What is Preventive Cardiology?

Preventive Cardiology focuses on the *identification and management of risk factors*.

Primary Prevention
People with risk factors are prone to cardiovascular events such as heart attacks, strokes, heart failure and sudden cardiac death.

Even if people do not have *apparent* heart disease, modification of risk factors is likely to lead to a longer life, free of heart attacks and other cardiovascular events.

Secondary Prevention
Preventive Cardiology also provides a "maintenance check" for people with known heart problems, most often (but not always) involving blockages in the coronary arteries.

To prevent *additional* cardiovascular events, these patients benefit from a thorough assessment of risk factors and their optimal modification.

In summary, patients without CAD will benefit from this program, and so will those with a history of CAD.

What Are the Risk Factors for Cardiovascular Disease?

- High blood pressure
- High cholesterol & other lipid abnormalities
- Diabetes
- Obesity
- Smoking
- Sleep apnea
- Lack of physical activity

All of these factors are highly predictable and preventable causes of heart attack, stroke and sudden death...but **prevention requires your action!**

More than a third of adults have two or more risk factors for heart disease. In 2006, heart disease caused more than one in four deaths in the United States.

— Centers for Disease Control and Prevention

CORONARY ARTERY DISEASE (CAD) is the leading cause of death in the United States for both men and women. According to the National Institutes of Health, more than half a million Americans die each year from CAD.

Certain traits, conditions, or habits, known as "risk factors," may raise your chance of developing CAD.

You can control most risk factors and help prevent or delay CAD.

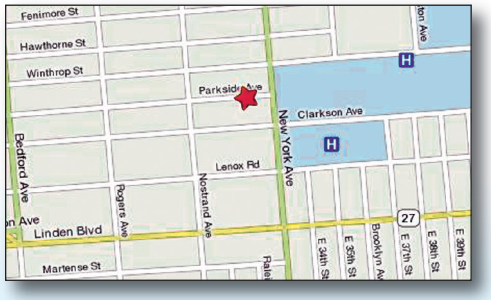
Don't wait until it's TOO LATE

Call for an appointment today

Preventive Cardiology Program
(718) 270-2107

Pager (917) 219-4648
Alternative phone (718) 270-2030

Conveniently located just around the corner from
SUNY Downstate Medical Center at
760 Parkside Avenue
Public transportation:
Buses: 44, 12, 35, 49
Subways: 2 or 5 to Winthrop Street



Most insurance plans accepted, including Medicare and Medicaid.

Take care of your ♥ and it will take care of you!

Preventive Cardiology Program

SUNY Downstate Medical Center

SUNY Downstate Medical Center
Division of Cardiovascular Medicine
760 Parkside Avenue
Brooklyn, NY 11226
(718) 270-2107 or (718) 270-2030

Our experts help you reduce your risks.

We offer the most up-to-date diagnostic and therapeutic approaches for preventing cardiovascular problems.

- Echocardiography
- Stress testing (with electrocardiography, echocardiography or radioisotopes)
- Blood pressure evaluation and control (24-hour blood pressure monitoring in office and home)
- Drug therapy
- Comprehensive lipid management
- Diabetes management
- Weight management
- Nutritional counseling (individual and group sessions)

- Smoking cessation (pharmaceutical and psychological assistance)
- Sleep apnea evaluation and management (polysomnography performed at our Sleep Disorders Center)
- Cardiac rehabilitation therapy
- Cardiovascular fitness program
- Bio-feedback techniques
- Lifestyle modification strategies

People with the following *risk markers* need particularly aggressive treatment to modify any risk factors:

- Family history of early heart disease
- Age (In men, the risk for CAD increases after age 45. In women, the risk for CAD risk increases after age 55.)

The Preventive Cardiology Program is tailored to each patient's individual needs. Our goal is to promote positive lifestyle change and provide medical management to:

- Reduce risk factors for heart disease
- Prevent strokes, heart attacks and premature death
- Reduce the need for future surgery
- Improve quality of life

Healthy heart programs do work and may cut the risk of heart disease by as much as one percent. The benefits may sound small but across a population, that's quite a large effect. For every one million people, on average, the programs prevent about 650 heart attacks or strokes per year.

— Reuters Health

Appointments & Referrals

Patients will be accepted on a consultative basis or, if necessary, for ongoing management. All recommendations will be transmitted to both the patient and, when requested, to his or her primary or referring physician.

For appointments, please contact:

Ilona Raskina, NP, Program Coordinator
Phone (718) 270-2107
Pager (917) 219-4648

Alternate phone number:
Melanie France (718) 270-2030

Expertise in all areas of management

Hypertension

Jacek J. Preibisz, MD, PhD,
Director, Preventive Cardiology Program

Diabetes and Metabolic Syndrome

Mary Ann Banerji, MD
Agnieszka Gliwa, MD

Lipid Disorders

Clinton Brown, MD

Cardiac Rehabilitation Therapy

Mark Ross, MD

Sleep Disorders

Samir Fahmy, MD

Smoking Cessation

Rajat Mukherji, MD
Valery L. Chu, PharmD

Nutritional Counseling

Torkell Daley, RD

Program Coordinator

Ilona Raskina, NP

"Too often surgery is viewed as the first line treatment even though **heart disease is largely preventable.**"

— Barry Franklin, exercise physiologist and spokesperson for the American Heart Association