



# See a Need, Fill a Need

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**CEDARS-SINAI**<sup>®</sup>  
SMIDT HEART INSTITUTE



# 1. UNDERSTAND THE POWER OF A PHD IN NURSING



American Heart Association  
life is why™

SCIENTIFIC 20  
SESSIONS 17

1:51pm

## 207C

Sun, 3:45 PM - 5:00 PM

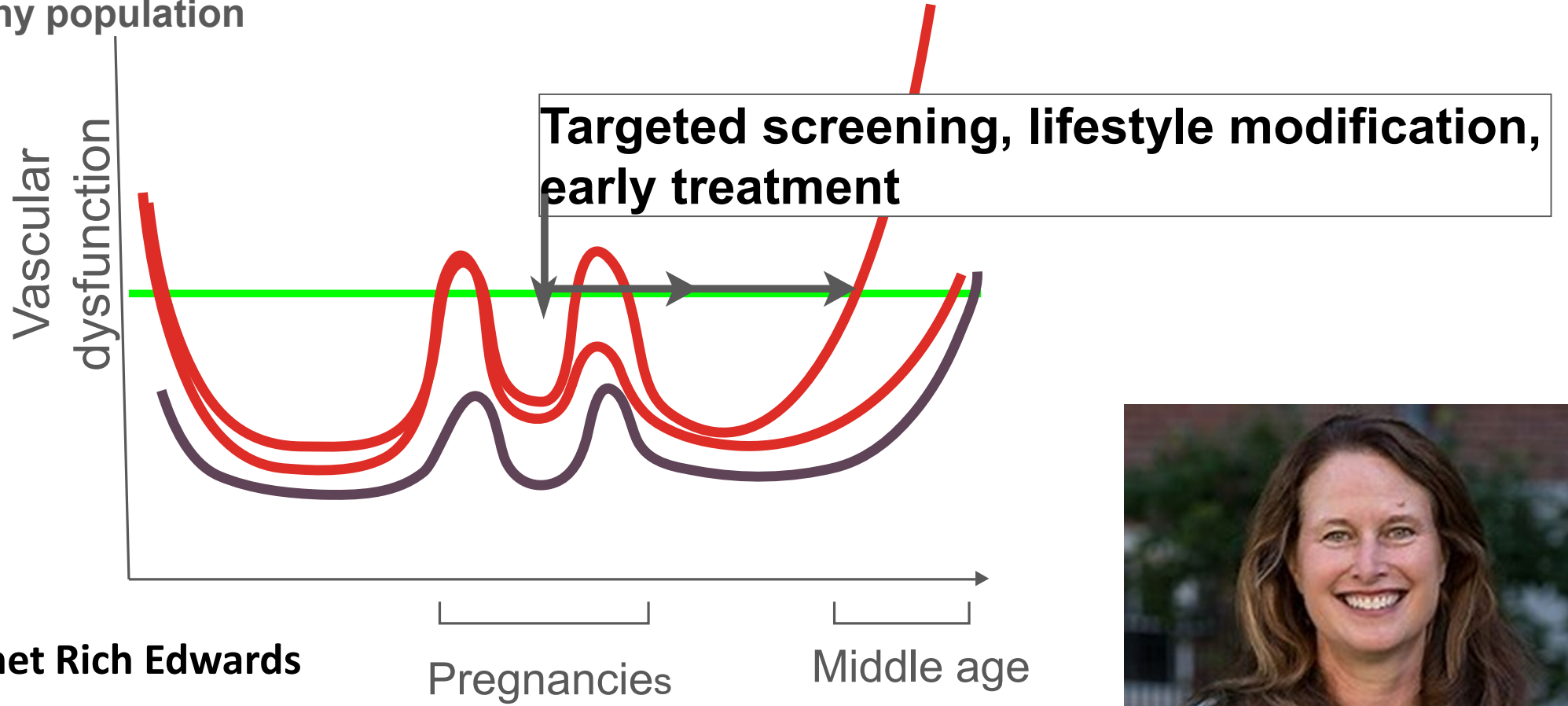
**Katharine A. Lembright Award/  
Lecture and Martha N. Hill New  
Investigator Award Finalists**

3:45 PM	Designing and Testing Interventions for Cardiovascular Health Promotion <b>Shirley M Moore</b>
4:15 PM	High Cardiovascular Disease Risk in Sexual Minority Women <b>Billy A Caceres</b>
4:45 PM	Association of Spontaneous Preterm Delivery and Postpartum Vascular Function: Is Spontaneous Preterm Delivery Associated With Clustering of Future Maternal Cardiovas... <b>Margo B Minissian</b>

- PROFESSIONAL ORGANIZATION PARTICIPATION
- MENTORS PRIOR TO PHD TRAINING HELP A LOT!
- UNDERSTAND THE WHY- WHY DO I NEED THIS?
- BUILD YOUR CV
  - ABSTRACTS
  - PUBLISH
  - PRESENTATIONS
- EXPERIENCE (CLINIC AND RESEARCH)

## 2. CREATE THE AH HA MOMENT

- Threshold for clinical vascular or metabolic disease
- Population with complicated pregnancy, e.g. preeclampsia
- Healthy population



Courtesy of Dr. Janet Rich Edwards



## 2. GET PREPARED FOR THE PHD PROGRAM

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- **CONSIDER A WORKSHOP PRIOR TO THE START OF FORMAL PHD TRAINING**
  - HELP FLUSH OUT TOPICS THE SUMMER BEFORE WOULD HAVE HELPED MY COLLEAGES (AND LIKELY ME TOO)
- **PUBLISH AND PRESENT AS MUCH AS POSSIBLE**
  - it will increase your chances for scholarships
- **I TOOK 3 YEARS TO FIGURE OUT HOW I WAS GOING TO:**
  - PAY FOR SCHOOL (KIDS AND MY OWN)
  - FAMILY CONSIDERATIONS
  - WORK CONSIDERATIONS



### 3. OPTIMIZE YOUR PHD WORK

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- WRITE ALL COURSEWORK FOR YOUR TOPIC
  - HELPS THE WRITTEN QUALS ALOT
- NRSA CLASS- GOOD THINKING UCLA!
  - MY DEANS SCHOLAR FELLOW REQUIRED AN NRSA APPLICATION- BUT ALL SHOULD APPLY (in my opinion)
- INTRODUCE THE NINR STRATEGIC PLAN EARLY
- PUBLISH EVERY PAPER YOU WRITE DURING YOUR PHD
- GET LETTERS OF SUPPORT FROM MOST YOUR PROFESSORS
- MEET WITH YOUR ADVISOR/ DISSERTATION CHAIR WEEKLY

### Circulation

#### PRIMER

## Association of Spontaneous Preterm Delivery and Future Maternal Cardiovascular Disease

**ABSTRACT:** Cardiovascular disease (CVD) risk factors are well established. However, little is known about a woman's cardiovascular response to pregnancy, which appears to be an early marker of future maternal CVD risk. Spontaneous preterm delivery (sPTD) has been associated with a  $\leq 3$ -fold increased risk of maternal CVD death later in life compared with having a term delivery. This review focuses on 3 key areas to critically assess the association of sPTD and future maternal CVD risk: (1) CVD risk factors, (2) inflammatory biomarkers of interest, and (3) specific forms of vascular dysfunction, such as endothelial function and arterial stiffness, and mechanisms by which each may be linked to sPTD. The association of sPTD with subsequent future maternal CVD risk suggests that a woman's abnormal response to pregnancy may serve as her first physiological stress test. These findings suggest that future research is needed to understand why women with sPTD may be at risk for CVD to implement effective interventions earlier in a woman's life.

Cardiovascular disease (CVD) is the number 1 killer of women despite advancement in life-saving therapies.<sup>1</sup> Women who experience adverse pregnancy outcomes such as preterm delivery, preeclampsia, gestational hypertension, intrauterine growth restriction, and gestational diabetes mellitus are at increased risk of future CVD.<sup>2-4</sup> More recently, adverse pregnancy outcomes such

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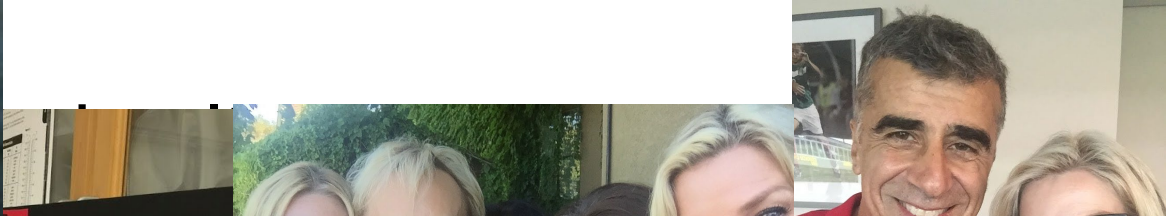


## 4. GETTING INVOLVED WITH NINR RELATED ACTIVITIES EARLY

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- GRANT OFFICERS ARE A WEALTH OF INFORMATION
- INCREASE STIPENDS FOR STUDENTS TO TRAVEL
  - Specialty meetings where NINR officers attend (i.e. AHA, CANS, NIH Workshops)
  - If your going to the DC area, don't miss an opportunity to meet with your grant officer



*is a necessity  
of life for me.*  
~ Thomas Jefferson

