



Fundación
iMaterna

WOMEN'S CARDIOVASCULAR HEALTH

FROM PREGNANCY TO MENOPAUSE

HOSPITAL UNIVERSITARIO CLÍNICO SAN CARLOS

THURSDAY, **17 SEPTEMBER 2026**

Organised by:



Fundación
iMaterna



**Hospital Universitario
de Torrejón**



**Hospital Clínico
San Carlos**

PROGRAMME

WOMEN'S CARDIOVASCULAR HEALTH: FROM PREGNANCY TO MENOPAUSE



Welcome to the conference “Women's Cardiovascular Health: From Pregnancy to Menopause”, an educational event designed to explore in depth a key yet still under-recognised area of women's health.

This meeting is aimed at healthcare professionals involved in women's care, including gynecologists, obstetricians, primary care physicians, cardiologists, internists, endocrinologists, nurses, and residents, who wish to update their knowledge and enhance their clinical practice through a comprehensive, evidence-based approach.

Cardiovascular disease remains the leading cause of morbidity and mortality in women, despite having historically been underdiagnosed and undertreated. Factors intrinsic to a woman's life course, such as pregnancy, obstetric complications, and menopause, play a major role in future cardiovascular risk. For this reason, this conference aims to provide a cross-disciplinary perspective that will improve understanding of these specific issues and help reduce the persistent gender gap in healthcare.

Throughout the day, we will address, in a dynamic and multidisciplinary way, women-specific cardiovascular risk factors, the distinct clinical presentation of cardiovascular disease in women, and current strategies for prevention, diagnosis, and management. Key conditions such as pre-eclampsia and gestational diabetes, now recognised as early markers of future cardiovascular risk, will also be reviewed.

Our aim is to provide practical tools to support early risk identification, optimise clinical management, and promote better coordination across specialties, with the ultimate goal of advancing more precise, personalised, and equitable care for women at every stage of life.

Belén Santacruz

President, Fundación *i*Materna

Coral García González // Pluvio Jesús Coronado Martín

Katy de Paco Matallana // María Fasero Láiz

Belén Santacruz Martín // María del Mar Gil Mira

Course Directors, Scientific and Organising Committee

Organised by: Fundación *i*Materna

Hospital Universitario Clínico San Carlos // Hospital Universitario de Torrejón

Venue: Hospital Universitario Clínico San Carlos

Date: 17 September 2026, 08:30-18:00

Registration fee: €90 (€70 for MIR/EIR trainees)

Places available: 160

Continuing Professional Development accreditation has been submitted to the Health Department of the Community of Madrid

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08:30	Registration and collection of materials	
08:45	Opening remarks	Coral García, Pluvio Coronado
08:50	Presentation of Fundación iMaterna	Belén Santacruz
09:00	Women invisible to medicine: gender bias in cardiovascular disease	Carme Valls- Llobet
	PREGNANCY	
	Moderators: Diana Cuenca, Cecilia Villalaín	
09:30	Cardiovascular adaptation to normal pregnancy	Paula Prieto
09:50	Pre-eclampsia and cardiovascular findings	Elena Gibbone
10:10	How to manage hypertension in pregnancy appropriately	Katy de Paco
10:30	Physical exercise and diet in uncomplicated and high-risk pregnancy	Arancha Martín
10:50	Round table	
11:10	Coffee break	
	POSTPARTUM	
	Moderators: Elisa Llorba, Adriana Aquise	
11:30	Short- and long-term implications of hypertensive disorders of pregnancy	Pablo García
11:50	Effects of gestational diabetes and obesity on women's cardiovascular health	Cristina Gómez
12:10	How to establish a fourth-trimester clinic	Coral García
12:30	The role of primary care in postpartum follow-up	Elena Rivilla
12:50	Round table	

13:10	Live demonstration	
13:30	Lunch	
	MENOPAUSE	
	Moderators: Pluvio Coronado, Ingrid Pérez	
14:50	Menopause as a cardiovascular risk factor: what do we know today?	Arancha Albarracín
15:10	Should we consider the cardiovascular burden women carry when they reach menopause?	María Fasero
15:30	Cardioprotective lifestyle in menopause	Raquel Rodríguez
15:50	Hormone therapy and eligibility criteria: how to decide	Pluvio Coronado
16:10	Round table	
	HEART DISEASE IN WOMEN	
	Moderators: Iván Núñez, Belén Santacruz	
16:30	Perception and awareness of cardiovascular disease among women in Spain	Leticia Fernández
16:50	Coronary syndromes in women	Fernando Macaya
17:10	Secondary prevention and cardiac rehabilitation	Aníbal Ruiz
17:30	Round table	
18:00	Closing remarks	



FACULTY

· **Carme Vals Llobet:** Expert in medicine with a gender perspective.

· **Paula Prieto Pérez:** Specialist Physician in Gynaecology and Obstetrics at Hospital Universitario de Torrejón.

· **Elena Gibbone:** Specialist in Obstetrics and Gynaecology. Consultant in Fetal Medicine. Hospital Universitario de Cruces, Bilbao.

· **Katy de Paco Matallana:** Specialist in Obstetrics and Gynaecology, Maternal-Fetal Medicine Unit at Hospital Clínico Universitario "Virgen de la Arrixaca", Murcia. Board Member of Fundación iMaterna.

· **Arancha Martín Arias:** Specialist in Gynaecology and Obstetrics in the Maternal-Fetal Unit at Hospital Universitario de Torrejón since 2012. Clinical tutor for the Medicine degree at Universidad Francisco de Vitoria. Sub-specialisation in Prenatal Diagnosis, Perinatal Medicine and Obstetric Ultrasound.

· **Elena Rivilla Lizano:** Midwife at CS Fronteras, belonging to the DAE.

· **Diana Cuenca Gómez:** Gynaecologist and Obstetrician at Hospital Príncipe de Asturias. Dedicated to maternal-fetal medicine and prenatal genetics.

· **Cecilia Villalaín González:** Gynaecology and Obstetrics. Specialist Consultant. Fetal Medicine Unit. Hospital Universitario 12 de Octubre, Madrid. Universidad Complutense de Madrid.

· **Pablo García Manau:** Specialist in Maternal-Fetal Medicine. Author of numerous scientific articles in international journals on pre-eclampsia, angiogenic factors and growth restriction. Hospital de la Santa Creu i Sant Pau, Barcelona.

· **Cristina Gómez Fernández:** MD. Specialist Consultant in Gynaecology and Obstetrics at Hospital Universitario de Torrejón (Madrid, Spain). Fellowship in Fetal Medicine at King's College Hospital (London, United Kingdom).

· **Coral García González:** Specialist physician in Obstetrics and Gynaecology with sub-specialisation in Maternal-Fetal Medicine and extensive experience in high and low-risk pregnancy. Hospital Universitario de Torrejón, combining clinical practice with research in women's cardiovascular health.

· **Elisa Llurba Olivé:** Specialist in Obstetrics and Gynaecology. Director of the Obstetrics and Gynaecology Department and Principal Investigator of the Perinatal Medicine Research Group at Hospital Universitario de la Santa Creu i Sant Pau, Barcelona.

· **Adriana Aquisé Pino:** Specialist Doctor in Obstetrics and Gynaecology at the Maternal-Fetal Unit of the University Hospital of Torrejón. Fellowship in Foetal Medicine at King's College Hospital (London). Extensive research activity in pelvic floor pathology during pregnancy, childbirth and the postpartum period.



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· **Arancha Albarracín Solaeche:** Specialist physician in Gynaecology and Obstetrics at Sanitas, Hospital Universitario de la Zarzuela, Madrid.

· **María Fasero Laiz:** Specialist in Obstetrics and Gynaecology. Doctor of Medicine and Surgery. Specialist in Obstetric-Gynaecological Ultrasound levels I, II, III, IV and expert teaching level. Menopause Specialist. Director of Corofas Menopause since March 2022.

· **Raquel Rodríguez Rabanal:** Gynaecologist at Hospital Clínico San Carlos, Specialist Consultant post.

· **Pluvio Coronado Martín:** Full Professor of Obstetrics and Gynaecology at the Faculty of Medicine, Universidad Complutense de Madrid. Head of the Oncological Gynaecology and Lower Genital Tract Section at the Women's Health Institute of Hospital Clínico San Carlos, Madrid. Corresponding Fellow of the Royal National Academy of Medicine of Spain. President of the Spanish Association for the Study of Menopause (AEEM).

· **Ingrid Pérez Martínez:** Specialist Consultant in Gynaecology. Master's in Sexology. Hospital Universitario de Torrejón, Madrid.

· **Leticia Fernández Frieria:** Director of HM CIEC (Comprehensive Cardiovascular Disease Centre), Head of the Cardiac Imaging Unit at HM Hospitales, Research Coordinator of HM CIEC and Associate Professor at Universidad Camilo José Cela.

· **Fernando Macaya Ten:** Cardiology Specialist. Currently working at Hospital Clínico San Carlos, Madrid, combining clinical practice, haemodynamics, teaching and research.

· **Aníbal Ruiz Curiel:** Specialist Consultant in Cardiology. Hospital Universitario de Torrejón de Ardoz, Madrid.

· **Belén Santacruz Martín:** Head of Department at Hospital Universitario de Torrejón and President of Fundación iMaterna.

· **Iván Núñez Gil:** Interventional Cardiology. Head of the Cardiology Department. Hospital Universitario de Torrejón, Madrid, Spain. Associate Professor of Cardiology, Faculty of Health Sciences, Universidad Europea de Madrid, Madrid, Spain.



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