

# 2015 Get in Rhythm Patient Conference: Helping Afib Patients Get in Rhythm and Stay in Rhythm

Mellanie True Hills, Founder,  
StopAfib.org  
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**A**trial fibrillation takes a huge toll on patients and their families. Afib symptoms can leave some patients exhausted and unable to function. The condition also comes with some severe mental burdens, too. Because afib is unpredictable, patients constantly worry, never knowing when an irregular heartbeat will strike. In addition, afib patients must contend with an increased risk of stroke and frequent trips to the hospital emergency room.

Often, doctors don't have time to fully inform patients and answer their questions about afib. To educate them with thorough, leading-edge information, urge them to attend the Get in Rhythm, Stay in Rhythm Atrial Fibrillation Patient Conference. For those living with atrial fibrillation — patients and family members — the information at the Get in Rhythm, Stay in Rhythm conference could improve their quality of life. This year, the conference will be in Dallas-Ft. Worth from March 28-29 at the Hyatt Regency DFW International Airport.

After the successful inaugural Get in Rhythm, Stay in Rhythm Atrial Fibrillation Patient Conference in 2013, this year's event is expanding to cover a weekend of presentations and exhibits. The conference brings together electrophysiologists and surgeons to help patients, their families, and caregivers learn more about this condition that affects millions of Americans.

Previously, patients from around the United States and Canada attended the conference in Dallas to hear specialists explain what afib patients need to know and to present information about the most recent developments in afib treatment.



**Figure 1:** Mellanie True Hills, founder of StopAfib.org, helped establish the Get in Rhythm, Stay in Rhythm conference to increase the knowledge of those living with afib about the condition and how to seek better treatment and solutions.

### WHO SHOULD ATTEND?

This conference is for those patients whose afib disrupts their work, life, and play as well as their family's life.

After having lived with afib, I have now been afib-free for more than nine years. I now work with thousands of patients every month, so I know the huge physical, emotional, and financial toll that afib takes. Many patients need answers to their questions, so the purpose of this conference is to help patients and their families learn what they need to know to understand afib, manage their treatment, and better engage with their healthcare team.

### TAP INTO A WEALTH OF INFORMATION

StopAfib.org hosts the conference with support from industry sponsors that include Daiichi Sankyo, Janssen Pharmaceuticals, Sanofi, AtriCure, Merisight, Topera, AliveCor, and AfibAlert. The Heart Rhythm Society



**Figure 2:** At the previous Get in Rhythm, Stay in Rhythm Atrial Fibrillation Patient Conference, Eric N. Prystowsky, MD shared what patients need to know about afib diagnosis and treatment guidelines.



**Figure 3:** During the Get in Rhythm, Stay in Rhythm conference, patients can participate in a question and answer session with afib expert panelists.



**Figure 4:** The Get in Rhythm, Stay in Rhythm conference allows afib patients to connect with each other using valuable resources such as the StopAfib.org patient forums.

## CONFERENCE PARTICIPANTS LEARN MORE, LIVE BETTER

Here's what participants of the most recent Get in Rhythm, Stay in Rhythm Atrial Fibrillation Patient Conference had to say about their experiences:

*"Thank you so much for offering this program! The content has empowered me to trust my instincts and move forward with seeking a specialist for my mother."*

*"It was the most informative program I've ever attended."*

*"Excellent presentations from the speakers."*

*"Very impressed with all. Food was excellent and nutritious. Speakers were more than excellent. Never expected such a high-quality experience on all levels. I am so grateful!"*

*"Fantastic! So grateful for how StopAfib.org has changed our lives."*

*"Well organized, great food, great speakers."*

*"This was an excellent program. I got a lot of useful info. All speakers were great."*

*"The speakers were excellent and dedicated to afib treatment and research. Best of all for me was meeting other afib patients."*

*"Outstanding! Everything was excellent."*

*"Wonderful! Great handout material, great presentations, great food, and great location. Thank you!"*

*"Everything was top notch and very well presented and very helpful to me personally. Thank you."*



**GET IN RHYTHM. STAY IN RHYTHM.**  
**ATRIAL FIBRILLATION PATIENT CONFERENCE**

March 28th & 29th, 2015 | Hyatt Regency DFW International Airport, Dallas TX

### Speakers

Click on a speaker to get more information.



Robert C. Kowal, MD, PHD, FHRS



Andrea Natale, MD, FHRS, FACC, FESC



Nassir Marrouche, MD, FHRS



Sanjiv M. Narayan, MD, PhD



Jonathan M. Philpott, MD



Ralph J. Damiano, MD



James R. Edgerton, MD, FHRS



Mellanie True Hills, CSP

### Sponsors

Gold



Silver





Bronze







Patron



Supporter



Co-Sponsor





**Figure 5:** Atrial fibrillation experts from around the country share the latest innovations in diagnosing and treating afib. During the two-day Get in Rhythm, Stay in Rhythm conference, sponsors also provide a wealth of leading-edge information.

## AF Conference

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is also a co-sponsor of this conference.

During the Get in Rhythm, Stay in Rhythm conference, atrial fibrillation experts will provide presentations on a range of topics, including:

- *What afib is and why it is a problem.* Along with exploring risk factors and symptoms, presenters will share the latest information about how afib is diagnosed and how other health conditions, such as hypertension, diabetes, obesity, and sleep apnea, are related to atrial fibrillation.
- *How to avoid afib-related strokes.* Our expert presenters will discuss the role of anticoagulants and left atrial appendage closure devices for preventing strokes.
- *Current treatment options.* Atrial fibrillation treatment continually evolves. The conference faculty will share information about the most current treatments, including medications, catheter ablation, surgery, and left atrial appendage closure, using recommendations from the latest afib guidelines.
- *How to communicate with healthcare providers.* Closing the communications gap between healthcare providers and those living with afib means better treatment and improved quality of life. Patients will learn how to become more involved with their treatment plans and how and why to follow them.
- *How to successfully live with afib.* Along with finding out how to eat smarter with afib and manage afib triggers, patients and their family members can tap into a wealth of resources and support. We'll also address how family members and caregivers can help their loved ones with afib.

Presenters at the Get in Rhythm, Stay in Rhythm conference include these world-renowned afib experts:

- Ralph J. Damiano, MD — Surgeon
- James R. Edgerton, MD, FHRS — Surgeon
- Robert C. Kowal, MD, PHD, FHRS — Electrophysiologist
- Nassir Marrouche, MD, FHRS — Electrophysiologist
- Sanjiv M. Narayan, MD, PhD — Electrophysiologist
- Andrea Natale, MD, FHRS, FACC,

FESC — Electrophysiologist

- Jonathan M. Philpott, MD — Surgeon

For more information about conference speakers, visit [getinrhythm.com/speakers/](http://getinrhythm.com/speakers/).

In addition to presentations, attendees can participate in question and answer sessions with these afib experts and engage in informal dialogue as well. Attendees can also receive additional information through sponsor exhibits. ■

### REGISTER FOR THE GET IN RHYTHM, STAY IN RHYTHM ATRIAL FIBRILLATION PATIENT CONFERENCE

#### When

March 28-29, 2015

#### Where

Hyatt Regency DFW  
International Airport  
2334 North International  
Parkway  
DFW Airport, TX 75261

#### Register

Visit [www.getinrhythm.com](http://www.getinrhythm.com). Conference registration includes the day and a half conference, program, and refreshment breaks both days and lunch on Saturday. Early registration is only \$79 per person, until February 28, 2015. For questions or to register by phone, please call +1-844-249-8567 during business hours.

#### Lodging

We have secured a special discounted rate of \$119 per night plus tax for attendees. Reservations at this rate are available until February 28. For room block reservations and directions to the hotel, see: [www.getinrhythm.com/#location](http://www.getinrhythm.com/#location)