

# Motown Women's Heart Symposium

Improving cardiac care for women through education and innovation



The 2nd Annual Motown Women's Heart Symposium will be a half-day educational conference for health care professionals focused on promoting a comprehensive understanding of heart disease in women. Heart disease is the leading cause of death in women in the US.

## Course objectives:

- Identifying the evolution of heart disease in female population
- Enhance understanding of heart disease in pregnancy, clinical presentation, treatment options and management strategies
- Discussing diagnosis and new interventional treatment modalities for coronary artery syndrome, microvascular dysfunction (MVD), heart failure, valvular heart disease and pulmonary embolism in women
- Enhance understanding of post-menopausal hormonal effects on cardiovascular health
- Improve understanding of traditional and nontraditional risk factors for coronary artery disease in women of all ages with a focus on gender disparities
- Apply best practices in screening women for heart disease and managing women with heart disease
- Improve cardiac care for women in the state of Michigan with the goal to close gaps in care with the most up-to-date evidence-based literature

## Symposium schedule

- 7:00-7:20 a.m. Breakfast, networking
- 7:20-7:35 a.m. Welcome announcements and panel seated
- 7:35-7:40 a.m. Opening remarks from the American College of Cardiology (ACC)
- 7:40-8:00 a.m. International Keynote - Clinical Applications MVD: *Samir Alam, MD*
- 8:05-8:25 a.m. National Keynote - Gender Disparity in CV Care in Women: *Laurence Sperling, MD*

### Section Cardio Obstetrics

- 8:30-8:40 a.m. **Pregnancy and Thromboembolism:** *Herman Kado, MD*
- 8:45-8:55 a.m. **Acute Coronary Syndrome and Pregnancy:** *Brittany Fuller, MD*
- 9:00-9:15 a.m. **Why Should We Vaccinate Adults?:** *Nicholas Haddad, MD*
- 9:20-9:30 a.m. **Cardiovascular Imaging in Pregnant Patients:** *Karthikeyan Ananthasubramaniam, MD*
- 9:35-9:45 a.m. **Hypertension in Pregnancy:** *Shukri David, MD*
- 9:50-10:00 a.m. **Lipid Management in Pregnancy:** *Eric Brandt, MD*
- 10:05-10:15 a.m. **Cardiomyopathy and Pregnancy:** *Celeste Williams, MD*
- 10:15-10:25 a.m. **Valvular Heart Disease and Pregnancy:** *Nancy Mesiha, MD*
- 10:25-10:55 a.m. Panel Discussion

### Section CV Diseases Specific to Women

- 10:55-11:15 a.m. **National Keynote - Sex Differences in Biomarkers:** *Emily Lau, MD*
- 11:15-11:25 a.m. **MINOCA SCAD MVD, the Paradigm: Fact or Myth?** *Nishtha Sareen, MD*
- 11:25-11:35 a.m. **Menopause and Cardiovascular Disease:** *Sarah Deighton-Collins, MD*
- 11:35-11:45 a.m. **Health Advocacy:** *Sunil Kumar Rao, DO*
- 11:45-12:15 p.m. Panel Discussion
- 12:15-12:45 p.m. Lunch Break
- 12:45-1:00 p.m. Sponsored Keynote

## CME VIRTUAL and IN-PERSON EVENT

**Date/time:** Saturday, Oct. 7, 2023  
7 a.m.-1 p.m.

**Location:** Pine Lake Country Club  
3300 Pine Lake Road  
West Bloomfield, MI 48324

**Course director:** Nishtha Sareen, MD, MPH, FACC, FSCAI  
- *Interventional Cardiologist,*  
*Ascension St. Mary's Hospital, Saginaw*  
- *Medical Director, Women's Heart Program,*  
*Ascension Michigan*  
- *Assistant Professor of Medicine,*  
*Central Michigan University*

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Ascension

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MICHIGAN  
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AMERICAN COLLEGE OF CARDIOLOGY®

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## Faculty/Course Director/Planners:

Ascension has selected all faculty participating in this activity. It is the policy of Ascension that all CE/CME planning committees, faculty, authors, editors, and staff disclose relationships with commercial interests upon nomination or invitation of participation. Disclosure documents are reviewed for potential conflicts of interest and if relevant, they are resolved prior to confirmation of participation. Only those participants who have no conflict of interest or who agreed to an identified resolution process prior to their participation were involved in this activity.

## Conflict of Interest:

In accordance with the ACCME Standards for Commercial Support, it is the policy of Ascension to ensure balance, independence, objectivity and scientific rigor in all CE/CME activities.

Full disclosure of conflicts and conflict resolution will be made in writing via handout materials or syllabus.

Name of individual	Individual's role in activity	Name of Ineligible Company(s) / Nature of Relationship(s)
Dana Burtrum, MA	Activity Administrator	Nothing to disclose - 05/01/2023
Kelly S Dean, Applied Science	Activity Coordinator	Nothing to disclose - 05/15/2023
Nishtha Sareen, MD	Course Director, Faculty	Nothing to disclose - 04/03/2023
Samir Alam, MD, Professor	Faculty	Nothing to disclose - 05/04/2023
Karthikeyan Ananthasubramaniam, MD, MD FACC FASE FASNC FSCCT FSCMR FRCP	Faculty	Grant or research support-Astellas (Any division) (Relationship has ended)  Grant or research support-Bristol-Myers Squibb Company  Grant or research support-MyoKardia, Inc. (Relationship has ended)  Speakers Bureau-Bristol-Myers Squibb Company - 04/03/2023
Eric J Brandt, MD, MHS, FACC	Faculty	Consulting Fee-New Amsterdam Pharmaceuticals (Relationship has ended)  Grant or research support-Blue Cross Blue Shield of Michigan Foundation  Grant or research support-NIH - 04/04/2023
Shukri David, MD	Faculty	Nothing to disclose - 05/20/2023
Sarah N Deighton-Collins, MD, FACOG	Faculty	Nothing to disclose - 05/08/2023
Brittany Fuller, MD	Faculty	Membership on Advisory Committees or Review Panels, Board Membership, etc.-Philips (Any division)  Honoraria-Pfizer (Any division) - 05/07/2023
Nicholas Haddad, MD	Faculty	Nothing to disclose - 08/02/2023
herman kado, MD	Faculty	Paid consultant-Inari Medical - 05/13/2023
Emily Lau, MD, MPH	Faculty	Honoraria-Roche (Any division) (Relationship has ended) - 05/12/2023
Rushdah Malik, MD	Faculty	Nothing to disclose - 05/10/2023
Amy Mertens, DO, FACC, FSCAI	Faculty	Nothing to disclose - 04/04/2023
Nancy Mesiha, MD, FACC.	Faculty	Nothing to disclose - 05/03/2023
Edsa Negussie, MD	Faculty	Nothing to disclose - 05/14/2023
Kelsey Parent, RD	Faculty	Nothing to disclose - 05/15/2023
Rashmi Rajeshwar, MD	Faculty	Nothing to disclose - 04/15/2023
Kala Ramasamy, MD	Faculty	Nothing to disclose - 05/15/2023
Sunilkumar D Rao, DO, MHA	Faculty	Nothing to disclose - 02/07/2023
Lekha Richardson, MD	Faculty	Nothing to disclose - 05/12/2023
Laurence Sperling, MD	Faculty	Nothing to disclose - 05/02/2023
Celeste Williams, MD, FACC	Faculty	Nothing to disclose - 04/29/2023
Yulia Abidov, RN	Faculty, Nurse Planner	Nothing to disclose - 07/20/2023

## Commercial Support:

No commercial interest was received for this CE/CME activity.

## Accreditation



In support of improving patient care, Ascension 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.



The Ascension Genesys Hospital is accredited by the American Osteopathic Association to provide

osteopathic continuing medical education for physicians.

## Credit designation:



Ascension designates this Live Activity for a maximum of 3.00 AMA PRA Category 1 Credit(s)™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.



This activity is awarded 3.00 ANCC contact hour(s). (based on 60 minutes per contact hour)

The Ascension Genesys Hospital designates this program for a maximum of 3 AOA Category 2A Credit(s) and will report CME and specialty credits commensurate with the extent of the physician's participation in this activity.

# 2<sup>ND</sup> Annual Motown Women's Heart Symposium

Saturday, October 7<sup>th</sup> 7:00 a.m. – 1:00 p.m.

## MEET YOUR PRESENTERS



### PROGRAM DIRECTOR

#### **Nishtha Sareen, MD MPH FACC FSCAI**

Interventional Cardiology, Ascension Medical Group Cardiology  
Ascension St Mary's, Saginaw's

Medical Director, Women Heart Program, Ascension Michigan

Assistant Professor of Medicine, Central Michigan University

Chair, Professional Development Subcommittee, WIN, Society for Coronary Angiography and Interventions

District 4 Representative, MI Chapter Advocacy Board, American College of Cardiology

Dr. Sareen is an Interventional Cardiologist with extensive professional and clinical experience delivering high-quality, evidence-based care to patients suffering from complex and/or chronic heart conditions and diseases, leveraging advanced expertise in interventional, endovascular, echocardiographic, and nuclear cardiology. She completed Medical School in Rabindra Nath Tagore Medical College with a sub internship with High Honors from Harvard Medical School. Completed her Internship and Internal Medicine Residency from Hofstra Northshore LIJ, New York followed by General Cardiology from St Joseph Mercy Hospital Michigan and then Interventional Cardiology from Icahn School of Medicine, Mount Sinai Hospital, New York. She completed her Master's in Public Health from the University of Nevada Reno. She serves as the Medical Director for Women Heart Program for Ascension Michigan and has opened 4 clinic locations in the State of Michigan dedicated to serving the underrepresented.

Dr Sareen serves as the co-chair for ACC MI conference 2023, in addition to her services as the board member for ACC MI chapter and District 4 representative for ACC MI Chapter and is Assistant Professor at Central Michigan University. She is on Editorial boards for multiple journals and national task forces. Dr Sareen specializes in complex coronary interventions, mechanical circulatory support with cardiogenic shock management, peripheral interventions, microvascular dysfunction, and cardiovascular disease in women. She is passionate about education and equity in healthcare. She has been recognized as a rising leader by "Crains' 40 under 40" and "Dbusiness 30 in their 30s".

The Women's Heart Symposium is an annual event to raise awareness among physicians regarding heart disease risk factors specific to our female population, screening modalities and management strategies. It is a great opportunity to connect with leaders in healthcare, learn, collaborate, and grow together.



## KEYNOTE SPEAKERS



**Samir Alam, MD FACC FRCP**

Professor of Medicine in Cardiology at the American University of Beirut, Lebanon

Dr. Alam is a Graduate, American University of Beirut (with distinction), Alpha Omega Alpha Honorary Medical Society with Cardiology training at Columbia University/St. Luke's Hospital. He is board certified in Cardiology and Intervention and currently serves as Professor of Medicine in Cardiology at the American University of Beirut, Lebanon. He has served as past Chief of Cardiology, Chief of Staff, and past President of the Lebanese Cardiac Society, and is a member of Board Gulf PCR. Dr. Alam has a longstanding career in clinical and academic cardiology with special interest and research in inflammation, ACS, coronary physiology, and intervention. He has received several recognitions and prestigious awards, including National Cedars Medal award and Kuwait WHO for Preventive Cardiology.



**Emily S. Lau, MD MPH**

Cardiologist, Assistant Professor of Medicine, Harvard Medical School  
Director, Cardiometabolic Health and Hormones Clinic, Corrigan Women's Heart Program - Massachusetts General Hospital Heart Center

Dr. Emily Lau is a cardiologist and investigator at Massachusetts General Hospital who leads a clinical-translational research program focused on understanding how biological sex differences and sex-specific risk factors contribute to unique cardiovascular phenotypes in men and women. She received her MD from the Warren Alpert Medical School of Brown University and Masters in Public Health from the Harvard T.H. Chan School of Public Health. She trained in Internal Medicine at Brigham and Women's Hospital, where she also served as Chief Medical Resident. She subsequently completed cardiovascular disease fellowship and advanced echocardiography training at Massachusetts General Hospital. She is the Principal Investigator of several research studies examining the role of inflammation and menopause in HFpEF pathogenesis in women and the use of deep learning to predict adverse pregnancy outcomes. Her research is supported by the NIH/NHLBI, American Heart Association, and the MGH SPARK Award. Clinically, Dr. Lau specializes in women's cardiovascular health and serves as the Director of the Cardiometabolic Health and Hormones Clinic within the Women's Heart Health Program.



**Laurence Sperling, MD FACC FACP FAHA FASPC**

Katz Professor in Preventive Cardiology  
Founder, Emory Center for Heart Disease Prevention  
Professor of Global Health, Hubert Department of Global Health  
Rollins School of Public Health at Emory University  
Executive Director, Million Hearts  
Centers for Disease Control and Prevention (CDC) / Centers for Medicare and Medicaid Services (CMS)

Dr. Sperling is the Founder and was the Director of The Heart Disease Prevention Center at Emory (1997-2019). He is currently the Katz Professor in Preventive Cardiology at the Emory University School of Medicine, and Professor of Global Health in the Rollins School of Public Health. Dr. Sperling is the current Executive Director of Million Hearts for the Division of Heart Disease and Stroke Prevention at the Centers for Disease Control and Prevention and the Center for Medicare and Medicaid Services. He served as the President of the American Society for Preventive Cardiology from 2014-2016, served on the writing committee of 2018 the ACC/ AHA Guideline on the Management on Blood Cholesterol, and serves as Associate Editor for the American Journal of Preventive Cardiology, and the Chair of the World Heart Federation writing group on the Roadmap for Cardiovascular Disease Prevention among People Living with Diabetes.

## FACULTY & GUEST SPEAKERS



**Yulia Abidov RN, Certified Clinical Research**  
Coordinator at Ascension Providence Hospital  
Southfield and Novi, MI

After Yulia graduated from the University of Tel Aviv, Israel, Sheba Nursing School with honors, she worked in multiple Healthcare areas, but she found her passion in clinical research. Yulia specializes in coordinating cardiovascular research trials for new investigational drugs and devices. For the last 19 years she coordinated multiple drug trials phase II-IV, as well as pilot, pivotal and post-marketing trials for the devices. In 2009, Yulia joined the University of Arizona where she helped to establish the Clinical Research Program for Diabetes. She then led this successful Program for 6 years before moving to Michigan. In 2016, Yulia joined the Ascension Providence Hospital as a Clinical Research Nurse Coordinator. During COVID-19 pandemic, Yulia helped to develop a protocol for treatment of critical patients with convalescent plasma, to obtain the IND, and to implement the Mayo clinic convalescent plasma treatment protocol at Ascension Michigan. Yulia, in partnership with Hatzalah emergency services, helped to establish a blood drive for plasma donation in Southeast Michigan, and it helped to reduce time for receiving plasma to 24 hours at Ascension vs 5-7 days nationally.



**Karthikeyan Ananthasubramaniam, MD FACC FASE FASNC FSCCT FSCMR FRCP**  
Professor, Internal Medicine Wayne State University School of Medicine  
FTA Clinician Educator Track ( Tenure)  
Professor of Medicine, Wayne State University  
Senior Staff Physician, Heart and Vascular Institute, Dept of Internal Medicine  
Director, Nuclear Cardiology/Cardiac PET  
Director, Echocardiography  
Henry Ford West Bloomfield Hospital

Dr Karthikeyan Ananthasubramaniam ( Karthik Ananth ) is currently Tenured Professor of Medicine, Wayne State University, Director of Nuclear Cardiology and PET Laboratory, Co-Director Adult Congenital Heart Disease Program, at Henry Ford Hospitals in Michigan and is Governor-President Michigan Chapter, American College of Cardiology. He previously served as Director of Echocardiography ( 2009-2019) and as the Advanced Cardiac Imaging Program Director from 2011-2021 at Henry Ford Hospital . He has completed advanced imaging training in Echocardiography, Nuclear Cardiology, Cardiac Positron Emission Tomography and Cardiac CT/ MRI and is currently American Board certified in Cardiology, Adult Congenital Heart Disease, Nuclear Cardiology, Echocardiography, Cardiac CT and Cardiac MRI. He is a faculty member of the advanced imaging section (cardiac CT/MR) at Henry Ford Hospital. He is a 8 time recipient of the Best Teacher Award from the Division of Cardiology at Henry Ford Hospital and has received Distinguished Service Award from Division of Cardiology 2019 and 2021 and is active in academic cardiology with over 100 abstracts and 100 papers. He is a member/fellow of multiple cardiology professional organizations (ACC (fellow), AHA(member), ASNC(fellow), SNMMI/ CVC( member), ASE( fellow), SCMR(fellow), SCCT( fellow)) and serves as reviewer for over 10 leading professional cardiology journals. He has served as the Chair of the ASNC Education Committee, is the Co- Chair of the ASNC Board Prep Course, Chair of ASNC 2022 sessions, served on ASNC Board of Directors member Editorial Board of the Journal of Nuclear Cardiology and has served as ASNC Scientific sessions program and organizing committee member for number of years. He is Secretary and Executive Council Member for American Society of Nuclear Cardiology and Secretary of the Cardiovascular Council of SNMMI. He also holds an Honorary International Professor Position at Apollo Hospital Health and Research Foundation, Delhi, India. He is listed as one of the “:Top Docs “in the specialty of cardiology by the Detroit “ Hour” magazine and is on “Top Docs “ list of Castle Connolly.



**Eric J. Brandt, MD MHS FACC**

Clinical Instructor

Division of Cardiovascular Medicine, University of Michigan Medical School

Member, University of Michigan Institute for Healthcare Policy and Innovation

Diplomate, American Board of Clinical Lipidology

Dr. Brandt is a cardiologist and lipidologist (cholesterol management) who studies the effects of nutrition policy on population outcomes. He is interested in evaluating the clinical and healthcare implications of current and planned nutrition policies at the federal, state, and local level, especially among socioeconomically disadvantaged individuals. His previous work examined outcomes from the New York trans-fat restrictions in restaurants, availability of grocery delivery to food deserts, the epidemiology of lipoprotein(a), and the mechanism of action of PCSK9 inhibitors, among other topics.



**Shukri David, MD MBA FACC**

Physician Chair, Heart & Vascular Center of Excellence, Ascension Michigan

Art Van Elslander Chair of Cardiology Providence Hospitals

Clinical Professor of Medicine, Wayne State University School of Medicine

Dr. David is well known in the metro Detroit community for his leadership in the area of interventional cardiology, the non-surgical techniques used to treat and dissolve heart blockages. He has certified in the following techniques: directional coronary atherectomy; flex stents; coronary stents; rotoblator rotational atherectomy and advanced rotoblator atherectomy. Dr. David has been widely published in the national medical literature and lectures worldwide on interventional cardiology topics and was named a "Top Doc" in Hour Detroit magazine's annual survey.



**Sarah Deighton-Collins, MD FACOG**

Ascension Providence Hospital and Medical Centers

Providence OBGYN

Dr. Deighton-Collins graduated from Wayne State University School of Medicine and specializes in obstetrics and gynecology. She also specializes in female reproductive health conditions, menopause care, emotional health, breast health and more. As a gynecologist, Dr. Deighton-Collins specializes in the diagnosis and treatment of reproductive health conditions and breast diseases. She has a special interest in preventative medicine, adolescent care, prenatal care and childbirth services, and menopause management.



**Brittany Fuller, MD FACC FASE FSCAI**

Interventional Cardiology

Edith and Benson Ford Heart and Vascular Institute

Henry Ford Health System

Dr. Fuller is an interventional cardiologist based in Detroit, MI. She specializes in complex coronary interventions and cardiogenic shock. She has experience and expertise with various forms of hemodynamic support including IABP, Impella, Tandem Heart and percutaneous ECMO. She also has additional interest in women's health.



**Nicholas Haddad, MD FACP FIDSA**

Internal Medicine Residency Program Director  
Associate Professor of Infectious Diseases  
Central Michigan University College of Medicine

Dr. Nicholas Haddad is a graduate of the American University of Beirut, served his residency at Indiana University School of Medicine and Fellowship trained in Infectious Diseases at Washington University. He is an Infectious Disease specialist and Program Director (PD) of Internal Medicine Residency, CMU Medical Education Partners. Supervises, clinically and administratively, 33 internal medicine residents in an ACGME Accredited Program, affiliated with Central Michigan University. Additionally, supervises and mentors CMU medical students and visiting students. Dr. Haddad is Associate Professor of Infectious Diseases (ID), Central Michigan University College of Medicine - direct clinical care provision within the Infectious Diseases section of CMU Health, to patients at Covenant HealthCare, Ascension St. Mary's, and Select Care, who require inpatient and ID specialty consultation, and to outpatients in the ID clinic at CMU Health. PharmD residents from the Covenant HealthCare pharmacy residency program rotate in ID clinic. He is also an Infectious Diseases Consulting Physician at Covenant HealthCare, Ascension St. Mary's Medical Center and Select Specialty in Saginaw, Michigan.



**Herman Kado, MD FACC FSCAI RPVI**

Michigan Healthcare Professionals, PC  
Farmington Hills, MI  
Hospital Affiliations: Ascension Macomb-Oakland Hospital  
Ascension Providence Hospital

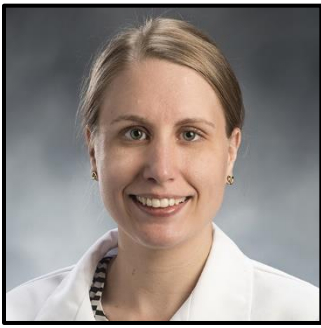
Dr. Kado is a graduate of Wayne State University School of Medicine. His memberships include the American College of Physicians, American College of Cardiology, Michigan State Medical Society, American Medical Association, and the American Heart Association. Dr. Kado has special interests in percutaneous coronary interventions, complex peripheral vascular interventions, critical limb ischemia, carotid interventions, venous disease, percutaneous treatment of pulmonary embolisms CAD preventative cardiology and peripheral vascular disease critical limb ischemia. His clinical interest includes diagnosis of coronary arteriosclerosis, cardiac disease prevention and the treatment of peripheral vascular disease. His patient care philosophy is early diagnosis and aggressive treatment will improve the quality of life.



**Rushdah S. Malik, MD**

Infectious Disease, Internal Medicine  
Bingham Farms, MI  
Ascension Medical Group  
Hospital Affiliations: Ascension Providence Hospital  
Ascension St. John Hospital

An infectious disease specialist, Dr. Malik has a passion for helping patients through their disease process and building a strong doctor-patient relationship to ensure the best experience and outcomes. She received her medical degree from Sind Medical College and has been in practice for more than 20 years, with multiple locations in SE Michigan.



**Amy Mertens, DO FACC FSCAI**  
Interventional Cardiology, Internal Medicine  
Trinity Health – Michigan Heart  
Livonia, Ypsilanti, and Brighton, MI

Dr. Mertens is board certified in Internal Medicine/Interventional Cardiology and Cardiovascular Disease. She earned her degree from Michigan State University with residency and fellowship at William Beaumont Hospital of Royal Oak. Dr. Mertens specializes in treating coronary artery disease, refractory angina, peripheral vascular disease, and pulmonary embolism. She encourages every patient to be an active participant in their treatment plan, ensuring they understand their options as their involvement is key to improving clinical outcomes.



**Nancy Mesiha, MD FACC**  
Cardiology Associates of MI, PC  
Shelby Twp, and Roseville, MI  
Director of Cardiac CT  
Director for the Cardiovascular Fellowship Program  
Director of the Women's Heart Clinic, Ascension St. John Hospital

Dr. Mesiha is board certified in Cardiovascular Disease, Adult Echocardiography, Nuclear Cardiology, and Internal Medicine. Along with her private practice, she is the Director of Cardiac CT, Assistant Program Director for the Cardiovascular Fellowship Program, and a member of the teaching faculty, all at Ascension St. John Hospital and Medical Center. She is the Program Director of the Clinical Cardiology Fellowship Program, and Director of the Women's Heart Clinic at St. John Hospital & Medical Center. Dr. Mesiha provides a full range of cardiovascular services including echocardiogram, stress echocardiography, nuclear stress testing, chemical stress testing, event monitoring, holter monitoring, heart catheterization, and transesophageal echocardiogram.



**Edsa Negussie, MD**  
Ascension Providence Hospital  
Southfield, MI

Fellowship trained in body imaging, my main practice is cross sectional evaluation of the chest, abdomen and pelvis with the different available modalities including ultrasound, CT and MRI. Got involved in cardiac imaging early on in my career obtaining additional qualification and training in CT of the coronary arteries and MRI of the heart. Close and collaborative work with our colleagues in cardiology has resulted in developing a strong cardiac imaging program at Ascension Providence Hospitals. Notable memberships are the Radiology Society of North America (RSNA) and North America Society of Cardiac Imaging (NASCI).





**Kelsey Parent, RD**  
Clinical Nutrition Manager  
Ascension Providence and Brighton Center for Recovery

Kelsey Parent has always believed the impact food can have on one's overall health. This passion for nutrition was ignited during her undergrad at Central Michigan University. She earned her bachelor's degree in dietetics and was accepted into a clinical focused dietetic internship at the University of Michigan. Kelsey is currently a registered dietitian and Clinical Nutrition Manager (CNM) at Ascension Providence and Brighton Center for Recovery. As the CNM, Kelsey has worked on malnutrition initiatives by focusing on documentation and nutrition focused physical exams. She has also reviewed critical care nutrition processes and has collaborated with food and nutrition staff to troubleshoot and improve upon therapeutic items in the hospital's dining software. Kelsey has been involved with establishing the nutrition assessment process for the outpatient Women's Heart Clinic.



**Rashmi Rajeshwarm, MD**  
Internal Medicine  
Corewell Health, Royal Oak and Troy, MI

Rashmi Rajeshwar is an internal medicine Hospitalist physician with over 10 years of working experience. Currently she works alongside a team of hospitalists at Troy and Royal Oak Beaumont. She graduated in first class in medical school in India and obtained her residency in internal medicine St Joseph Mercy Oakland. She currently also volunteers as an instructor in Oakland university school of medicine.



**Kala Ramasamy, MD**  
Karu Medical Associates - Saginaw, MI  
Assistant Professor of Internal Medicine,  
Central Michigan College of Medicine

Dr. Kala Ramasamy is a Board-Certified Internal Medicine physician in Saginaw where she shares a practice with her sister, Dr. Lekha Richardson. She received her training at the University of Michigan and Kasturba Medical College in Manipal, India. Her residency was done at Providence Hospital and Medical Center. She is on-staff at Ascension St. Mary's of Michigan and Covenant Healthcare in Saginaw. Her practice focuses on diabetes, hypertension, preventive care, women's health and also her passion for fitness and wellness. Along with running her independent practice she has is a member of several professional organizations including Medical Executive Committee at Ascension St. Mary's Saginaw where she is serving her 4th term as Chairman of the Department of Medicine. She is also on the Executive committee for the Saginaw County Medical Society. One of her passions is training and supporting medical students and residents. She is Assistant Professor of Internal Medicine for the Central Michigan College of Medicine and currently serves as a mentor to medical students interested in Internal Medicine. Her practice participates in Primary Care First, Center for Medicare and Medicaid Services Innovation Model with a focus on value-based care.



**Sunilkumar D. Rao, DO MHA FACC**

Ascension Medical Group  
Grand Blanc, MI

Dr. Rao is a cardiologist specializing in advanced cardiovascular disease and preventive cardiology. As a cardiologist practicing at Ascension Genesys Hospital in Grand Blanc. Dr. Rao is trained to deliver extensive therapy for the cardiovascular system which may include rheumatic heart disease, congenital heart defects, coronary artery disease, heart failure, heart aneurysms, angina and arrhythmia, among others. Dr. Rao has held many roles in the medical societies in the state of Michigan including former president of Genesee County Medical Society, Michigan Association of Physicians of Indian Origin, and a delegate to Michigan State Medical Society. He currently serves as the Secretary/Treasurer and Advocacy chair for the Michigan Chapter of the American College of Cardiology. Additionally, he is the Associate Program Director of the Cardiovascular Fellowship Program at Ascension Genesys Hospital and serves as Faculty and Clinical Assistant Professor at the Michigan State University College of Osteopathic Medicine.



**Lekha Richardson, MD**

Karu Medical Associates  
Saginaw, MI

Dr. Lekha Richardson is a Board-Certified Internal Medicine physician in Saginaw where she shares a practice with her sister, Dr. Kala Ramasamy. She received her training at the University of Michigan and Kasturba Medical College in Manipal, India. Her residency was completed at Providence Hospital and Medical Center. She is on-staff at Ascension St. Mary's of Michigan and Covenant Healthcare in Saginaw. Her practice focuses on diabetes, hypertension, preventive care, women's health, and her passion for fitness. Along with running her independent practice she has is a member of several professional organizations, serves on the PHO Board, community organizations, and currently is an Assistant Professor of Internal Medicine for the Central Michigan College of Medicine. Her practice participates in Primary Care First, Center for Medicare and Medicaid Services Innovation Model with a focus on value-based care.



**Celeste Thomas Williams, MD MS FACC**

Quality Associate Medical Director, Heart and Vascular Service Line  
Henry Ford Hospital - Detroit, MI  
Hospital Affiliations: Ascension Providence Hospital  
Ascension St. John Hospital

Dr. Williams is an expert in her field, holding many awards, grants, and dozens of publications. She is a graduate of Rosalind Franklin University of Medicine & Science, and fellowship trained at Cleveland Clinic Education Foundation and Henry Ford Hospital. Dr. Williams treats advanced heart failure including cardiac transplantation and left ventricular assist devices. Dr. Williams has a special interest in cardiac transplantation as well as mechanical circulatory assist devices.