

HUNTER COLLEGE HIGH SCHOOL STAR ALUMNAE IN MEDICINE

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Professor of Medicine, Rush Medical College

McMullan-Eybel Chair of Excellence in Clinical
Cardiology

Director, Rush Heart Center for Women

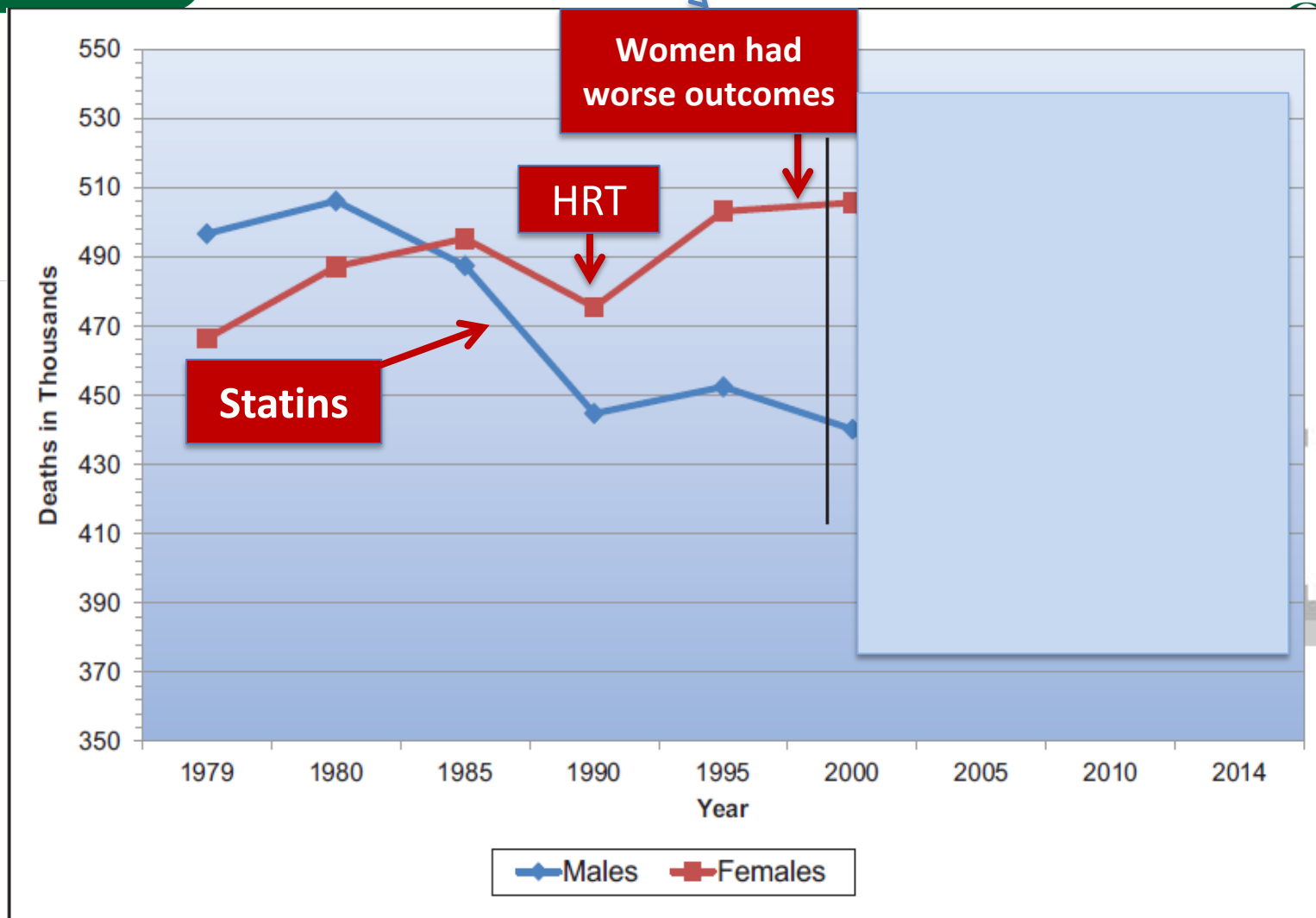
WomenHeart National Coalition for Women with
Heart Disease, 2019 Wenger Award for Excellence
in Medical Innovation



Hunter College
High School
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Association

CVD mortality rates for women and men

RUSH UNIVERSITY



Rush Heart Center for Women



 **RUSH Heart Center for Women**
Celebrating 20 Years of Excellence

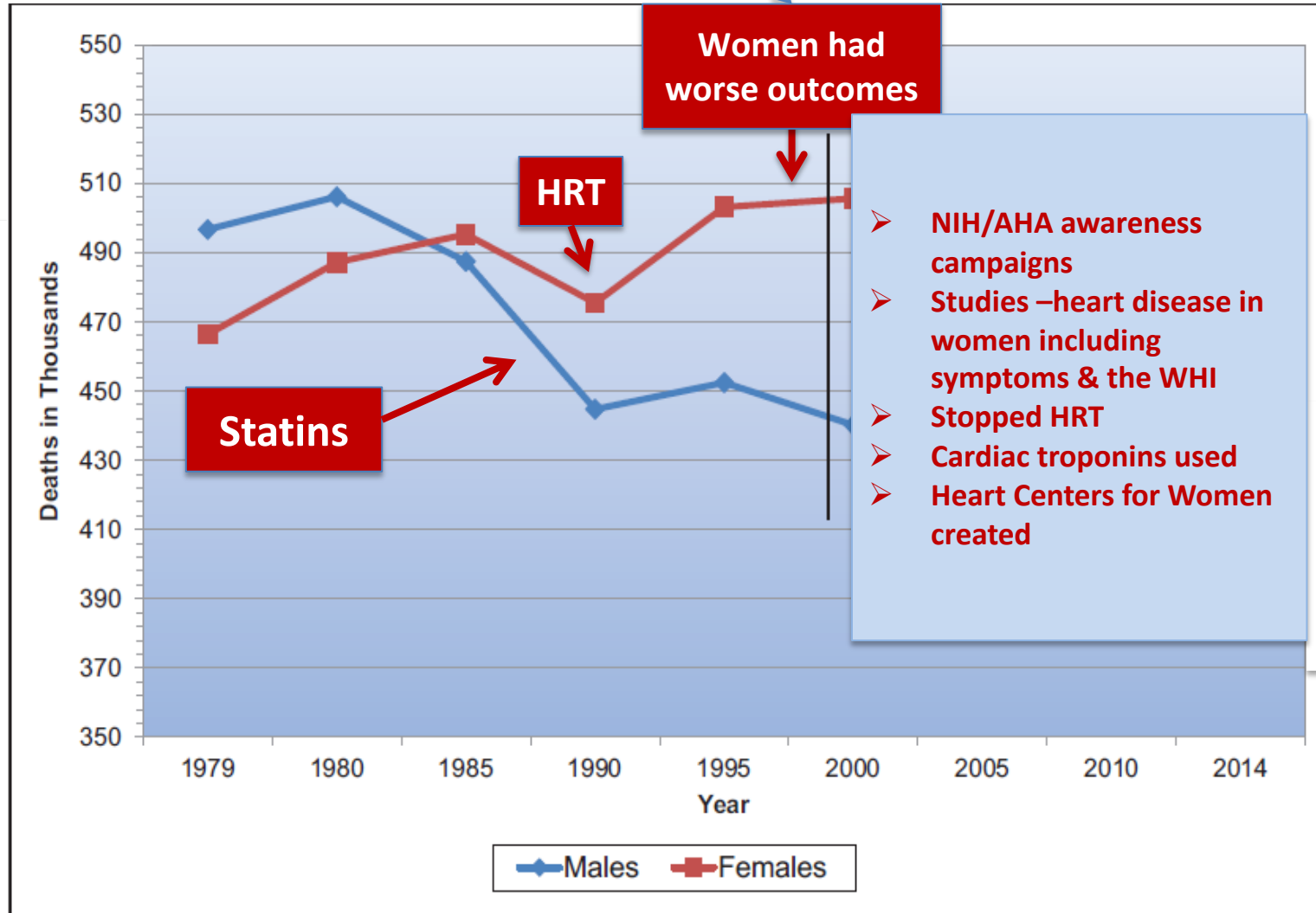
Heart Centers for Women

Historical Perspective on Formation and Future Strategies to Reduce Cardiovascular Disease

ABSTRACT: Heart Centers for Women (HCW) developed as a response to the need for improved outcomes for women with cardiovascular disease (CVD). From 1984 until 2012, more women died of CVD every single year in comparison with men. Initially, there was limited awareness and sex-specific research regarding mortality or outcomes in women. HCW played an active role in addressing these disparities, provided focused care for women, and contributed to improvements in these gaps. In 2014 and 2015, death from CVD in women had declined below the level of death from CVD in comparison with men. Even though awareness of CVD in women has increased among the public and healthcare providers and both sex- and gender-specific research is currently required in all research trials, not all women have benefitted equally in mortality reduction. New strategies for HCW need to be developed to address these disparities and expand the current HCW model. The HCW care team needs to direct academic curricula on sex- and gender-specific research and care; expand to include other healthcare professionals and other subspecialties; provide new care models; address diversity; and include more male providers.

Gina P. Lundberg, MD
Laxmi S. Mehta, MD
Rupa M. Sanghani, MD
Hena N. Patel, MD
Niti R. Aggarwal, MD
Neelum T. Aggarwal, MD
Lynne T. Braun, PhD, CNP
Sandra J. Lewis, MD
Jennifer H. Mieres, MD
Malissa J. Wood, MD
Robert A. Harrington, MD
Annabelle S. Volgman, MD

CVD mortality rates for women and men



RUSH Heart Center for Women
20th Year Anniversary Celebration



JUNE 24, 2023

HCHS STAR ALUMNAE



AGENDA



Bernadine
Healy, MD
NIH



Nanette
Wenger, MD
Cardiology

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BERNADINE HEALY, MD



+ o • NIH

- Birthplace: New York City, New York, USA
- Bernadine Patricia Healy (August 4, 1944 – August 6, 2011) was an American physician, cardiologist, academic, and first female National Institutes of Health (NIH) Director.
- She was a professor of medicine at Johns Hopkins University, chair of the Research Division of Cleveland Clinic, professor and dean of the College of Medicine and Public Health at the Ohio State University, and served as president of the American Red Cross and the American Heart Association.
- She was health editor and columnist for U.S. News & World Report.





EARLY CAREER

Early years and family

Healey was born on August 4, 1944 in New York City to Violet McGrath and Michael Healy, the second of their four daughters. She was raised in Long Island City, Queens. Her parents stressed the importance of education and she excelled at her studies. In 1962, she graduated top of her class at the Hunter College High School in Manhattan.^[3] With a full scholarship, she attended Vassar College, graduating summa cum laude in 1965 with a major in chemistry and a minor in philosophy. She was elected to Phi Beta Kappa.^[3] She then went on to Harvard Medical School, also on full scholarship, and was one of only ten women out of 120 students in her class. After graduating cum laude from Harvard Medical School in 1970, she completed her internship and residency in internal medicine and cardiology fellowship at the Johns Hopkins School of Medicine and Johns Hopkins Hospital. After finishing her post-doctoral training, she became the first woman to join its full-time faculty in cardiology and rose quickly to the rank of professor of medicine.

WOMEN'S HEALTH PIONEER - NIH



Healy served at NIH from 1991 to 1993.

National Institutes of Health

Healy was director of the Research Institute at the Cleveland Clinic Foundation when President George H. W. Bush tapped her in 1991 to become director of the NIH, its first woman head.^[15] She took on many initiatives during her two years at the helm, including the development of a major intramural laboratory for human genomics; recruited a world-renowned team to head the Human Genome Project, including current NIH director Dr. Francis Collins; elevated nursing research to an independent NIH institute; and established a policy whereby the NIH would fund only those clinical trials that included both men and women when the condition being studied affects both sexes.^[16]

WOMEN'S HEALTH PIONEER - MIMI

One major accomplishment during her tenure at the NIH was the establishment of the Women's Health Initiative, which continues to have a broad impact on public health to this day.*



Healy (right) with President George H.W Bush in 1991, being sworn in as director of the National Institutes of Health.

In 1991, she started the Women's Health Initiative studies.^[18] The WHI study was conceived and designed by Healy and remains the largest randomized clinical trial in history to involve only women, studying the effects of specific prevention strategies on major causes of death and disability in women after menopause. Soon after the beginning of the WHI studies, Healy died of brain tumors resulting from glioblastoma. She never saw the result of her initiative.

*August 7,
2011 by
Larry
Husten

IMPACT OF THE WHI

Women's Health Initiative

4 languages

Article Talk

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From Wikipedia, the free encyclopedia

The **Women's Health Initiative (WHI)** was a series of clinical studies initiated by the U.S. [National Institutes of Health \(NIH\)](#) in 1991, to address major health issues causing morbidity and mortality in postmenopausal women. It consisted of three clinical trials (CT) and an observational study (OS). In particular, [randomized controlled trials](#) were designed and funded that addressed [cardiovascular disease](#), [cancer](#), and [osteoporosis](#).^[*citation needed*]

In its entirety, the WHI enrolled more than 160,000 postmenopausal women aged 50–79 years (at time of study enrollment) over 15 years, making it one of the largest U.S. prevention studies of its kind, with a budget of \$625 million.^[1] A 2014 analysis calculated a net economic return on investment of \$37.1 billion for the estrogen-plus-progestin arm of the study's hormone trial alone, providing a strong case for the continued use of this variety of large, publicly funded population study.^{[2][3]} In the years following the WHI, studies have shown a decrease in breast cancer rates in postmenopausal women, attributed to the decline in use of hormone replacement therapy.^[4]



Logo for the Women's Health Initiative (WHI)

AHA AND ARC

Bernardine Healy



As president of the American Heart Association from 1988 to 1989, she sought to convince both the public and medical community that heart disease is also a woman's disease, "not a man's disease in disguise." Appointed president of the American Red Cross in 1999, Healy worked to improve the safety and availability of the American blood supply while overseeing the development of a Weapons of Mass Destruction response program. In 2001 she led the organization's response to the September 11 attacks.

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NANETTE WENGER, MD CARDIOLOGY



Hunter College
High School
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Association

EARLY CAREER



Nanette Kass Wenger (born September 3, 1930) is an American clinical cardiologist and professor emerita at Emory University School of Medicine in Atlanta, Georgia.^[1]

Early life and education

Nanette Wenger was born September 3, 1930 in New York City to parents who had emigrated from Russia to the United States and settled in New York.^{[2][3]} Her early education was in the New York City public schools. In 1951 she graduated summa cum laude from Hunter College in New York.^[4] She received her doctor of medicine degree from Harvard Medical School in 1954 as one of their first female graduates,^[5] and began her postgraduate work at Mount Sinai Hospital in New York, where she became the first woman to be chief resident in the cardiology department.^[5] After her residency, she moved to Emory University, where she started as an instructor and eventually was named full professor of medicine in 1971.^[4]

Nanette Wenger

Born	September 3, 1930 <u>New York City</u>
Nationality	American
Education	<u>Hunter College</u> 1951, <u>Harvard Medical School</u> 1954
Known for	Focus on heart disease in women
Medical career	
Field	Cardiology



**Happy 90th Birthday to
Nanette Wenger, MD!**

Contributions to medicine

Wenger has been a leader in the cardiology field as she has authored and co-authored more than 1,300 scientific and review articles and book chapters.^[6] Over the course of her career, Wenger became one of the first doctors to focus on heart disease in women, since this disease was initially thought to primarily affect men.^{[7][8]} In 1993 Wenger co-wrote a landmark review article^[9] that demonstrated that cardiovascular disease does similarly affect women since, at the time, women were more likely than men to die from the disease.^[10] She also helped write the 2007 Guidelines for Preventing Cardiovascular Disease in Women.^[6] She has devoted the rest of her career to understand how heart disease, specifically coronary artery disease, affects women as well as advocating for the need to disaggregate study results and report gender-specific analyses from clinical trials. ^{[7][10]}

Educating Cardiologists about Sex Differences



SEX AND GENDER INFLUENCE ON CARDIOVASCULAR DISEASE

2.75 AMA PRA Category 1 Credit(s)[™] (CME)

DISCUSSION OF SEX DIFFERENCES AND THE INFLUENCE OF SEX AND GENDER ON CARDIOVASCULAR DISEASE BY FEMALE AND MALE CARDIOLOGISTS

FRIDAY, NOVEMBER 9, 2018

7:00 pm - 10:30 pm Palmer House 17 E Monroe St, Chicago, IL

AGENDA

Boxed Dinner 7:00-7:30 pm

- 7:30-7:45 pm Why is Mortality from Cardiovascular Disease Rising in Men and Women?
Dr. Nanette Wenger
- 7:45-8:15 pm Differences in Atherosclerosis Risk Factors in Men and Women
Dr. Gina Lundberg and Dr. Larry Sperling
- 8:15-8:45 pm Differences in Myocardial Infarction in Men and Women
Dr. K. Dean Boudoulas and Dr. Laxmi Mehta
Q&A
- 8:45-8:55 pm Break
- 8:55-9:10 pm Differences in Heart Failure in Men and Women
Dr. James Januzzi and Dr. Malissa Wood
- 9:10-9:40 pm Differences in Arrhythmias in Men and Women
Dr. Parikshit Sharma and Dr. Annabelle Volgman
Q&A
- 10:10-10:20 pm Closing Remarks – Dr. Nanette Wenger



SEX AND GENDER INFLUENCE ON CARDIOVASCULAR DISEASE

DISCUSSION OF SEX DIFFERENCES AND THE INFLUENCE OF SEX AND GENDER ON CARDIOVASCULAR DISEASE BY FEMALE AND MALE CARDIOLOGISTS

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ORGANIZING COMMITTEE MEMBERS

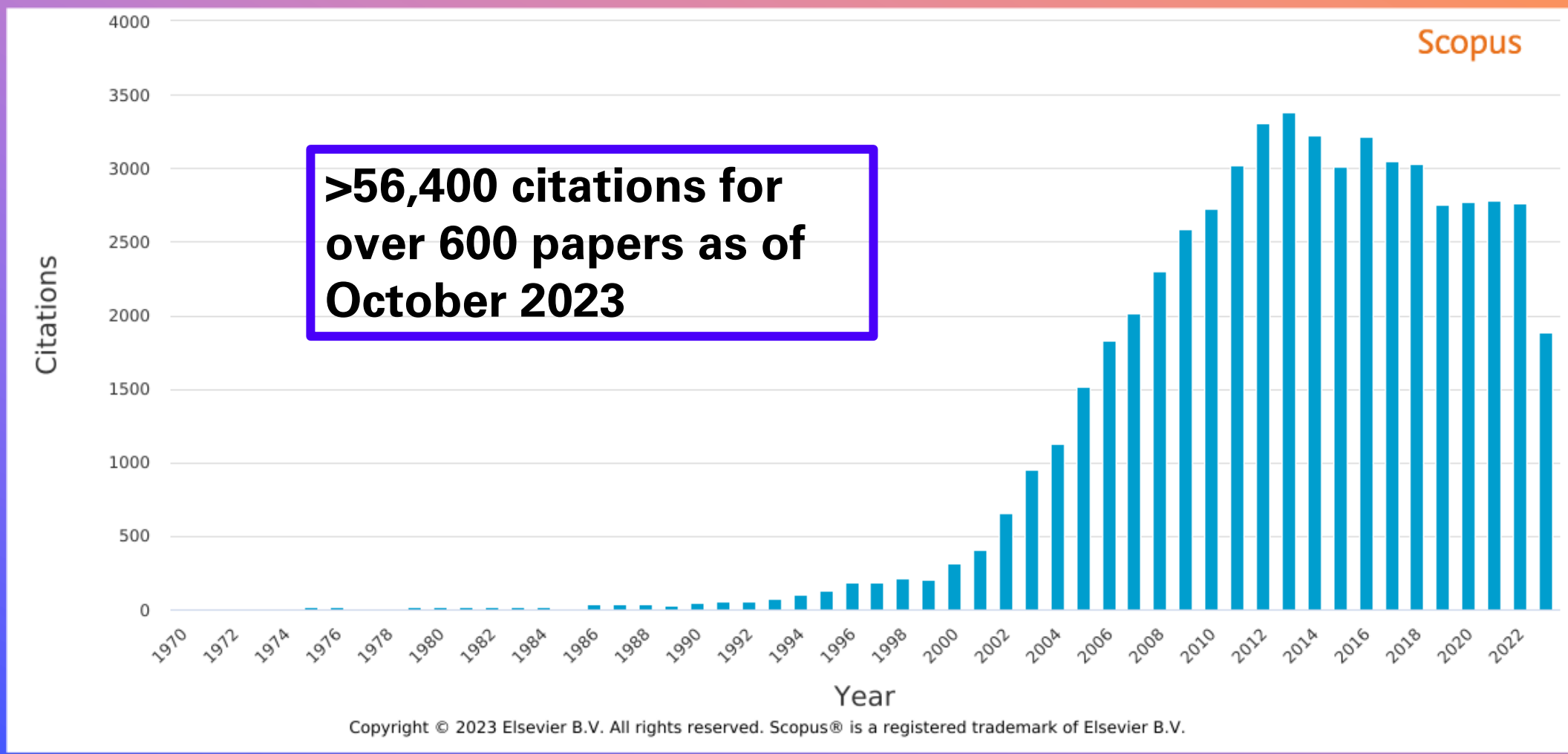
Dr. Gina Lundberg - Emory University
Dr. Laxmi Mehta - The Ohio State University
Dr. Annabelle Santos Volgman - Rush University
Dr. Nanette Wenger - Emory University
Dr. Malissa Wood - Harvard University

IN SUPPORT OF IMPROVING PATIENT CARE, RUSH UNIVERSITY MEDICAL CENTER IS JOINTLY ACCREDITED BY THE ACCREDITATION COUNCIL FOR CONTINUING MEDICAL EDUCATION (ACCME), THE ACCREDITATION COUNCIL FOR PHARMACY EDUCATION (ACPE), AND THE AMERICAN NURSES CREDENTIALING CENTER (ANCC), TO PROVIDE CONTINUING EDUCATION FOR THE HEALTHCARE TEAM. RUSH UNIVERSITY MEDICAL CENTER DESIGNATES THIS LIVE ACTIVITY FOR A MAXIMUM OF 2.75 AMA PRA CATEGORY 1 CREDIT(S)[™].





PUBLICATIONS AND CITATIONS



AWARDS

Selected awards and honors

Some of the awards/honors Wenger has acquired include:

- 1993: Received the American Medical Women's Association's (AMWA) Woman in Science President's Award. [4]
- 1998: Received the American Heart Association's Physician of the Year. [4]
- 1999: Received the distinguished Achievement Award from the Scientific Councils of the American Heart Association. [12]
- 1999: Received the Women in Cardiology Mentoring Award from the American Heart Association. [12]
- 2000: Received the Elizabeth Blackwell Medal [13]
- 2000: Received the James D. Bruce Memorial Award from the American College of Physicians. [12]
- 2002: Received the Distinguished Fellow Award of the Society of Geriatric Cardiology. [12]
- 2004: Received the Gold Heart Award, the highest award of the American Heart Association. [12]
- 2009: Received the Lifetime Achievement Award from the American College of Cardiology. [12]
- 2013: Received the Inaugural Distinguished Mentor Award of the American College of Cardiology. [12]
- 2015: The American College of Cardiology Inaugural Bernadine Healy Leadership in Women's Cardiovascular Disease Award [14]





Nanette Wenger Lectureship

History of the Nanette Wenger Lectureship:

When Nanette K. Wenger, MD, professor of medicine in the division of cardiology at Emory University School of Medicine began her career, heart disease was something doctors thought only affected men. Today, the American Society for Preventive Cardiology honors her significant contributions as a champion for women's heart health with a lectureship in her name. "Dr. Wenger is an icon in many aspects of cardiology, but perhaps her greatest achievement involves her commitment to exposing the previously unrecognized toll cardiovascular disease takes on women," says Seth J. Baum, MD, immediate past president of the American Society for Preventive Cardiology. "It is safe to say that without Dr. Wenger's tireless efforts; women's cardiovascular care would not have advanced to where it is today. We all owe her a tremendous debt of gratitude. There is no one who could better speak to the cause of women and heart health than Dr. Nanette K. Wenger."



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WOMENHEART

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Our Story

The Forefront of Women's Cardiology: Honoring Dr. Nanette Kass Wenger

By Luci Clemens | May 31, 2019



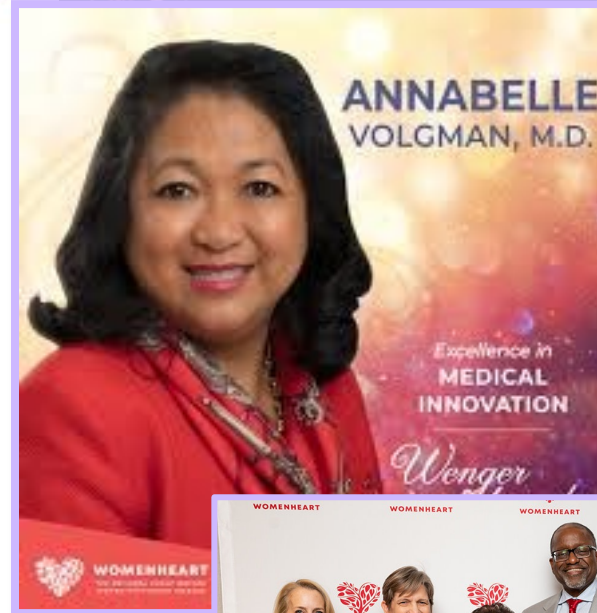
As WomenHeart has evolved over the last 20 years, one person has been a critical pillar for the organization every step of the way. At the 2019 Wenger Awards, Dr. Nanette Kass Wenger was recognized with the 20th Anniversary Legacy Award for her incredible contributions to women's heart disease research and the WomenHeart organization.



A trailblazing cardiologist, Dr. Wenger was among the first physician-scientists to focus on heart disease in women. She was one of the first women to graduate from Harvard Medical School and has since spent 50 years researching gender differences in heart disease treatment and advocating for female inclusion in heart research.

Dr. Wenger is a pioneer in women's heart health; she has been an integral part of WomenHeart since its inception. The 20th Anniversary Legacy Award honors her decades of work ensuring women receive the care they deserve.

"WomenHeart's Board, Scientific Advisory Council, staff and WomenHeart Champions are proud to work with her as we lead the charge in improving women's heart health," said WomenHeart Board Member Sharonne N. Hayes, MD. "We are all indebted to Dr. Wenger for her extraordinary and relentless contributions."



2023 Wenger Awards

CONGRATULATIONS!

Stacey Rosen, MD

Excellence in Medical Advocacy



WOMENHEART





New Dr. Nanette K. Wenger Award for Best Scientific Publication on CVD and Stroke in Women

The American Heart Association launches new annual award honoring pioneer cardiologist and researcher Nanette K. Wenger, M.D., FAHA



Award Highlights:

- New, annual award recognizes the best manuscript focused on cardiovascular disease and stroke in women and published in one of the American Heart Association's 12 scientific journals.
- The inaugural award will be presented during the American Heart Association's Scientific Sessions 2021. The manuscripts considered for the 2021 Award will be selected from the Go Red collection of research on women and cardiovascular disease and published in one of the Association's 12 scientific journals between June 1, 2020 and May 29, 2021.
- Starting June 1, 2021, all authors submitting manuscripts focused on cardiovascular disease and stroke in women in one of the American Heart Association's 12 scientific journals will have the option to apply for consideration for the Dr. Nanette K. Wenger Award.

Related Images



Nanette K. Wenger, M.D.,
FAHA

Nanette K. Wenger M.D., FAHA, emerita professor of medicine in the division of cardiology at Emory University School of Medicine, consultant to the Emory Heart and Vascular Center, founding consultant to the Emory Women's Heart Center and director of the Cardiac Clinics and

2022 ACC LIFETIME ACHIEVEMENT AWARD



Nanette Wenger's professional career has led to the advancement of knowledge and practice in multiple spheres. She has been a pioneer and champion of women's heart health, cardiovascular disease prevention, cardiac rehabilitation, and geriatric cardiology known for her meticulous approach to science and patient care, her articulate presentations, and leadership skills. She exudes passion, professionalism, and generosity. During her 60-year career she touched the lives of so many in meaningful ways. She has served as a beacon of health equity and a leader on addressing health-related disparities. She is an example and inspiration to all in the cardiovascular care community, and the definition of Lifetime Achievement.



This article was authored by **C. Michael Valentine, MD, MACC**, past president of the ACC.



EMORY UNIVERSITY

**DR. NANETTE K. WENGER
DISTINGUISHED
PROFESSORSHIP WOMEN'S
HEART HEALTH RESEARCH**

A gift from a former patient
of an endowed
professorship

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TRAILBLAZER

Blazing New Trails in Cardiac Care—with Heart



Nanette K. Wenger, MD, MACC, MACP, FAHA, is an icon—and even that is an understatement. Her career in cardiology spans seven decades, her list of professional publications tops 1,700 (with seven more currently under review), and her curriculum vitae, at last count, runs to 172 pages.

World-renowned for her pioneering research on women and heart disease, geriatric cardiac care, cardiac rehabilitation, as well as her lifelong commitment to promoting equitable care for all, Dr. Wenger has received numerous accolades in the medical community. Indeed, WomenHeart: The National Coalition for Women with Heart Disease's Wenger Awards bear her name.

Now, she's the 2023 recipient of the Alma Dea Morani, MD Renaissance Woman Award, the highest honor bestowed by the Women in Medicine Legacy Foundation.





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THANK YOU

Annabelle Santos Volgman, MD

HCHS Alumna 1971 - 1976

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