

The Thalheimer Center for Cardio-Oncology Patient Symposium:

Caring for Your Heart through Your Cancer Journey

Agenda

8:00-8:30a **Registration/Breakfast/Visit Exhibits/Experts**

8:30-8:45a **Welcome and Opening Remarks**

Session One: Cancer and the Heart – What You Need to Know

8:45-9:05a **Cardio-Oncology 101: How Cancer Treatments
Can Affect Your Heart**

Session Two: Understanding Heart Symptoms & Key Tests

9:05-9:25a **Recognizing and Monitoring Heart Symptoms**

9:25-9:35a **Blood Tests and What They Tell Us**

Session Three: The Patient Experience

9:35-10:05a **Stories from Our Patients: Navigating the Health
Care System, Finding Information, Clinical Trials,
and Hope**

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10:05-10:30a Question and Answer/Panel Discussion

10:30-10:45a Break/Visit Exhibits/Chat with Experts

Session Four: Know Your Numbers to Protect Your Heart

10:45-11:00a Blood Pressure Basics: Why is this Important, How To Measure, and What Should the Number Be?

11:00-11:15a Cholesterol and Statins and Newer Therapies: What You Need to Know

Session Five: Heart Healthy Habits

11:15-11:25a Getting Active: Steps to a Healthier Heart

11:25-11:35a What Foods Are Best for My Heart?

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11:35-11:55a Question and Answer/Panel Discussion

11:55a-12:10p Break/Visit Exhibits/Chat with Experts

Session Six: Thalheimer Center for Cardio-Oncology Clinical Research

12:10-12:30p Thank you to Our Patients: Advancing Knowledge Together

12:30-12:40p Joan Thalheimer: Our Partner in Hope

12:40p Closing Remarks

12:45p Lunch/Visit Exhibits/Chat with Experts