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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.

Cedars-Sinai Medical Office Towers  
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MEDICAL  
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## Dr. Caren and Dr. Urman's Heart Health e-Newsletter Archive

2011

Click on a prior edition to see that newsletter

### December 2, 2011



- The Last Heart Attack
- Mediterranean Diet Helps Heart Even Without Weight Loss
- High-dose Statins Tied to Less Arterial Plaque
- Healthy Heart Habits May Also Guard Against Cancer

### November 4, 2011



- FDA Approves First Artificial Heart Valve Placed Without Open Heart Surgery
- What is Aortic Stenosis?
- Get Into the Habit of Exercising

### October 7, 2011



- Low Vitamin D Levels Linked to Risk Factors for Heart Disease
- Many with Atrial Fibrillation Unaware of Raised Stroke Risk
- Erectile Dysfunction Linked with Cardiovascular Trouble
- Protecting Heart May Improve Erectile Dysfunction

### September 2, 2011



- New Blood Thinner, Eliquis (apixiban) Outperforms Warfarin in Atrial Fibrillation
- Diet Rich in Nuts, Soy Help Reduce Bad Cholesterol
- How Old Are Your Arteries?



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### August 5, 2011



- Heart Attack Risk Increases when Daily Aspirin Stopped
- How to Help Assess Heart Attack and Stroke Risk
- Dr. Caren referred to in Forbes Magazine
- Even a Little Exercise Helps the Heart

### July 1, 2011



- Can you screen for arterial plaque and predict your risk of heart attack or stroke?
- What is carotid IMT?
- Walking the dog to keep you healthy
- Dr. Urman promoted to Professor at UCLA Med School

### June 3, 2011



- Dr Caren and Urman's echo lab reaccredited through 2014
- Eat Less, Live Longer?
- Learn more about High Blood Pressure
- Dr. Urman in LA Times commenting on coffee and its effects on the heart

### May 6, 2011



- An apple a day may help keep heart disease away
- Dr. Urman in LA Times about coffee and the heart
- Dr. Caren's latest artistic work is a "pill"
- Artery plaque forms in short time span



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### April 1, 2011



- Cedars-Sinai ranked first in US for heart transplants
- Infrequent sex can raise risk of heart attack, death
- Diet-Exercise combo works best for obese seniors

### March 4, 2011



- New blood thinner Pradaxa option for atrial fibrillation in new guidelines
- Dr. Urman receives City proclamation for Women's Heart Health
- New Heart Disease guidelines for women
- More evidence ties moderate drinking to heart health

### February 4, 2011



- If mom had a stroke, daughter may be prone to heart attack
- Dr. Urman interviewed on CBS morning news about new CPR guidelines
- Daily fruit, veggies cut risk of heart disease death
- Heavy drinking may boost risk for atrial fibrillation

### January 7, 2011



- Make small changes to cut calories
- Dr. Urman listed as one of the best cardiologists in LA
- How to choose heart-healthy foods to protect against heart attack and stroke
- Low Vitamin D tied to risk factors for heart disease