



Karolinska
Institutet



in cooperation with



Presenters

David Anderson

Prof. PhD, Division of Nephrology,
Department of Medicine, University of
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Prof. PhD, Stressforsknings Institutet,
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May Blom

PhD, R.N., Stockholm County Council

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Peter Friberg

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Kristina Orth-Gomér

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Neil Schneiderman

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Christina Walldin

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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

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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 Mediendienstleistungen | Fotos: Swedish Society of Medicine | CC13 | Deter | Women's Health | WH-prog9march2012.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 live 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 am - 17.30 pm

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

13.00 LUNCH IN THE STUDENT RESTAURANT JÖNS JAKOB

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

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