

# OACVPR 33rd Annual Meeting

## April 13<sup>th</sup>, 2021

Join OACVPR for our 33<sup>rd</sup> annual meeting at Nationwide Hotel & Conference Center/ Virtual– 2021. We have an amazing line up this year! We are offering in person, virtual, or recorded presentation depending on your comfort level with the current COVID situation. You can't miss it!

### Conference Schedule-

#### Tuesday April 13th, 2021

7-7:45am - Conference Registration & Breakfast (in person registrants)

7:45am Welcome Remarks

7:50am-9:05am –GPS for Success: Behavioral Skills for Highly Successful People  
**Barry Franklin PhD, FAACVPR**

9:05am-9:15am Break

9:15am-10:15am – Endobronchial Valve Therapy in Patients With Emphysema  
**Christian Ghattas, MD**

10:15am-10:25am Break

10:25am-11:40am – Options for a Healthy Eating Pattern: What Your Patients Need to Know-  
**Karen Collins, MS,RDN,CDN,FAND**

11:50am-12:30pm Lunch, Vendor presentations, OACVPR Innovative Program of the Year

12:30pm-1:30pm SCAD: A Different Type of MI- **Laxmi Mehta, MD**

1:30pm-1:40pm Break

1:40pm-2:40pm -- Update on Diabetes and Cardiovascular Disease- **Paul Mystkowski MD**

2:40pm-3:00pm - Board Announcements/Award Presentations

3:00pm-4:15pm – Developing Resilience Through Effective Stress Management  
**Dorienna Alfred, PhD.**

4:15-4:30pm – Closing Remarks



**Nationwide Hotel & Conference Center**  
**100 Green Meadows Drive South**  
**Lewis Center, Ohio 43035**  
**(614) 880-4300**

### Hotel Accommodations

Call Nationwide at (614) 880-4300

\$139.00 Single/\$149.00 Double

*\*\*Mention OACVPR when booking!*

**Book Prior to March 26, 2021**

**Conference Registration**  
**Register at [www.oacvpr.net](http://www.oacvpr.net)**

#### Conference:

|                  | AACVPR/OACVPR Member | Non-Member |
|------------------|----------------------|------------|
| In Person        | \$100                | \$130      |
| Virtual/Recorded | \$70                 | \$100      |
| Student          | \$25                 |            |

*\*A late fee of \$25 will be assessed after 4/2/21*

*CEU's Pending*

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**Barry Franklin PhD, FAACVPR, FACSM, FAHA** Barry is Director of the Cardiac Rehabilitation Program and Exercise Laboratories, William Beaumont Hospital, Royal Oak, Michigan, and Professor of Internal Medicine and Biomedical Engineering, Oakland University William Beaumont School of Medicine, Rochester, Michigan. He is the past Editor-in-Chief of the Journal of Cardiopulmonary Rehabilitation and Prevention and the American Journal of Medicine & Sports, and is a past president of the American Association of Cardiovascular and Pulmonary Rehabilitation (1988) and the American College of Sports Medicine (1999). Currently, he holds formal editorial board appointments with 15 different scientific and clinical journals, including the American Journal of Cardiology, American Journal of Health Promotion, and the American Journal of Lifestyle Medicine. He is also a past chair of the American Heart Association's Council on Nutrition, Physical Activity, and Metabolism. Dr. Franklin and his associates have studied the hemodynamic and cardiorespiratory responses to numerous occupational and leisure-time activities. Other areas of research interest include the primary and secondary prevention of heart disease and the risks associated with sporadic, high-intensity exercise. Dr. Franklin has written or edited more than 500 publications, including 375 papers, 77 book chapters, and 27 books. He lectures extensively, both nationally and internationally, on topics related to preventive cardiology and lifestyle medicine.

**Karen Collins, MS, RDN, CDN, FAND** is a registered dietitian nutritionist, consultant and writer who focuses on cardiovascular health, cancer prevention and their intersection. Karen's trademarked tagline, "Taking Nutrition from Daunting to Doable", highlights her focus on translating current research to help people see beyond headlines and put complex information in perspective of overall research. A Fellow of the Academy of Nutrition and Dietetics, she holds a BS degree in dietetics from Purdue University and a Master's in nutrition from Cornell University. Karen was a lead organizer in a review of dietary assessment tools that led to development of a free dietary assessment tool for use in cardiac rehabilitation programs. Karen has authored multiple peer-reviewed book chapters and research summaries for health professionals, and over 2,000 nutrition-related articles for the public.

**Christian Ghattas, MD** is an Assistant Professor of Medicine at the OSU Wexner Medical Center. He is a pulmonary, critical care physician and interventional pulmonologist and is also the Associate Program Director for the Interventional Pulmonology Fellowship at OSU. Dr. Ghattas completed his training in 2018 at the Harvard Combined Program at Beth Israel Deaconess Medical Center and Massachusetts Hospital.

**Laxmi Mehta, MD, FACC, FAHA** is a noninvasive cardiologist and Professor of Medicine in the Division of Cardiovascular Medicine at The Ohio State University (OSU). She holds the Sarah Ross Soter Endowed Chair in Women's Cardiovascular Health, is the Section Director of Preventative Cardiology and Women's Cardiovascular Health and Director of Lipid Clinics at OSU. She is also the Vice Chair of Wellness for the Department of Internal Medicine at OSU. She was the first female President/Governor of the Ohio Chapter of the American College of Cardiology (ACC) and had previously served two terms as Secretary/Treasurer for the Ohio-ACC Chapter. She has and continues to serve as a member of several committees for the national ACC, including the Lifelong Learning Oversight Committee, Taskforce on Diversity & Inclusion, and is the Chair of the Board of Trustees' Taskforce on Clinician Wellbeing. Additionally, she previously served as President of the metro Columbus Board of Directors for the American Heart Association (AHA) and Member of the AHA's Great Rivers Affiliate Board. She is the Chair of the national AHA's Cardiovascular Disease in Women and Special Populations Committee. She is a Regional Representative of the Midwest Lipid Association. She specializes in prevention, women's cardiovascular health and cardiac imaging. She is a Diplomate of the American Board of Clinical Lipidology. Her clinical and research interests include obstructive and non-obstructive coronary artery disease in women. She is an educator and media spokesperson regarding prevention and women's cardiovascular health. Dr. Mehta chaired three AHA's scientific statements on acute myocardial infarction in women, intersection of breast cancer and cardiovascular disease, as well as cardiovascular considerations during pregnancy. In 2016, she received the national ACC's Inaugural Excellence in Advocacy Award and the AHA's Great Rivers Affiliate Distinguished Achievement Award for her "valuable contributions to the lifesaving mission." She was selected by Business First Magazine as one of Columbus' Top 40 under 40 in 2010 and honored as one of twelve women for the 2012 Women for Economic Leadership (WELD) Women You Should Know Calendar Honoree. In 2020, she was presented the Satiani Award (MVP Award) and the Ruberg Award (Spirit Award) for OSU's Faculty Leadership Institute Class of 2020. She is a Fellow of the American College of Cardiology, American Heart Association, and National Lipid Association. She received her medical degree from Northeastern Ohio Universities Colleges of Medicine and Pharmacy (6 year B.S./M.D. program). She completed her Internal Medicine residency training, Clinical Cardiology fellowship training and advanced imaging (CT/MRI) training at William Beaumont Hospital in Michigan.

**Paul Mystkowski MD**-Regional Medical Scientist, Endocrinologist is an endocrinology, diabetes & metabolism specialist in Bellevue, WA and has been practicing for 25 years. He graduated from Ohio University College Of Osteopathic Medicine in 1994 and specializes in endocrinology, diabetes & metabolism. Dr. Paul Mystkowski is an Endocrinologist at Virginia Mason Medical Center specializing in diabetes and thyroid disorders and is on faculty at the University of Washington. He received his medical degree from the University of Cincinnati in Ohio and went on to complete his residency at Northwestern Memorial Hospital in Chicago, Illinois.

**Dorienna Alfred, PhD** Dr. Dorienna M. Alfred is a licensed psychologist in the state of Ohio. She is currently employed with the OhioHealth Corporation at the McConnell Heart Health Center. There she provides behavioral health evaluation and treatment in bariatrics, medical weight management and cardiovascular rehabilitation. Dr. Alfred is the author of the memoir, Pregnant with Promise: A Spiritual Journey of Pregnancy, Childbirth and Bed Rest where she details her experience of pregnancy after loss. She is also a certified perinatal mental health provider and an independent private practice that focuses on maternal mental health. She has dedicated her career to re-empowering others to develop healthy lifestyle habits and achieve positive mental health. She is a member of the American Society for Metabolic and Bariatric Surgery, the American Association for Cardiovascular and Pulmonary Rehabilitation and the American Psychological Association. In her spare time, Dr. Alfred enjoys scrapbooking, reading, spending time with family and friends, and Zumba.