

In the News

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Dr. Mark Urman in the Los Angeles Times regarding Unhealthy Sweets: (June 13, 2010). While too much sugar and refined carbohydrates “has been linked to increased levels of bad ... cholesterol [specifically LDL and triglycerides] and a higher risk of diabetes and heart disease,” Dr. Mark Urman, medical director of the Heart Center at the Cedars-Sinai Heart Institute says that “sugar-free foods have a potentially more serious downside.” According to the American Heart Association (AHA), “studies show that people who consume large amounts of sugar tend to eat diets low in calcium, fiber, and certain vitamins and minerals.”

“Sweet snacks usually are loaded with refined carbohydrates that remain even if the sugar has been removed ... Switching to sugar-free versions of foods does little to remedy such poor dietary choices, says Urman, who is also a board member of the Los Angeles Division of the AHA.

Los Angeles Times

For full LA Times article, [click here](#).

Some research has suggested that consuming artificial sweeteners may also fool the body, causing it to crave more calories than it otherwise would, Urman adds.”



Dr. Mark Urman is honored with election as an Overseas Fellow of the Royal Society of Medicine (June 2010)

Dr. Mark Urman speaks to the Los Angeles City Council and receives a formal City Proclamation on behalf of the AHA recognizing CPR and AED Awareness Week (June 2010).

Dr. Urman certified as a Heart Attack Prevention Specialist (April 2010). Dr. Urman was certified as a SHAPE provider by the Society for Heart Attack Prevention and Eradication, an education-based organization that is dedicated to ending the threat of heart attack.



Dr. Jeffrey Caren is appointed Vice Clinical Chief of the Department of Medicine at Cedars-Sinai Medical Center (January 2010)



Dr. Urman elected to Board of Directors of the Los Angeles Division of the AHA (June 2009)

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Dr. Urman named first Medical Director of Heart Center at Cedars-Sinai Medical Center (July 2007)

Dr. Urman was named the inaugural Medical Director of the Heart Center of Excellence at Cedars-Sinai Medical Center. For several years in a row, Cedars-Sinai has ranked as one of the country's top hospitals in Heart and Heart Surgery in the annual guide to the "America's Best Hospitals" edition of *U.S. News & World Report*.



Dr. Urman featured on the hit TV show, *Doctor 90210* (January 2007)

Click picture to view Dr. Urman's TV clip>>



Dr. Urman is named a Fellow of the American Society of Echocardiography (FASE). (October 2005)

Dr. Urman was designated a Fellow of the American Society of Echocardiography. The Society is an organization of almost 10,000 professionals committed to excellence in cardiovascular ultrasound and its application to patient care through education, advocacy, research, innovation and service to its members and the public. Dr. Urman was among the first cardiologists in Los Angeles to become board-certified in echocardiography in 1996.

FASE recognizes the dedicated member of the American Society of Echocardiography with a diverse set of skills and comprehensive knowledge of all aspects of echocardiography. The Fellow designation recognizes those members who have fulfilled both the training and performance requirements that are necessary for Certification through the National Board of Echocardiography. Attainment of this important standard of practice and a commitment to the field of echocardiography is the foundation for the Fellow designation and recognizes that Dr. Urman is committed to continued excellence in the field of echocardiography, as it applies to diagnosis and management of cardiovascular conditions.

For more information on Fellows of the American Society of Echocardiography (FASE) [click here](#).



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