



ARIZONA CENTER FOR
Integrative Medicine

Integrative Medicine Grand Rounds

*Sponsored by The University of Arizona College of Medicine
at the Arizona Health Sciences Center*

Endothelial Health: a Clinical Approach to Preventing and Reversing Cardiovascular Disease

With more than 50% of heart attacks in the United States occurring in people with normal cholesterol and low traditional risk factors, early window detectors are vitally needed to prevent our nation's number one killer of both men and women. Endothelial cell function is a key indicator of risk for the development of cardiovascular disease. Evaluating the health and integrity of one's endothelial cell function allows for early detection and intervention. Nutritional and lifestyle interventions are proving to be the most beneficial methods of treatment. We will take a closer look at just how effective nutrition and lifestyle modifications are at improving endothelial dysfunction and decreasing the onset and/or progression of cardiovascular disease.

Dr. June Stevens

Thursday, September 1, 2011, 12-1pm

Room 8403, 8th Floor AHSC, 1501 N Campbell Ave., Tucson, AZ
(paid parking is available; sorry we are unable to validate).

For more information or to watch online please visit www.integrativemedicine.arizona.edu/gr

About Dr. June Stevens

Dr. June Stevens has provided health care in the United States military and the civilian sector for the past 20 years. She received her medical degree from the Southwest College of Naturopathic Medicine in Tempe, Arizona. Additionally, she enhanced her education through completing a clinical residency program at the Southwest Naturopathic Medical Center in Scottsdale, Arizona. Blending her 18 years of cardiac and critical care experience with Naturopathic Medicine, she provides a comprehensive integrative approach to health care. Recognized as a compassionate and dedicated physician, Dr. Stevens is committed to finding the underlying cause of one's illness and focused on treating the whole person. Achieving wellness by treating the mind, body and spirit is the reason for her success, Dr. Stevens' goal is to enhance, expand and supplement the Western medical model of health care. She spends time with her patients, listens closely to their detailed medical history, performs a thorough physical exam and utilizes integrative treatment modalities.

Target Audience: Physicians

Methodology: Discussion, Lecture, Case Studies

Objectives:

1. Participants will be able to evaluate the theory of endothelial dysfunction as the origin of cardiovascular disease as demonstrated by his/her ability to compare and discuss verbally or in writing the strengths and weakness of this theory.
2. Participants will demonstrate knowledge of the endothelial dysfunction concept as it applies to overall risk for heart attacks and stroke as evidenced by his/her participation and discussion in lecture.
3. Participants will comprehend the need for a multifaceted treatment approach to improving endothelial dysfunction as evidenced by his/her participation and discussion in lecture.

Accreditation: The University of Arizona College of Medicine at the Arizona Health Sciences Center is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

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

Disclosure: *June Stevens, ND* has nothing to disclose



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