

Minneapolis Heart Institute Foundation Cardiovascular Grand Rounds

CloudCME ID: 1237

Text ID to: 844-939-3950 (your email must be paired)

DATE: January 12, 2026

TIME: 7:00 AM - 8:00 AM

LOCATION: MHI Building - MHIF Suite 100
Learning Center - Virtual Zoom

TITLE: Beyond “Normal Pregnancy”: A Practical Cardiology Guide to Cardio-Obstetrics

FACULTY:

Catherine A. Bigelow, MD

Maternal-Fetal Medicine Specialist

Co-Director, Cardio-Obstetrics

Minnesota Perinatal Physicians, Allina Health Minneapolis Heart Institute

Retu Saxena, MD

Cardiologist

Allina Health Minneapolis Heart Institute

OVERVIEW/PURPOSE STATEMENT:

Our Cardiovascular Grand Rounds offers physicians and other health care providers the opportunity to review and discuss the latest developments in cardiovascular care every Monday morning during our Grand Rounds seasons. These weekly meetings feature topics across the spectrum of cardiovascular medicine. Practitioners share research highlights, offer treatment or diagnostic best practices, and collaborate to improve care for those with cardiovascular disease.

OVERALL OBJECTIVES:

1. Demonstrate improved awareness of emerging cardiovascular clinical care standards derived from new research
2. Discuss the implications of new cardiovascular care guidelines and develop more standardized approaches to treating cardiovascular disease
3. Utilize current evidence based guidelines to improve standards of care for individuals with cardiovascular diseases

Location: MHI Building - MHIF Suite 100 Learning Center - Virtual Zoom

Specialties: Cardiovascular Disease

LECTURE-SPECIFIC OBJECTIVES:

1. Understand the epidemiology of pregnancy mortality in the US
2. Review 2025 ESC CVOB risk stratification
3. Identify who needs CVOB referral — and who does not
4. Recognize high-risk pregnancy & postpartum CV scenarios
5. Review the relationship between pregnancy, pregnancy adverse outcomes and cardiovascular health

Regularly Scheduled Series

Continuing Medical Education (CME)



DISCLOSURE POLICY AND STATEMENTS:

Allina Health, Office of Accreditation intends to provide balance, independence, objectivity, and scientific rigor in all of its educational activities and will adhere to the ACCME's Standards for Integrity and Independence in Accredited Continuing Education. The ACCME defines an ineligible company as "any entity" whose primary business is producing, marketing, re-selling, or distributing health care products/services used by or on patients. The ACCME does not consider providers of clinical service directly to patients to be commercial interests - unless the provider of clinical service is owned, or controlled by, an ACCME-defined ineligible company.

Any individual in a position to control the content of a CE activity, including faculty, planners, reviewers, or others are required to disclose all relevant financial relationships with ineligible entities (commercial interests) that have existed **WITHIN THE LAST 24 MONTHS**, even if it has now ended. All relevant financial relationships/conflicts of interest have been mitigated prior to the commencement of the activity.

Name of individual	Individual's role in activity	Nature of Relationship(s) / Name of Ineligible Company(s)
Lin Anderson, Other	Other Planning Committee Member	Nothing to disclose - 12/29/2025
Cassie Bigelow, MD	Faculty	Nothing to disclose - 01/06/2026
Ross Garberich, MS, MBA	Other Planning Committee Member	Nothing to disclose - 11/18/2025
David Hurrell, MD	Lead Physician	Consulting Fee-Boston Scientific Corporation - 11/21/2025
Cindy Resman, Other	Other Planning Committee Member	Nothing to disclose - 11/20/2025
John Rickert, BA	Activity/Series Coordinator	Nothing to disclose - 11/10/2025
Retu Saxena, MD	Faculty	Nothing to disclose - 12/03/2025
Scott Sharkey, MD	Other Planning Committee Member	Consulting Fee-Medtronic (Any division) - 11/20/2025