

# 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**