

Cardiovascular Symposium

Thurs, June 17th, 2021 on ZOOM @ 4-6 pm

To take Statins or Not to take Statins? That is the Question. Can your Smart Phone help you prevent a Heart Attack or Stroke? What about taking Supplements to reduce risk of Heart attack or Stroke? Importance of sleep! Could you have sleep Apnea?

Hear from the experts in this field

- Find out about Dietary & Lifestyle Strategies.
- Learn about the Benefits of Exercise.
- Learn about the lesser invasive treatments for Heart Diseases.
- Learn about Stress Management Techniques for CV Risk Reduction.

**Q & A forum
will follow
presentation.**



Dr. Dennis Goodman MD, FACP, FACC, FCCP, ABIHM

Keynote Speaker

Dennis Goodman is a board-certified Integrative cardiologist, Director of Integrative Medicine and Clinical Professor of Medicine in the Department of Cardiology and Preventative Medicine at NYU and Professor of Medicine at UCT, SA. He is board certified in Cardiology, Internal Medicine, Lipidology, Critical Care, Interventional Cardiology, Cardiac CT Imaging, and Integrative Medicine.

He graduated Cum Laude with distinction from the University of Cape Town Medical School in Cape Town, South Africa. Dr. Goodman completed his Internal Medicine residency and was Chief Medical Resident at Montefiore Hospital in Pittsburgh, PA, and completed his cardiology fellowship at Baylor College of Medicine in Houston TX.

He is past Chief of Cardiology at Scripps Memorial in La Jolla, CA. He is an international speaker and has been a visiting professor throughout South Africa, Asia, Israel and Europe. He has published many research articles in addition to many books on heart health, including Magnesium, Omega 3s and Vitamin K2.

Dr Goodman teaches and conducts clinical research at New York University and NYU Langone Medical Center and is also a Talk show host on Sirius Dr Radio. He is founder of Preventative Medicine Lecture series at NYU. He has consistently been named as one of New York's and USA Top Doctors.



Dr Neil Gordon, MD, PhD

Dr. Neil Gordon is the co-founder and CEO of INTERVENT International. He obtained his MD and a PhD in exercise physiology from the University of the Witwatersrand, Johannesburg, South Africa.

He relocated to the United States in 1987 and obtained a Master's degree in public health from UCLA. He is a fellow of the American College of Cardiology and is board certified in public health and general preventive medicine.

Dr. Gordon has authored over 120 published scientific manuscripts, eight books and numerous scientific abstracts on the topic of chronic disease prevention and management. He also served as an associate editor of the American College of Sports Medicine's Guidelines for Exercise Testing & Prescription; the world's most widely read academic text on the topic of exercise science.

Dr Gordon is a former chairman of the American Heart Association's National Committee on Exercise, Cardiac Rehabilitation and Prevention. He has a current faculty appointment as a visiting professor at Witwatersrand University.



Melissa C. Alazraki, RDN

Melissa is a Registered Dietitian and Certified Diabetes Care and Education Specialist. She received an MS in Clinical Nutrition and completed her Dietetic Internship at New York University.

Currently, Melissa works with patients at the NYU Langone Center for the Prevention of Cardiovascular Disease and NYU Diabetes and Endocrine Associates, empowering them to make lasting lifestyle changes for the management or prevention of chronic disease. She is passionate about achieving good health through good food.



Maurice Buchbinder, M.D.

Professor of Medicine, Stanford University, Stanford CA

Medical Director, Foundation for Cardiovascular Medicine, San Diego CA

After graduating medical school from McGill University in Montreal, Canada, Dr. Buchbinder moved to Stanford University where he began his fellowship training in cardiovascular medicine, helping to pioneer the field of interventional cardiology. He has been involved in the development of many devices now used routinely in the practice of interventional medicine. His interest for many years has focused on improving the treatment and outcomes in patients with coronary artery disease.

More recently, Dr. Buchbinder began a series of innovations in the percutaneous treatment of various valve conditions, looking for effective alternatives to the more invasive open-heart surgery. Dr. Buchbinder has been the founder of many successful start-up companies. He has served on the scientific advisory boards of several companies and brings with him a unique set of skills and clinical experience along with a deep understanding of medical start-ups.

Dr. Buchbinder remains active in his clinical practice and serves as founder and managing partner of San Diego Cardiovascular Associates Medical Group. He was recently appointed Professor of Medicine at Stanford University where he enjoys teaching as well as his ongoing research in medical devices.



Jaclyn Gaylis Kirschen, MS, RD

Jaclyn Gaylis Kirschen is a Registered Dietitian, Nutritionist and the founder of Eat Right 4 Life, a nutrition coaching practice that focuses solely on helping you boost your metabolism so you can feel confident in your body, enjoy your favorite foods without feeling guilty, and also lose weight and keep it off for good.

Jackie practices and teaches mindful eating by helping you build a healthy sustainable lifestyle that will allow you to break free from the vicious dieting cycle and enjoy all of your favorite foods in moderation while living your best life.

She also specializes in cardiac nutrition, pre & postnatal nutrition, hormone imbalances & childhood obesity. After going through her own 65-pound weight loss journey, Jackie was inspired to help others find their own "aha" moments and achieve their nutrition and health goals.



Kayli Amyer

Moderator

Kayli Amyer is an independent Insurance Broker focusing on finding Medicare, Long Term Care and Life Insurance plans tailored to clients' needs.

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