

## Secondary Prevention of Cardiovascular Disease: Moving from Awareness to Solutions

Wednesday, March 26, 2008, 12:30pm – 4:30pm

### Speaker Biographies

**Safiya Addison** is the Director of Community Health Outreach at New York Methodist Hospital. Ms. Addison is responsible for the overall direction, operations, management and implementation of the department's cardiovascular disease health initiative. As a public health educator, she has coordinated and implemented innovative health programs using multi-component (incorporating media, educational, policy and environmental activities), multi-sectoral (involving a coordinated response from community organizations, faith-based organizations, academic associations and government agencies), and multi-setting (carrying out activities in health care clinics, schools, and other community settings) approaches. Safiya has a BS in Organizational Management from St. Joseph's College, where she is also currently pursuing an MBA in Health Management.

**Carla Boutin-Foster, MD, MS** is an Assistant Professor of Medicine at Weill Medical College who graduated from Downstate Medical College and completed her residency in Internal Medicine at the New York Presbyterian Hospital. Dr. Boutin-Foster was an Assistant Chief Resident during her PGY-3 year; in that position, she developed educational programs for residents and played a leading role in recruiting minority house staff. Dr. Boutin-Foster joined the faculty in the Division of General Internal Medicine in 1999 after completing the Masters program in Clinical Epidemiology and Health Services research at Weill Medical College. She is also the Associate Director of the Center for Multicultural and Minority Health at New York-Presbyterian Hospital. Her research focuses on the psychosocial determinants of health among patients with cardiovascular disease, minority health, and cultural competence. In addition to her research and clinical activities, Dr. Boutin-Foster mentors underrepresented minority undergraduate students who are interested in careers in health. She also volunteers at a local junior high school by meeting with adolescent girls to discuss topics such as self-esteem, self-respect, and higher education.

**Mari T. Brick** is the Arthritis Program Manager at the New York State Department of Health (NYSDOH). She serves as Past-chair of the National Association of Chronic Disease Directors (NACDD) Arthritis Council. She earned her BA in Social Work from Siena College and is currently completing an MA in Social Policy at Empire State College. Her experience is in coalition building, program implementation and development, training and program fidelity, and grant writing. As the sole staff member of the NYSDOH Arthritis Program, a CDC establishment level grant, she is responsible for the development and implementation of a comprehensive state arthritis plan. Ms. Brick is certified as a Stanford University T-Trainer in the Arthritis Self Help Course and the Chronic Disease Self Management Program. She is a recognized Arthritis Foundation National Trainer and is certified as an Arthritis Foundation Exercise Program Trainer.

**Michelle Dresser, MPH** is the Deputy Director of the Public Health Detailing Program within the Clinical Systems Improvement Unit at the New York City Department of Health and Mental Hygiene (NYC DOHMH). In this role, she is responsible for the development, production and quality control of the detailing action kits as well as training for local and citywide detailing campaigns. Prior to joining the NYC DOHMH, Ms. Dresser managed the health information systems and wellness/education programs at Lenox Hill Hospital on Manhattan's Upper East Side. Ms. Dresser received her master's degree in Public Health from New York University and

holds a Bachelor of Science in Community Health Education from Florida State University. She is an author on several abstracts and is a member of the American Public Health Association.

**Tiana Howland, RN** is the Healthcare Coordinator with the New York State Department of Health's (NYSDOH) Healthy Heart Program. She has been involved in the full cycle of care in cardiovascular health, from prevention to surgery, for the past twenty years. Ms. Howland joined the NYSDOH in 2006 to spearhead the Healthy Heart Program's Stroke Awareness Campaign. The Stroke Awareness Campaign was designed to assist Designated Stroke Centers in their community awareness campaigns. The Healthy Heart Program focuses on improving the cardiovascular health of NYS residents through environmental and policy change.

**Chamanara Khalida, MD, MPH** is a Project Manager at Clinical Directors Network, Inc. She has worked on numerous clinical research studies during her time with Clinical Directors Network, including the Antihypertensive and Lipid Lowering Treatment to Prevent Heart Attack Trial (ALLHAT), Improving Medication Adherence in Poorly Controlled Hypertensive Patients Study, the Conditioned Placebo Effects and Treatment of Hypertension Study, and the Periodontal Diabetes Study. Prior to joining the Clinical Directors Network, Dr. Khalida served as a Medical Officer at Nurjahan and Al-Rafi Polyclinics in Bangladesh. She completed her MD studies at Sylhet Medical College in Bangladesh and received her MPH from New Jersey Medical School (UMDNJ).

**Jason M. Lazar, MD, FACC, FACC** holds several positions at SUNY Downstate Medical Center. He is the Director of Non-Invasive Cardiology, the Clinical Assistant Dean in the College of Medicine, and an Associate Professor of Medicine. He also directs the Cardiovascular Medicine Fellowship Training Program. Dr. Lazar completed his BA at Brooklyn College, and his MD at SUNY Health Science Center, Syracuse. He completed his postgraduate training at the University of Pittsburgh Medical Center. Dr. Lazar's clinical and research interests include the epidemiology of coronary heart disease in women, high risk populations, health disparities, and the overlap of cardiovascular disease with other systemic illnesses including lupus and HIV infection. He is Principal Investigator on a number of ongoing research studies, and has published widely in peer-reviewed journals. He is also a member of numerous professional associations and organizations, including the American College of Cardiology and the American Heart Association Long Island Chapter.

**Ana Marchena, MA** is the Chronic Diseases Program Coordinator at Metropolitan Hospital Center. Ms. Marchena is a graduate of Columbia University. Prior to joining the New York City Health and Hospitals Corporation, she was a health education specialist at Memorial Sloan-Kettering Cancer Center. Ms. Marchena was born in the Dominican Republic and raised in New York City.

**Rosa Zhou, MD, MSc** is a Research Director at Clinical Directors Network, Inc. Her current research studies include work to evaluate the effect of treating periodontal infection on glycemic control in type 2 diabetes, and to implement and evaluate the efficacy of a short-term problem-solving skills training intervention program for familial caregivers to lower income, older (60+) adults diagnosed with cancer. Prior to joining Clinical Directors Network, Dr. Zhou held such varied posts as Scientific Analyst with Jacob, Medinger and Finnegan, LLP and Medical Officer with the Chinese Ministry of Health. She completed her MD at Tianjin Medical School in Tianjin, China and her MSc in Epidemiology and Statistics at the University of Toronto. Dr. Zhou has authored numerous peer-reviewed publications.