

Osher Lifelong Learning Institute - Wilmington

Course Proposal for the 2023 Fall Semester

Course Title:

Matters of the Heart Matter

Course Description:

A discussion of important topics regarding cardiovascular health, including common diseases, risk factors in general and in some specific population, strategies to mitigate risk and prevent adverse cardiovascular events

Instructor:

Hisham M.F. Sherif, MD, PhD

Course Format:

11 In-Person Lectures. Once weekly with Audience Questions and Participation

Lecture Details:

1. Scope and Practice of Cardiovascular Health: A discussion of the definition, scope, different clinicians and their areas of practice in cardiovascular health.
2. Room With a View: Cardiovascular Imaging: A discussion of the different techniques to visually examine the cardiovascular system.
3. Killing Me Softly: Hypertension: A discussion of the definition, underlying causes, complications and treatment strategy for high blood pressure.
4. The X Files: A brief overview of the Metabolic Syndrome and its impact on cardiovascular health.
5. Heart Ache: A discussion of the causes, disease progression, clinical presentation, complications and treatment strategies for coronary artery disease.
6. Rhythm and the Blues: A discussion of the origin and pattern of the heartbeat, with a brief overview of different rhythm disorders and their treatment.
7. Ladies' Night: A discussion of the difference in cardiovascular diseases between males and females and the biologic and social reasons behind them.
8. Red Pumps and Hose: A discussion of the different causes of heart failure, and the history and current status of mechanical circulatory support devices.
9. It's My Life: A discussion of strategies for lifestyle modifications, including stress management, to reduce the risk for cardiovascular disease.

10. Recipe for Disaster: A discussion of the role of diet and nutrition in mitigating the risk for cardiovascular disease.
11. Walk it Off: A discussion of the role of exercise in mitigating the risk for cardiovascular disease.