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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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## 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.

#### December 3, 2010



- Pros and cons of a new alternative blood-thinner compared to Coumadin
- Dr. Urman in LA Times about how people can cut deadly risk of heart disease with simple steps
- Eat Fruits & Veggies for Longer Life

#### November 5, 2010



- New blood-thinner alternative to Coumadin (warfarin) for atrial fibrillation approved
- Dr. Urman walks and raises money for heart research
- Ingredients in red-yeast rice not consistent
- Moderate alcohol intake reduces risk of cardiac death in women

#### October 1, 2010



- Cedars leads US in promising non-surgical aortic valve implantation
- Low carb, heavy meat diets might raise health risks
- Flu shots lower heart risks



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### September 3, 2010



- Wider waist may lead to premature death
- Active lifestyle may counter obesity genes
- Migraines may increase risk of heart attack and stroke
- Dr. Urman interviewed on CBS Radio

### 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

### July 2, 2010



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

### 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 the American Heart Association



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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

### 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

### March 12, 2010



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

### Inaugural edition February 26, 2010



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