



The Hartford Branch of the Connecticut Holistic Health Association

Presents:

FIRE IN THE HEART:

***New developments in the diagnosis, prevention and treatment of
cardiovascular disease***

A lecture by Steve Sinatra, MD

This presentation investigates cutting edge alternative approaches in the diagnosis, prevention and treatment of cardiovascular disease. The topics of discussion will include:

- What are the newest developments in the diagnosis of Coronary Artery Disease?
- Why the Zone anti-inflammatory diet is conducive to Optimum cardiovascular health.
- Is cholesterol a slowly dying myth?
- Will inflammatory risk index become the new gold standard for determining cardiovascular vulnerability?
- What are the best nutraceutical interventions for treating cardiovascular disease?
- What are the newer developments in cardiovascular genetics?

Dr. Steve Sinatra, MD, is a nationally known, board-certified cardiologist, certified bioenergetic psychotherapist, and certified nutrition and anti-aging specialist. He has more than 20 years' experience in helping patients prevent and reverse heart disease. He is a fellow in the American College of Cardiology and the American College of Nutrition as well as the former Chief of Cardiology at Manchester Memorial Hospital, where he had been Director of Medical Education for the past 18 years. Dr. Sinatra is also an assistant clinical professor of medicine at the University of Connecticut School of Medicine. He is the author of the books *Lose to Win*, *Heartbreak and Heart Disease*, *Optimum Health*, *The CoEnzyme Q10 Phenomenon* and *Heart Sense for Women*. He just finished his latest book entitled *Eight Weeks to Lowering Blood Pressure*, which was released by Ballantine in February 2003.

When: Wednesday, April 28, 2004

Where: UConn Health Center, 263 Farmington Avenue, Farmington, CT. Tel. 860-679-2000

Time: 6:30-8:30 PM **Cost:** Free

Directions: Friends Conference Room. When entering the driveway of the UConn Health Center proceed to the main hospital building. Bear right at the fork so that you are on the West side of the building. Enter the Academic entrance. Go up one flight of stairs. At the top of the stairs, do an about face. Walk toward the inner court windows. Take a right into the hallway. Friends Conference Room is the 2nd door on the right.

Contact: For more information about ongoing CHHA lectures around CT, visit CHHA online at www.cthha.org