

## UC Irvine

# Preventive Cardiology Program

Heart disease is one of the leading causes of death in the United States and one of the most complex diseases. However, life-threatening cardiac events often can be prevented through early diagnosis, risk assessment, treatment and lifestyle changes.

UC Irvine Healthcare's **Preventive Cardiology Program** focuses on strategies aimed at both primary and secondary prevention of cardiovascular disease.

The Preventive Cardiology Program's multidisciplinary team includes:

- Cardiologists
- Exercise physiologist
- Registered dietitian
- Prevention researchers / specialists

Potential patients for the Preventive Cardiology Program have been diagnosed with at least one risk factor for cardiovascular disease, including hypertension, hypercholesterolemia / dyslipidemia, metabolic syndrome, diabetes, and/or cigarette smoking. Patients with pre-existing cardiovascular disease who need more guidance with risk factor modification to prevent disease progression or recurrence are also ideal candidates.

Our comprehensive risk reduction program uses the latest evidence-based guidelines for cardiovascular disease prevention. Services include:

- Initial evaluation by cardiologist, plus follow-up to track progress
- Comprehensive laboratory measures for cardiac risk factors and biomarkers, plus further evaluation with imaging tests
- Computerized cardiovascular risk profiles and risk scoring
- Comprehensive dietitian consultation with a specific focus on cardiovascular risk factors management incorporating computerized nutritional evaluations
- Physical activity prescriptions and consultations with an exercise specialist

### Staff

- **Shaista Malik, MD, PhD**  
Medical Director
- **Jagat Narula, MD, PhD**  
Chief, Division of Cardiology
- **Stanley L. Bassin, EdD**  
Exercise Physiologist
- **Geeta Sikand, MS, RD**  
Registered Dietitian
- **Nathan D. Wong, PhD**  
Director, Heart Disease Prevention Program

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The Preventive Cardiology Program sees patients the first and third Tuesdays morning of every month.

Billing is on a fee-for-service basis, acceptable by Medicare and major insurance companies. Co-payments may be required by certain products and services.

**To make an appointment call the  
Cardiovascular Center at 714.456.6699**  
[www.ucihealth.com](http://www.ucihealth.com)

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