

## **A Heart to Heart: A Woman's Guide to Cardiovascular Health**



October 19, 2015

Tuesday, October 20, 1:00pm, SML Lecture Hall

Heart disease is the leading cause of death for women in America, killing nearly 300,000 women a year – more than breast and lung cancers combined. In her talk, Dr Spatz will lay out an approach to cardiovascular health for women of all ages. From her perspective as a cardiologist, she'll discuss why blood pressure, cholesterol and sugar intake matter, and how lifestyle behaviors – nutrition, fitness and stress management – can make a genuine difference. She will also examine the promise of new technologies and explain what the advent of personalized medicine will mean to current and future generations. The talk is sponsored by Yale University Library and Yale Health, and is free and open to the public.

Dr. Erica Spatz is a general cardiologist and Assistant Professor in the Section of Cardiovascular Medicine at Yale. Her research is focused on preventing cardiovascular disease and improving health outcomes following a major cardiovascular event, especially among women and socioeconomically disadvantaged populations. Dr. Spatz' research translates into more personalized medicine, taking into account individuals' unique risk factors and clinical presentations – to develop customized treatment plans. She is currently supported by a grant from the Agency for Healthcare Research and Quality (AHRQ) in Patient Centered Outcomes Research, and is a clinical investigator at the Center for Outcomes Research and Evaluation (CORE). Her latest research on women with myocardial infarctions (heart attacks) appears in this month's issue of Circulation.

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### **Source**

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