

Course Title: Heart of the Matters of the Heart

Number of Lectures: 13

Frequency: Once per Week.

Format: Power Point presentations with active audience participation and Q&A

Lecture Titles:

Cardiovascular Health: An Overview

Scope of Cardiovascular Medical and Surgical Practice

Hearts on Fire: Inflammation and Cardiovascular Health

Killing Me Softly: Hypertension

Heart Ache: Coronary Artery Disease

One Way Street: Valvular Disease

Ladies' Night: Cardiovascular Disease in Women

Of Turkeys and Men: Aortic Health

Rhythm and the Blues

Red Pumps and Hose

Get a Life: Lifestyle Modifications

Recipe for Disaster? Nutrition and the Heart

Walk it Off: Exercise and the Heart