL (“Bad” cholesterol)</td>
<td>&lt; 160 mg/dL (100 for high risk)</td>
</tr>
<tr>
<td>HDL (“Good” cholesterol)</td>
<td>≥ 50 mg/dL</td>
</tr>
<tr>
<td>Triglycerides</td>
<td>&lt; 150 mg/dL</td>
</tr>
<tr>
<td>Blood pressure</td>
<td>&lt; 120/80 mm Hg</td>
</tr>
<tr>
<td>Fasting glucose</td>
<td>&lt; 100 mg/dL</td>
</tr>
<tr>
<td>Body Mass Index (BMI)</td>
<td>≤ 25 Kg/m²</td>
</tr>
<tr>
<td>Waist circumference</td>
<td>Minimum 35 inches</td>
</tr>
<tr>
<td>Exercise</td>
<td>Minimum 30 minutes most days</td>
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</tbody>
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FOR APPOINTMENTS

BAYLOR HEART CLINIC
6620 Main Street
Houston, TX 77030
713-798-2545 or 800-526-3384

TEXAS CHILDREN’S HOSPITAL HEART CENTER
6621 Fannin Street, 20th Floor
Houston, TX 77030
832-826-5600
JOIN THE PARTNERSHIP OR RENEW YOUR MEMBERSHIP NOW

You won’t want to miss any of the exciting educational and social events we have planned for the new season of The Partnership for Baylor College of Medicine, so join or renew your membership, invite your friends and start having fun today!

All members enjoy:

- Invitations to all Partnership events, educational programs and tours
- Updates on cutting-edge health news from the College
- Opportunities to meet some of the best minds in medicine today

MEMBERSHIP LEVELS

Supporting Member – Annual Dues $50
A Supporting Member is eligible to be nominated for office and serve on committees.

Patron Member – Annual Dues $200
A Patron Member is eligible to be nominated for office and serve on committees.

Corporate Member – Annual Dues $750
A Corporate Member is eligible to be nominated for office and serve on committees. In addition, Corporate Members will receive recognition at luncheons, on The Partnership website and in The Partnership newsletter.

Endowed Lifetime Member – One Time Fee of $1,500
An Endowed Lifetime Member is eligible to be nominated for office and serve on committees. Endowed Lifetime Members pay no annual dues.

All membership fees are fully tax deductible.

For more information about membership, please contact partnership@bcm.edu or 713-798-5460.

Interested in learning more?
Fill out this section, return it to the registration table and a Baylor representative will contact you or visit our website at bcm.edu/giving/get-involved/the-partnership.

Please contact me about...

- Becoming a member of the Partnership
- Sponsorship opportunities
- Finding a Baylor physician

Name: ____________________________________________________________
Email: ____________________________________________________________
Phone: ____________________________________________________________
PARTNERSHIP FOR BCM
CALENDAR OF EVENTS

You won’t want to miss any of the exciting educational and social events we have planned for the new season of The Partnership for Baylor College of Medicine. For more information, please contact partnership@bcm.edu or 713-798-5460.

EDUCATIONAL LUNCHEON SERIES
All luncheons are on Tuesdays from 11:45 a.m. to 1 p.m. at the Junior League of Houston. Speakers and topics are subject to change. Tickets are $35 online and $40 at the door.

March 10, 2015
Conquering Cancer: New Frontiers in Treatment
Dr. Kent Osborne, Dr. Matthew Ellis, and Dr. Michael Coburn

May 19, 2015
Matters of the Brain: Neurodegeneration
Dr. Huda Zoghbi, Dr. Melissa Yu, and Dr. Stephen Sigworth

GRAND ROUNDS TOURS
February 12, 2015, 2 p.m.
Baylor St. Luke’s Medical Center Surgery Viewing
Dr. Todd K. Rosengart

April 17, 2015, 10 a.m.
Sense and Sensibility: Jan and Dan Duncan Neurological Research Institute
Dr. Huda Zoghbi, Dr. Hugo Bellen, Dr. Joshua Shulman and Barbara Cochran

SPRING FUNDRAISING GALA
May 1, 2015
Benefiting the new Lung Institute at Baylor College of Medicine
Chaired by Jana and Scotty Arnoldy, with Sue and Lester Smith as Honorary Chairs, the 2015 Partnership Gala celebrates the historic joint venture that has brought together Baylor, CHI St. Luke’s Health System and the Texas Heart Institute to improve medical research, healthcare and education.

The event is set to take place at Rice University the evening of Friday, May 1, with a “Triple Crown” theme in honor of the three institutions and their board leaders: Jim Hackett, Chairman, Baylor College of Medicine; Leonard Tallerine, Chairman, CHI St. Luke’s Health System; and David Grimes, Chairman, The Texas Heart Institute. Preliminary plans include a festive venue, fabulous food, live entertainment, and big board and silent auctions, all with a “Kentucky Derby” feel.

Proceeds will benefit the new Lung Institute at Baylor College of Medicine, established by Dr. David Sugarbaker. It will bring together the latest breakthroughs in medical science and expert clinical care for patients with lung diseases in an innovative program, the first of its kind in the United States.

Stay tuned for more information on sponsorship opportunities and registration. It will be an experience you will not want to miss!