



Introduction to Nutrition & Cardiovascular Health

One in three deaths in the United States is caused by cardiovascular disease; a sad but not surprising statistic given the national prevalence of metabolic syndrome, obesity and diabetes. What is truly tragic is that 80 percent of heart disease could be prevented through diet and lifestyle.

Clinicians must be able to effectively counsel patients about the many nutritional factors that can prevent heart disease. This course provides straightforward, clinically-relevant information for understanding how fats affect lipids, the evidence behind low glycemic load diets, the cardio-protective effects of key micronutrients and phytochemicals and much more. Learn what nutrient deficiencies can occur secondary to prescription heart drugs and specific nutritional recommendations for patients with hypertension, coronary artery disease, metabolic syndrome and congestive heart failure.

The best strategy for health and resiliency is to design a nutritional plan for patients that addresses their specific health needs, while encouraging a whole food diet that does not deny them the pleasures of eating. This course will give you the knowledge and understanding necessary to do just that.



For more information or to register visit:
www.azcim.org/courses

The University of Arizona College of Medicine at the Arizona Health Sciences Center designates this educational activity for a maximum of 6 AMA PRA Category 1 Credit(s)[™]. Physicians should only claim credit commensurate with the extent of their participation in the activity.

Release date: 4/8/2010 - For a period of 2 years - Expiration date 4/7/2012

Nursing: This continuing nursing education activity was approved by the American Holistic Nurses Association, an accredited approver by the American Nurses Credentialing Center's COA.

Approved through February 11, 2013.

Dietetic: This program has been approved by the Commission on Dietetic Registration for 6 CPEUs (through 6/13/2013).

Release date: July 26, 2010 - For a period of 3 years - Expiration date: 6/13/2013

Cost

Physicians: **\$180**; other health care providers/public: **\$120**; students: **\$60**.

When can I start?

You can register and start immediately. Simply pay by credit card and receive your login information via email. You will have 90 days access to the course material.

Can I get continuing education credits?

CME – 6 AMA PRA Category 1 Credit(s)[™] for physicians.

CEU, CPEU – 6 continuing education credits have been requested for approval from the American Holistic Nurses Association and the American Dietetic Association. For up-to-date accreditation information, go to www.azcim.org/courses.

Curriculum

Introduction: key concepts and components of nutritional approaches to cardiovascular health.

Nutritional Approaches to Cardiovascular Health: nutrition as it relates to hypertension, dyslipidemia, the metabolic syndrome, and congestive heart failure.

Exam: test to acquire continuing education credit.

Course Evaluation: complete the course evaluation to get your certificate for the course.

Distinguished Faculty

- Tieraona Low Dog, MD
- Mary Marian, MS, RD
- Andrew Weil, MD
- Stephen Devries, MD
- Vivian A. Kominos, MD
- Pamela McDonald, FA, WHCNP, PNP, FNP