

FACES of PAD 2026 — Agenda

Conference Overview

FACES of PAD 2026 is a two-day, first-of-its-kind conference in Chattanooga offering 14 CME credits at no charge. This year's expanded focus highlights hands-on ultrasound course and full day conference on women's vascular conditions—including pelvic congestion syndrome (PCS), May-Thurner syndrome, chronic venous insufficiency (CVI), and peripheral arterial disease (PAD)—as well as the interconnected roles of autonomic disorders like POTS, hormonal imbalance, and holistic health approaches that impact female vascular wellness. The conference brings together vascular surgery, cardiology, dermatology, podiatry, gynecology, primary care, and functional medicine experts.

Session 1: Women + Peripheral Arterial Disease (PAD) 8am - 9am

- A. Gender + Race Specific PAD Risk Factors, Atypical Symptoms + Delayed Diagnosis - 20 minutes - Stephanie Sheridan, DNP
 - Hormonal influences on endothelial function and plaque progression
 - Why women present later and with less classic claudication symptoms
 - Impact of pregnancy, hypercoagulable history, autoimmune disease, and microvascular rheumatology disease
 - Socio-clinical bias and gaps in screening women
- B. Diagnostic Strategies in Women: ABI Limitations, Duplex + Microvascular Disease - 20 minutes - Jill Sommerset, RVT
 - False-negative ABI in women with small vessel disease
 - Role of toe pressures, TBI, and functional testing
 - When duplex ultrasound changes management decisions
 - Identifying microvascular dysfunction and non-occlusive disease

C. Advanced PAD Treatments, Limb Salvage + Amputation Prevention in Women - 20 minutes - Chris LeSar, MD

- Endovascular vs surgical approaches in female anatomy
- Below-the-knee and pedal loop interventions
- Multidisciplinary limb preservation strategies
- Outcomes data comparing men vs women

Session 2: Hormones, Autonomic Circulatory Disorders +Venous Insufficiency Testing - 9am - 1015am

A. Perimenopause, Menopause + Estrogen Imbalance Effects on Vasculature - 20 minutes - Dr. Yu??

- Estrogen's role in vascular tone and nitric oxide production
- Why venous disease accelerates during hormonal transition
- HRT considerations and vascular risk
- Clinical presentation differences across hormonal stages

B. Clinical link: Long Covid, POTS, Dysautonomia and Venous Insufficiency - 25 minutes - Jordan Vaughn, MD

- Mechanisms of autonomic dysfunction and vascular regulation
- Symptom overlap with venous insufficiency and MTS
- Diagnostic workup and tilt-table insights
- Treatment strategies that improve circulation and quality of life

C. Venous Insufficiency Diagnostics - 30 minutes - Tish Poe, RVT

- Duplex reflux criteria and interpretation
- Differentiating superficial vs deep venous disease
- Pelvic origin reflux and when to suspect central obstruction
- Building a diagnostic algorithm for symptomatic women

Break: 1015am - 1030am - “Circulation + Coffee Break”

Session 3: Venous Disorders That Disproportionately Affect Women - 1030am - 1145am with viewing of 15 minute LIVE/RECORDED Case (May Thurner Syndrome/Pelvic Congestion)

- A. Pelvic Congestion Syndrome (PCS) - 20 minutes - Chris Lesar, MD
 - Pathophysiology of pelvic venous reflux
 - Imaging strategies: duplex, MRV, venography
 - Patient selection for embolization + stenting
 - Expected outcomes and symptom resolution timeline

- B. May-Thurner Syndrome (MTS) - 20 minutes - Francis Cuozzo, MD
 - Iliac vein compression and hemodynamic consequences
 - Overlap with POTS-like symptoms and leg heaviness
 - Intravascular ultrasound (IVUS) role in diagnosis
 - Stenting indications and long-term patency

- C. Chronic Venous Insufficiency (CVI) - 20 minutes - William B. Harris, DO
 - CEAP classification and clinical staging
 - Progression from reflux to skin changes and ulceration
 - Role of intervention vs conservative therapy
 - Managing recurrent disease and long-term follow-up

Session 4: Lifestyle as Medicine - Daily Habits That Change Vascular Outcomes - 1145am - 1245am

- A. Food, Inflammation and the Vascular System - 20 minutes - Ed Jones, CNS
 - How chronic inflammation drives PAD, venous disease and microvascular damage

- Evidence based supplements that support vascular function
 - Hydration, sodium balance, and endothelial health
 - Anti-inflammatory eating for women at different life stages
- B. Movement, Compression and Circulation - 20 minutes - Ashley Elledge, FNP-BC/Carrie Albritton, PA-C
- Why sitting is the new smoking for venous and arterial disease
 - Daily movement strategies that improve arterial flow and venous return
 - Proper use of compression as prevention, not just treatment
 - Lymphatic flow, venous congestion, and pelvic congestion connections
- C. Muscle Mass, Metabolism and Vascular Protection - 20 minutes - Matt Davis
- Relationship between muscle loss, insulin resistance and vascular disease
 - Why strength training protects women over 40
 - Metabolic syndrome, PAD risk and CLI risk
 - Practical strength guidelines for long-term vascular protection

Lunch - 1245pm - 105pm

Session 5: If You Can See It - The Limb May Be At Risk - 105pm - 220pm with viewing of 15 minute LIVE/RECORDED Case (CLI)

- A. What the skin tells us about venous disease - 20 minutes - Rachel Murray, MD
- Stasis dermatitis vs cellulitis s inflammatory skin changes
 - Hyperpigmentation as a sign of chronic venous insufficiency
 - Venous ulcers and why they don't heal without vascular treatment
 - When dermatology should suspect underlying venous pathology
- B. What the foot tells us about arterial disease - 20 minutes - Maria Pacheco, DPM
- Diabetic foot care in the presence of PAD

- Neuropathy masking ischemic pain
 - Early wound patterns that indicate arterial insufficiency
 - Foot findings that should trigger immediate vascular referral
- C. The escalation pathway that saves limbs - Francis Cuozzo, MD
- Identifying early ischemic warning signs
 - When conservative care becomes dangerous
 - Proper referral timing and vascular testing - PAT testing
 - Step-by-step pathway from skin change to limb salvage

Session 6: Cardiology, Primary Care + Women's Vascular Risk - 220pm - 335pm

- A. PAD as a Predictor of Stroke, MI + Heart Failure in Women - 25 minutes - Alison Bailey, MD ?? or Wiisanen
- Systemic atherosclerosis and risk stratification
 - Screening protocols in primary care
 - Medical optimization and risk factor control
 - Outcome improvements with early detection
- B. Cardiovascular-Vascular Overlap: POTS, Venous Insufficiency + MCAS - 25 minutes - Alexis Cutchins, MD
- Shared inflammatory and autonomic pathways
 - Recognizing multisystem symptom clusters
 - Coordinated care between cardiology and vascular
 - Case examples illustrating overlap
- C. Women's Vascular Disease Statistics + Cost of Delayed Diagnosis - 25 minutes - Mary Yost ??
- National and regional outcome disparities

- Impact of under-recognition on morbidity and mortality
- Economic burden of late-stage disease
- Strategies to improve screening and referral pathways

Break - 335pm - 350pm

Session 7: Multidisciplinary Panel Discussion - 350pm - 450pm

A. Interactive Complex Female Vascular Case - William B. Harris, DO

- Presentation of history, imaging, and symptom progression
- Audience polling on diagnostic approach
- Identifying missed opportunities in care

B. Panel Discussion: Specialty Perspectives

- How specialties differ in evaluation and treatment
- Treatment sequencing and coordination
- Managing overlapping diagnoses

C. Audience Q&A + Collaborative Care Takeaways

- Key referral triggers for each specialty
- Building regional care pathways for women
- Practical pearls to implement in practice

*3 Cases to review: Arterial, MTS + PCS

LeSar close session clinical network, PAD/Venous - 5-10 minutes