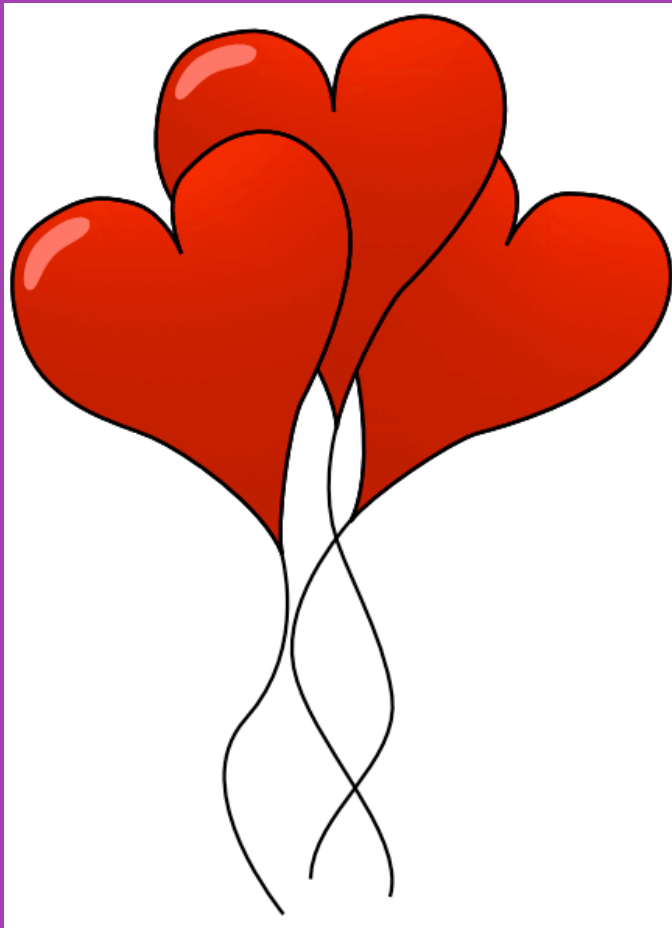


Getting to the Heart of Health



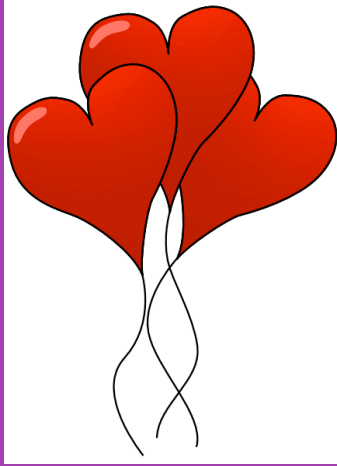
Tieraona Low Dog, MD

Director of the Fellowship
Arizona Center for Integrative Medicine

Clinical Asst Professor
Department of Medicine
University of Arizona

Chair: United States Pharmacopeia
Dietary Supplements & Botanicals Expert
Panel

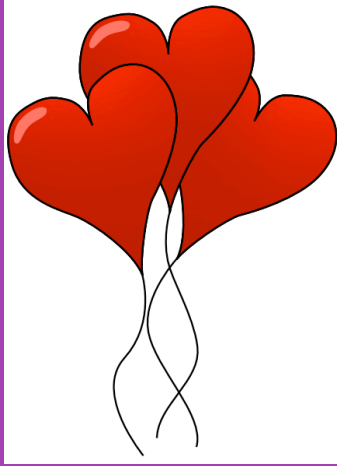
www.DrLowDog.com



Getting to the Heart of Health

The American Heart Association reports that nearly 1 in 3 American adults have some form of cardiovascular disease (CVD), which accounts for more deaths than any other cause or group of causes in the United States. The estimated direct and indirect cost of CVD is approximately \$470 billion.

While these statistics are disturbing, the good news is that there are many strategies an educated and motivated individual can do to reduce his/her risk of heart disease. Up to 80% of heart disease can be prevented by making healthy lifestyle and dietary choices and with appropriate use of pharmaceutical medications, countless lives can be saved.



Getting to the Heart of Health

OBJECTIVES:

1. Participants will be able to identify key risk factors of heart disease in women and men.
2. Participants will be able to discuss three dietary interventions that may reduce the risk of heart disease.
3. Participants will be able to describe the evidence of safety and benefit for three dietary supplements commonly used for prevention/treatment of cardiovascular disease.