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Diplomates American Board of Internal Medicine & Cardiovascular Diseases  
A medical practice dedicated to the prevention, diagnosis, and treatment of heart disease.

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MEDICAL  
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## Dr. Caren and Dr. Urman's Heart Health e-Newsletter Archive

### 2010

Inaugural Year of our e-Newsletter to help educate our patients and their families.

Click on a prior edition to see that newsletter.

#### Inaugural edition February 26, 2010



- Hormone replacement does not reduce heart risk in women
- Possible new weight-loss aid
- Happiness protects your heart

#### March 12, 2010



- Coffee generally heart-friendly
- Possible alternatives to Coumadin and statins
- Right diet can unclog arteries
- Diet and exercise can improve thinking

#### April 2, 2010



- More physical activity in women staves off weight gain
- The good, the bad and the ugly fats
- Cedars leads the world in non-surgical mitral valve repair technique
- Common-sense advice about generic drugs



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## May 7, 2010



- Cardiac advances in prevention are helping
- Replacing artificial aortic heart valves without open-heart surgery
- Smoking bans boost our health
- Red yeast rice

## June 4, 2010



- Prevention works
- Exercise pays off as we age & right diet depends—on you
- Mediterranean diet not only helps heart but also the brain
- Dr. Urman named Fellow of American Heart Association

## July 2, 2010



- Testosterone might increase heart risks in men
- Common Pain Relievers raise heart risks in the healthy
- Mediterranean diet linked to a better heart
- Dr. Urman in LA Times commenting on unhealthy sweets

## August 6, 2010



- What Is Personalized Medicine?
- Lifestyle changes help you stay heart healthy
- Never too young to think about cholesterol
- The longer you sit, the shorter you live