

## Loving Your Heart: UC San Diego Sulpizio Family Cardiovascular Center Hosts Free Healthy Heart Expo on Saturday, January 19, 2008

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**T**he University of California, San Diego Sulpizio Family Cardiovascular Center invites the public to start the New Year right by attending the Center's second annual "Healthy Heart Expo." Starting at 9a.m. on Saturday, January 19, this free community event on the UC San Diego campus will offer up-to-date information on how to keep your heart in top shape through diet, exercise and smart lifestyle choices. Participants of all ages will enjoy complimentary health screenings, hands-on cooking demonstrations, exercise classes, and more.

Located at the Ida and Cecil Green Faculty Club at UC San Diego, event-goers will have access to personalized blood pressure and cholesterol exams, CPR instruction, and more than 30 informative exhibit booths. Free gift bags filled with food samples and coupons, and multiple raffles, will also be offered throughout the day.

"Your heart works hard for you, beating more than 2.5 billion times over a lifetime," said Anthony DeMaria, M.D., director of the Sulpizio Family Cardiovascular Center. "We wanted to provide the community with an opportunity to show their hearts their appreciation. This is a wonderful opportunity to meet some of the region's top cardiologists and to take home an array of valuable information and skills that can be used to reduce your risk of cardiovascular disease the same day."

"UCSD's Healthy Heart Expo was awesome. I couldn't believe all the information, assistance, and services that were available in one place," said B. Verde of Poway, an attendee to last year's event. "I loved all the technology and testing machines and the technicians who explained the results to me in an easy and helpful way."

Attendees are invited to enjoy mini-lectures from more than ten leading heart specialists speaking on topics ranging from women and cardiovascular disease, to preventing heart attack and stroke, to new treatments in heart disease. Speakers will include Lori M. Daniels, M.D., Denise Barnard, M.D., Anthony DeMaria, M.D., Andrew Kahn, M.D., Sanjiv Narayan, M.D., Kirk Knowlton, M.D., Ori Ben-Yehuda, M.D., Daniel Blanchard, M.D., Ehtisham Mahmud, M.D., and Ajit Raisinghani, M.D.

Sponsors for the event include Aetna Health, Beckman Coulter, Genentech and ResMed Foundation. Additional sponsorship opportunities are available.

For more information and directions to this free event, contact Kate Greathouse at 619-543-6031 or email [kgreathouse@ucsd.edu](mailto:kgreathouse@ucsd.edu).

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