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Presenters

David Anderson

Prof. PhD, Division of Nephrology,
Department of Medicine, University of
California, San Francisco, USA

Torbjörn Åkerstedt

Prof. PhD, Stressforskning Institutet,
Stockholm University

May Blom

PhD, R.N., Stockholm County Council

J. Douglas Bremner

Prof. MD, Emory University School of
Medicine Atlanta, USA

Margaret Chesney

Prof. PhD, Director, Osher Center for
integrative Medicine, Department of
Medicine, San Francisco, USA

Aifa Collins

PhD, associate Prof. Division of Psy-
chology, Dept of Clinical Neuroscience,
Karolinska Institutet, Stockholm

Hans Christian Deter

Prof. MD, Charité - Universitätsmedizin
Berlin, Campus Benjamin Franklin, Dept. of
Psychosomatic Medicine, Berlin, Germany

Peter Friberg

Prof. in clinical Physiology, MD, Vice
President Swedish Society of Medicine,
Sahlgrenska Academy, Göteborg

Kristina Orth-Gomér

Prof. MD, PhD, Karolinska Institutet,
Dept. of clinical Neuroscience, Stockholm

Annika Rosengren

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logy and Epidemiology, Sahlgrenska
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Karin Schenck-Gustafsson

Professor of Cardiology, MD, PhD,
Centre for Gender Medicine, Karolinska
University Hospital, Stockholm

Neil Schneiderman

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sion Director, University of Miami, USA

Julian F. Thayer

Prof. in Health Psychology, PhD, The
Ohio State University, Columbus, USA

Tores Theorell

Prof. MD., Stockholm University, stress
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Viola Vaccarino

Prof. PhD, Medical Director, Program in
Cardiovascular Outcome research, Emory
University School of Medicine, Atlanta, USA

Harriet Wallberg-Henriksson

Prof. of Integrative Physiology, MD, Pre-
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Christina Walldin

R.N., Karolinska Institutet, Stockholm

Sarah Wamala

PhD, MSc, Director-General of the Swedish
Institute of Public Health, Östersund

Redford Williams

Prof. MD, Duke University, USA

Virginia Williams

PhD, Williams LifeSkills Inc, Durham, USA

Time and place

9th March 2012, from **9.00 am** to **5.30 pm**

At the Karolinska institutet, Samuelsson lecture hall,
Scheele laboratoriet, Tomtebodavägen 6.

Public transportation Bus 69 from Sergels Torg to Karolinska institutet

Entrance: Tomtebodavägen 6, across from the bus stop line Nr. 69,
access through Trapphus T1, ground floor

Registration

At this conference there is only space for a limited number of partici-
pants. Please make your registration by paying the conference fee as
soon as possible. Then return the registration form to the conference
secretariat. February, 28, 2012, is deadline for registration.

Contact to the conference secretariat

Lars Peter Westman, secretary of the organizing committee
E-mail: kristina.orth-gomer@ki.se

Contacts for payment

Ann-Christine Larsson, Dept of clinical Neuroscience,
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Payment must be made in SEK, payable to Bankgiro 5310 - 7207
The payment must be marked with "Womenstress20yrs project
no. 70200033" and with your name on all transfers.

Personal or company cheques cannot be accepted.

Registration Fee

Karolinska Institutet students (the first 20 registered)

1 500 SEK

100 SEK

Registration will be confirmed when payment has been received.

For cancellations made after February 28, conference fees are
not refundable.

Coffee and lunch are included in the registration fee.

Invitation to an International Symposium

Celebration of two decades of research on

WOMEN, STRESS and HEALTH

- concepts, results and
future perspectives

Layout: ah, Charité - Universitätsmedizin Berlin, Zentrale Medienstleistungen | Fotos: Swedish Society of Medicine | CC13 | Deter | Women's Health | WHI-prog9marct2012.indd



Friday, March 9th, 9.00 am to 5.30 pm
at Karolinska Institutet in Stockholm

Introduction

In 1991 the very first study of women's stress and cardiovascular disease, Stockholm Female Coronary Risk Study, was initiated in Sweden. It had an interdisciplinary approach and a broad perspective of medical, social and psychological characteristics of women's cardiovascular disease. At that time almost all studies had been performed in men, hence the knowledge about women was scarce.

A large number of papers and academic theses were produced from the study, most addressed risk factors, mechanisms and prognosis. Although the academic outcome of the study was formidable, it is less clear that the knowledge is being used to improve women's health?

After two decades of research in this field there is now indeed a strong need for efforts to promote healthy life style change in women patients. This is particularly important given that women live longer and life with disease and disability implies human suffering and high costs for society.

Can our knowledge from the study help us understand women's needs, poor lifestyle and health? This meeting will explore that question, which is highly relevant to scientists, clinicians and practitioners. The expected outcome is to find appropriate tools for interventions.

In this scientific symposium well known national and international experts will describe the development of different concepts in the field of behavioural, cardiovascular medicine. They will evaluate results, will present reviews and summarize future perspectives in the field of gender research. They will provide a thoughtful synopsis of the most recent research and perspectives of translating that science into practice. We are glad to welcome well known national and international experts in Stockholm and look forward to a good and productive exchange between research and practical medicine.

Welcome to Stockholm, on March 9th, 2012

Kristina Orth-Gomér

Hans-Christian Deter

PROGRAM

- 9.00 **Words of Welcome**
Harriet Wallberg-Henriksson, President Karolinska Institutet
Sarah Wamala, Director Swedish Institute of Public Health
Peter Friberg, Vice President Swedish Society of Medicine
- Session I Psychosocial Risk Factors and Epidemiology**
Chairs: Margaret Chesney, San Francisco, Kristina Orth-Gomér, Stockholm,
- 9.30 **Women's heart health: overview of risk and protective factors, life style, cardiovascular morbidity and mortality**
Annika Rosengren, Göteborg
- 10.00 **Women's sources of stress, work and family stress, negative emotions and health. The Scandinavian experience**
Kristina Orth-Gomér, Stockholm
- 10.30 **Psychosocial risk factors and coronary heart disease in women**
Viola Vaccarino, Atlanta
-
- 11.00 COFFEE BREAK
- Session II Mechanisms and Pathways for Psychosocial Stress in Women**
Chairs: Neil Schneiderman, Miami, Huixin Wang, Stockholm,
- 11.20 **Are there differences in central nervous regulations of emotions in men and women?**
Julian Thayer, Columbus
- 11.40 **The stress hormones Catecholamine, and Cortisol and their influence on cardiovascular disease in women**
Tores Theorell, Stockholm
- 12.00 **Influences of female endogenous hormones on the cardiovascular risk profile and the transition to menopause**
Aila Collins, Stockholm
- 12.20 **Sleep disturbance and health in women**
Torbjörn Åkerstedt, Stockholm
- 12.40 **Medical and pharmaceutical targets in women with coronary heart disease**
Karin Schenck-Gustafsson, Stockholm
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- 13.00 LUNCH IN THE STUDENT RESTAURANT JÖNS JAKOB

9.00 am - 17.30 pm

Session III New Concepts of Mechanisms and Pathways for Psychosocial Stress in Women

- Chairs: Thomas Jernberg, Huddinge, Annika Rosengren, Göteborg
- 14.00 **Gender differences in how gene x Environment interactions influence expression of predisease endophenotypes**
Redford Williams, Duke
- 14.20 **Early life stress in women - effects on brain and Neurobiology**
J. Douglas Bremner, Atlanta
- 14.40 **Gender differences in breathing patterns -relevance to blood pressure regulation**
David Anderson, San Francisco
- 15.00 „Bensträckare“

Session IV Interventions to Counteract Womens Stress and Improve Health

- Chairs: Hans-Christian Deter, Berlin; Christina Walldin, Stockholm
- 15.05 **Non-Pharmacologic approaches to hypertension - recent research points to new strategies of preventing hypertension in women**
Margaret Chesney, San Francisco
- 15.25 **Stress reduction prolongs life in women (SWITCHD) - Why and how a cognitive behavioural program for women in Stockholm may reduce mortality and cardiac events?**
May Blom, Stockholm
- 15.45 **The LIFE SKILLS heart intervention program for women**
Virginia Williams, Duke
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- 16.05 BREAK WITH REFRESHMENTS
- 16.25 **Cognitive programs based on psycho-dynamic concepts - preliminary results of a German clinical psychosocial intervention trial**
Hans-Christian Deter, Berlin
- 16.45 **In which way can behavioral interventions influence bio-markers and psycho biological pathways of coronary artery disease? - Evidence from empirical studies - Recommendations for future research**
Neil Schneiderman, Miami
- 17.15 **Summary and Conclusions**
Kristina Orth-Gomér, Stockholm
- 17.30 **End of conference**

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