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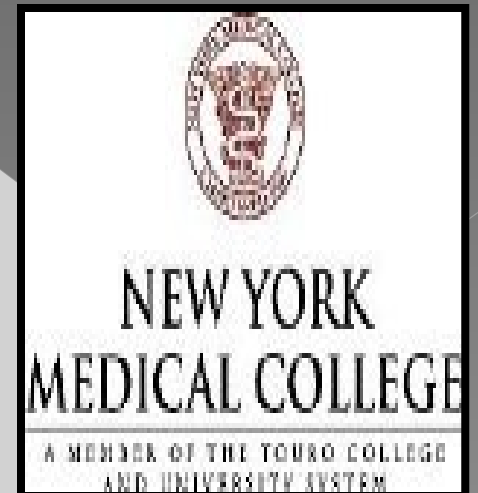
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Wilbert S. Aronow  
Professor  
New York Medical College  
USA



# Biography

婿 **Wilbert S. Aronow MD** is Professor of Medicine at New York Medical College/Westchester Medical Center, Valhalla, NY, USA. Dr. Aronow received his MD from Harvard Medical School. He has edited 12 books and is author or co-author of 1,401 papers, 249 commentaries or Letters to the Editor, and 980 abstracts and is presenter or co-presenter of 1,335 talks at meetings. Dr. Aronow is a Fellow of the American College of Cardiology, the American Heart Association, the American College of Physicians, the American College of Chest Physicians, the American Geriatrics Society (Founding Fellow of Western Section), and the Gerontological Society of America. He has been a member of 103 editorial boards of medical journals, co-editor of 2 journals, deputy editor of 1 journal, executive editor of 3 journals, associate editor for 9 journals, and guest editor for 7 other medical journals.

# Biography Contd..

He has received each year from 2001-2014 an outstanding teacher and researcher award from the medical residents and also from the cardiology fellows at Westchester Medical Center/New York Medical College. He has received awards from the Society of Geriatric Cardiology, the Gerontological Society of America, New York Medical College, the F1000 Faculty Member of the Year Award for the Faculty of Cardiovascular Disorders in 2011 and in 2013, the Walter Bleifeld Memorial Award for distinguished contributions to clinical research from the International Academy of Cardiology in July, 2010, and a Distinguished Fellowship Award from the International Academy of Cardiology in July, 2012. He has been a member of 4 national guidelines committees including being Co-Chair and first author of the 2011 American College of Cardiology/American Heart Association expert consensus document on hypertension in the elderly.

# Biography Contd..

He is currently a member of the writing group of the American Heart Association/American College of Cardiology Foundation/American Society of Hypertension scientific statement on treatment of hypertension in the management of ischemic heart disease and is currently a member of the writing group of the American College of Cardiology Foundation/American Heart Association guideline for the management of patients with hypertension. . He was a consultant to the American College of Physicians Information and Educational Resource (PIER) on the module of aortic stenosis. He is currently a member of the Board of Directors of the American Society of Preventive Cardiology and a member of the American College of Chest Physicians Cardiovascular Medicine and Surgery Network Steering Committee.

# Research Interests

嬭 Cardiovascular Disease, Hypertension,  
Cardiovascular Surgery

# Recent Publications

- 媿 Aronow WS (2014) Abdominal Aortic Aneurysm. J Clin Exp Cardiol 5: e137.
- 媿 Aronow WS (2014) Therapy after Myocardial Infarction. J Gen Pract 2014 2: e106.
- 媿 Aronow WS (2013) Renal Sympathetic Denervation Therapy for Treatment of Resistant Hypertension. J Hypertens 3:e111.



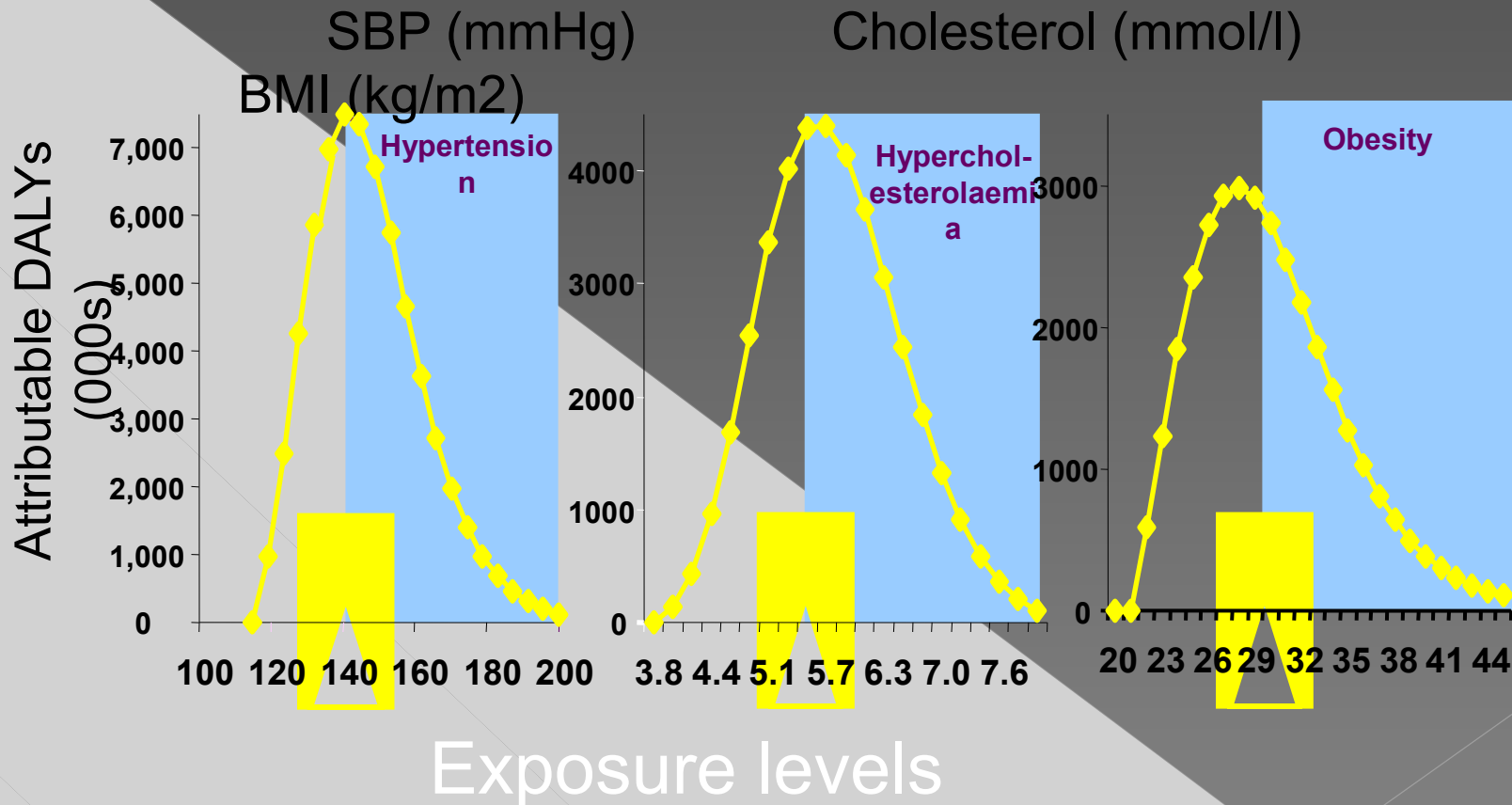
# Cardiovascular Diseases

- Cerebrovascular and heart disease are the second, third of the leading causes of death.
- Years of life lost are much more than other disease.
- Age-specific mortality of cardiovascular disease shows that most victims are over the age of 65.

# Examples of Cardiovascular Diseases

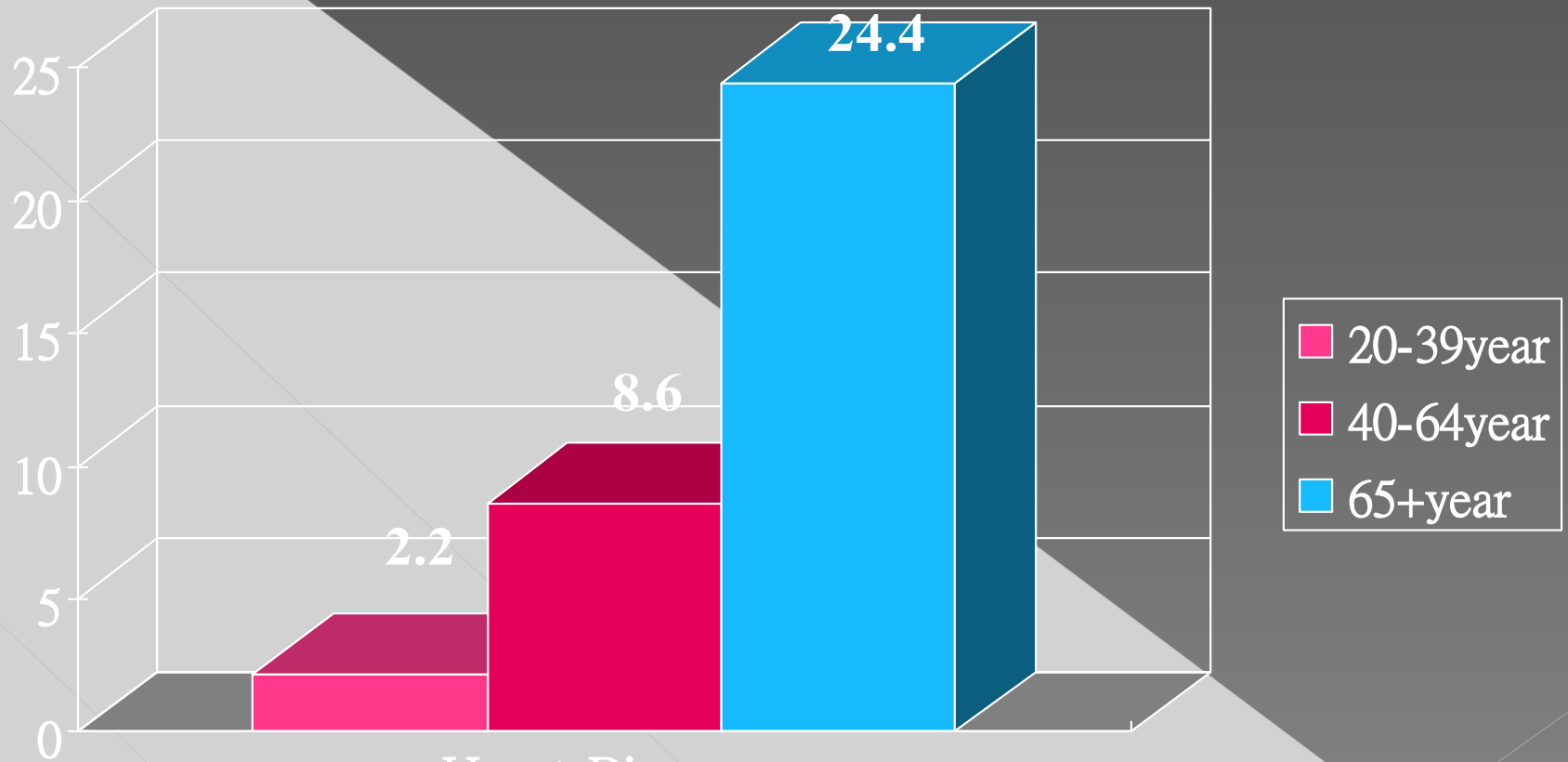
- Coronary artery disease
- Hypertension and Stroke
- Congestive heart failure
- Peripheral vascular disease

# Risk Factors are Continuous Variables



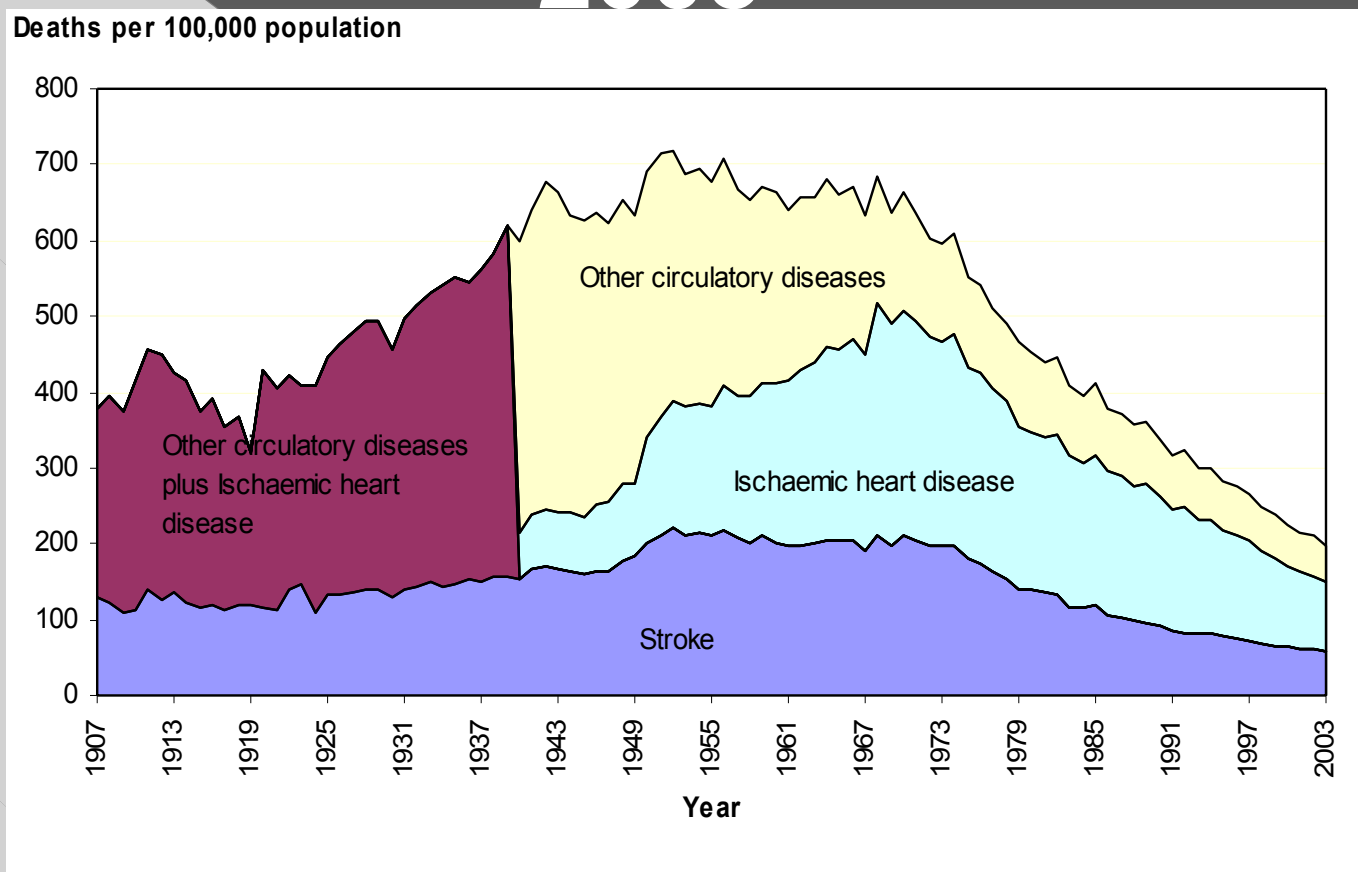
Commonly used threshold values for current definitions

# Prevalence of Heart Disease



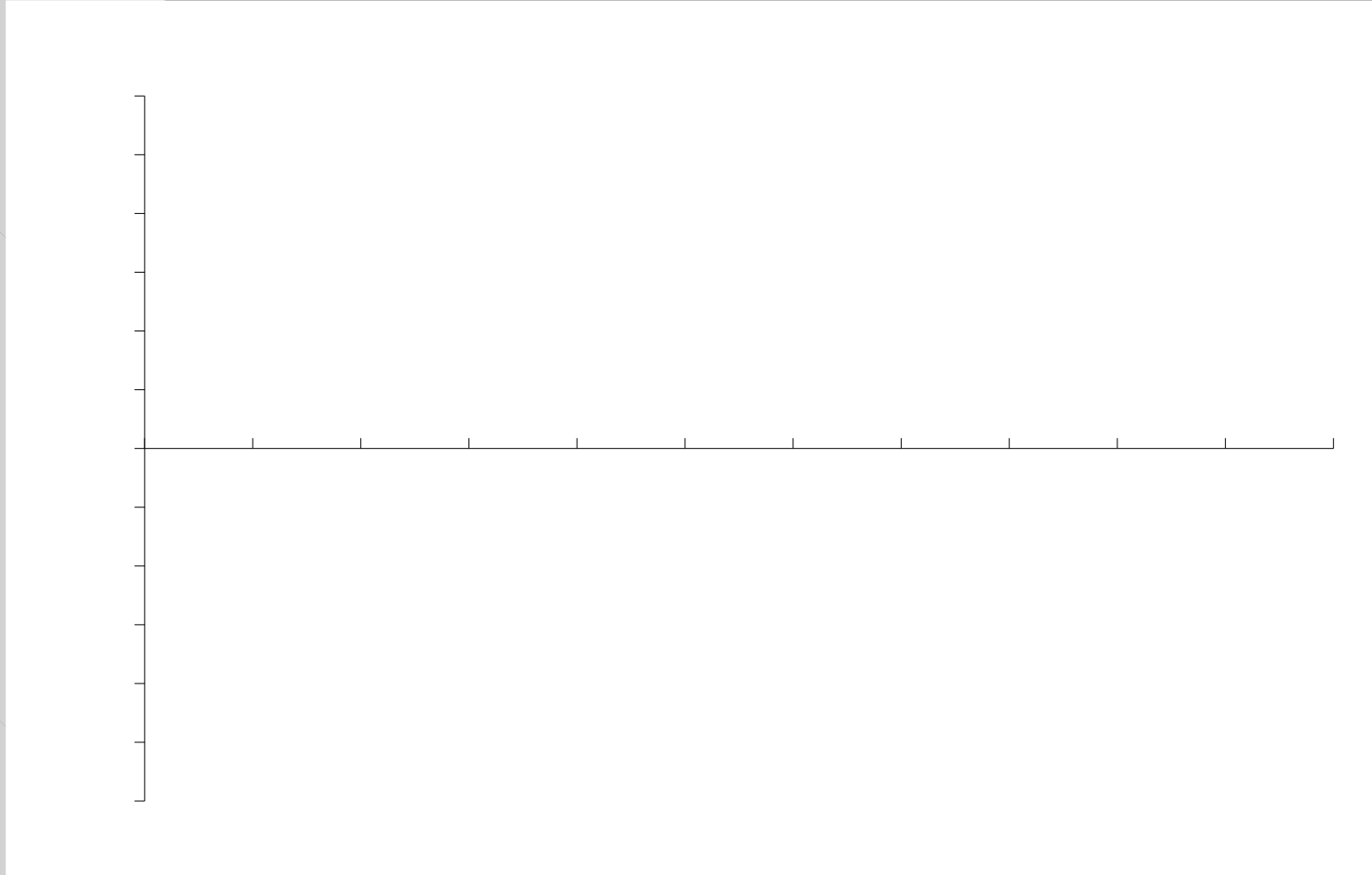
Heart Disease  
Data from National Health Interview Survey in Taiwan, 2001

# Age-adjusted death rates for circulatory diseases, females, 1907-2003



Note: Ischaemic heart diseases not separately identified before 1940

# Age-specific CHD Mortality Rates: Males



AIHW 2010. Cardiovascular Disease Mortality, Trends at different ages.

# Five Dimensions Control Plan

→ Establishing a comprehensive prevention and control system

→ Strengthening educational activities

→ Implementing screening and care management

→ Providing affordable medical care

→ Conducting relevant research and surveys

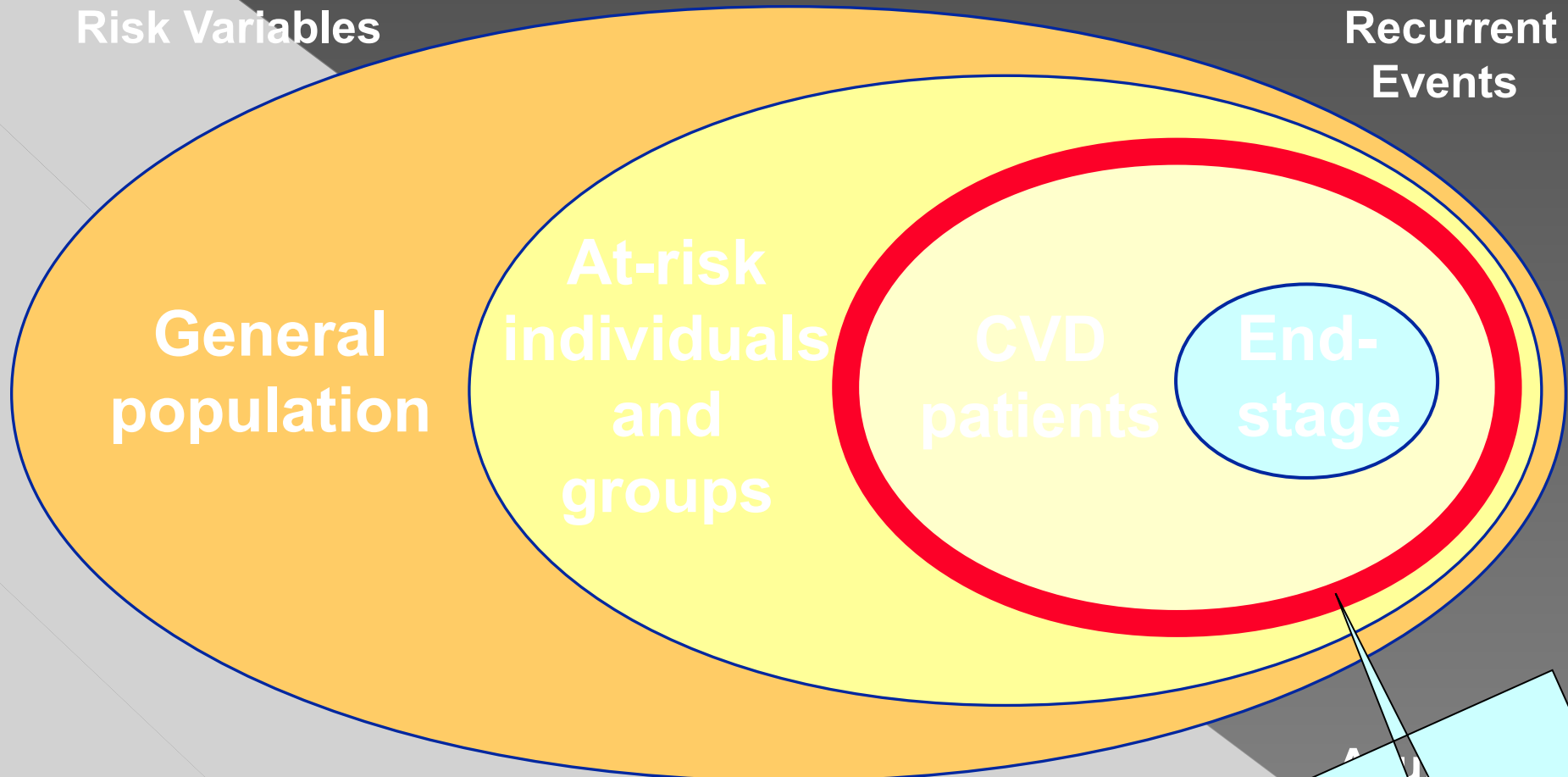
# A framework for strategies

Prevent Modifiable  
Risk Variables

Modifiable Risk

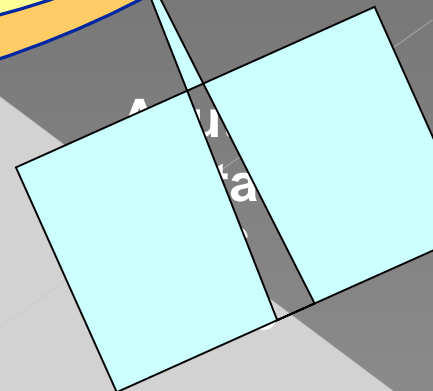
Acute Care

Prevent  
Recurrent  
Events



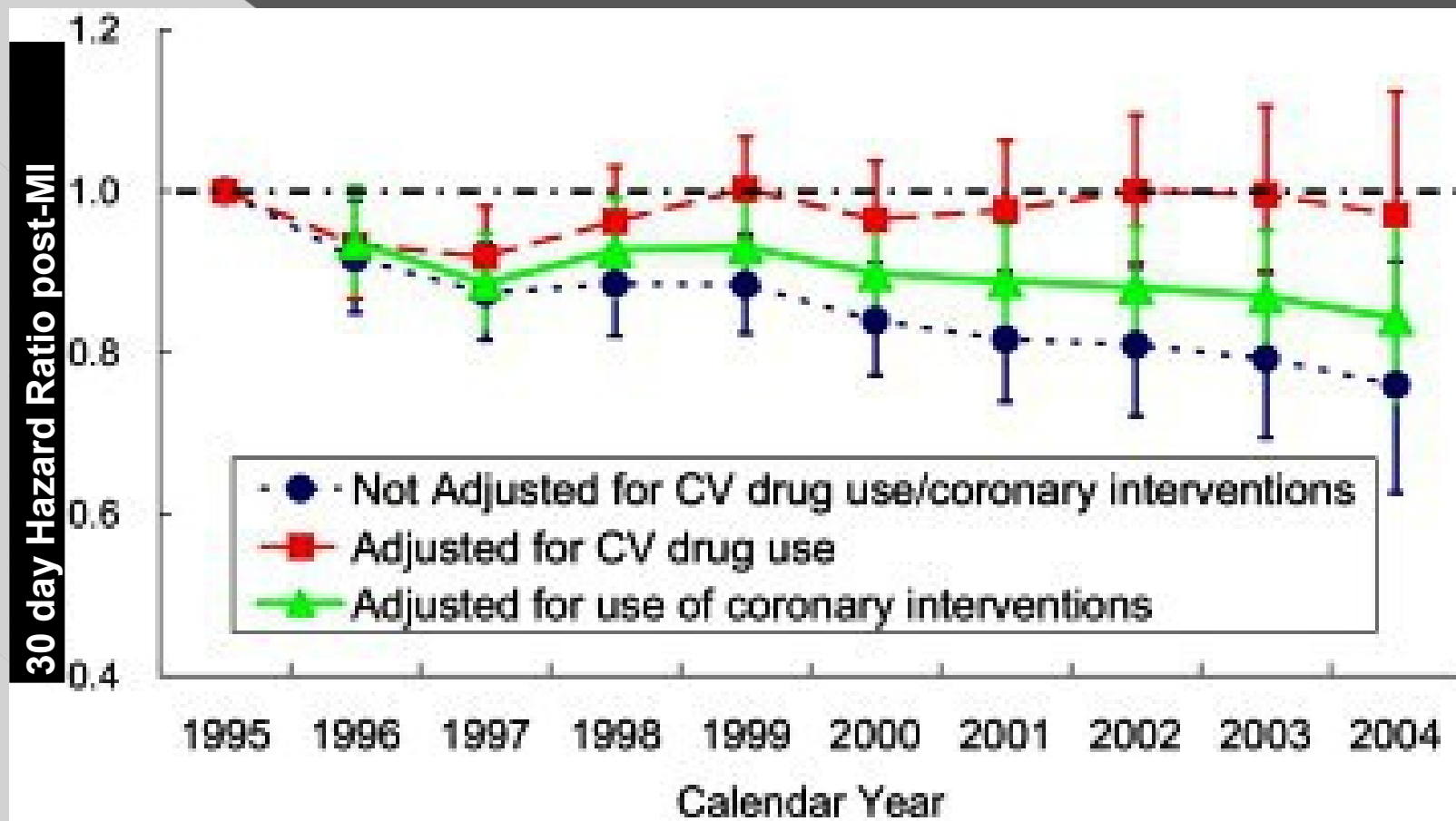
Societal  
Context

- Diabetes
- Chronic Kidney Disease
- Indigenous People





# Drugs More Important than Interventions after Heart Attack?

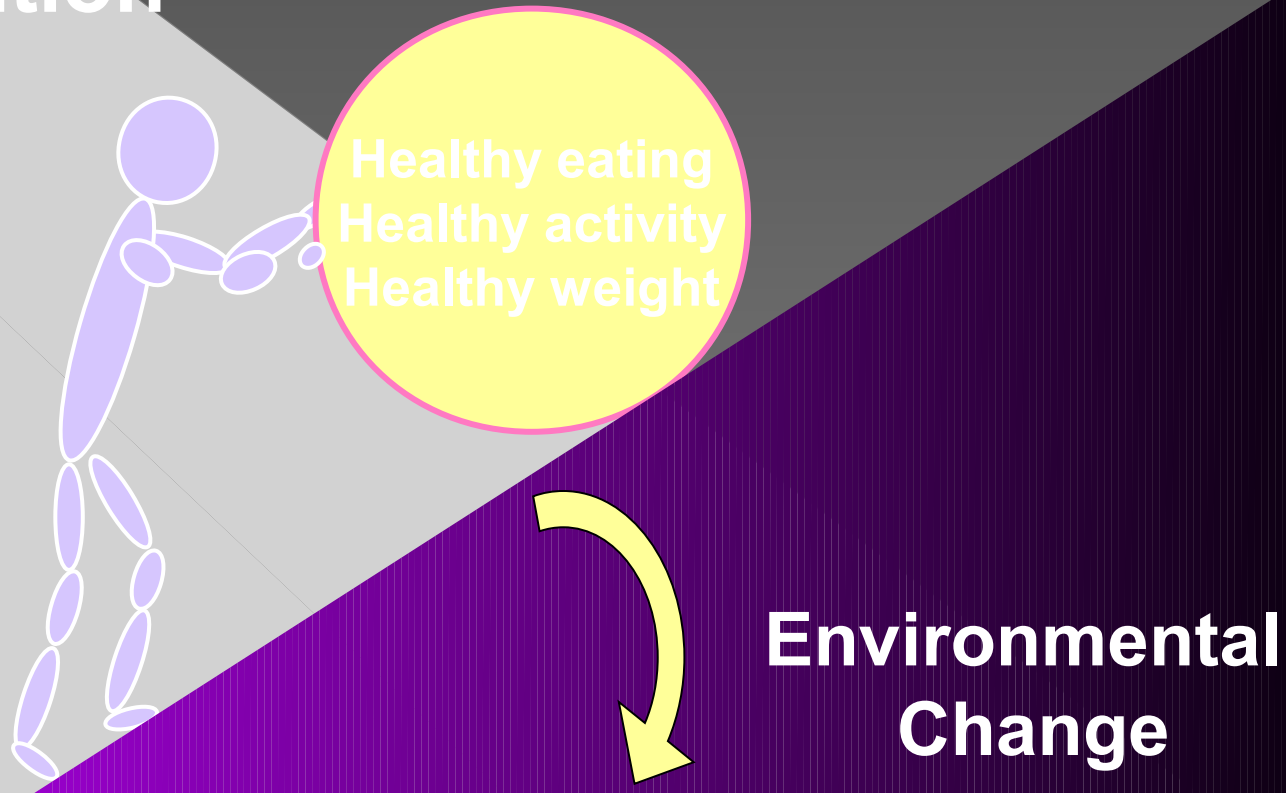


# Factors Contributing to Decline in Deaths

- Better and earlier diagnosis
- Better emergency and medical care
- Improved drugs for specific treatment
- Improved public awareness
- Increased use of preventive measures, including lifestyle changes

# Complementary Approaches to Prevention

# Individual Behaviour Change



# Journal of General Practice

- Journal of Primary Health Care: Open Access
- Journal of Health Care : Current Reviews
- Journal of General Medicine: Open Access
- Journal of Family Medicine & Medical Science Research



# Journal of General Practice Related Conferences

- 3rd International Conference on Surgery and Anesthesia
- 3rd International Conference on Nursing & Emergency Medicine
- 2nd International Conference on Nursing & Healthcare



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