



"The South Asian Heart Center provides priceless guidance. After I had a cardiac event, the team guided me through recovery with diet, exercise, and meditation. I was cautioned about my misconceptions and lack of understanding on dietary issues. I am now maintaining a very balanced lifestyle and have been able to control my cholesterol, weight, blood pressure, and exercise regimen."

Rajinder Pandher, Saratoga, CA



"Dozens of my patients have benefited from the Center's advanced screenings. They want risk factors clearly delineated, in order to make commitments to improve health and lifestyle. With the detailed results and follow-up, patients feel well informed and can be proactive. As a physician, the results help me decide which patients need immediate intervention, and which can take time to work on lifestyle before medication."

Aarti Srinivasan, MD  
Palo Alto Medical Foundation

### A SPECIALIZED PROGRAM FOR A SPECIAL POPULATION

The South Asian Heart Center was created expressly to meet the unique and unmet needs of the community. Our mission is to reduce the high incidence of coronary artery disease and diabetes by providing culturally tailored, lifestyle-focused, and evidence-based risk reduction techniques to both participants and physicians. The Center raises awareness, prevents disease through screening, counseling, and coaching participants, educates and collaborates with physicians, and conducts research to address these health disparities.

### FREQUENTLY ASKED QUESTIONS

#### If I don't have symptoms, why should I get screened?

When symptoms appear, it may already be too late. Screening is the first step in preventing chronic disease. Screening also identifies potential risk not typically detected at an annual physical.

#### What is special about the AIM to Prevent screening?

Unlike typical tests done at the doctor's office, our advanced screening is more comprehensive and includes emerging as well as traditional markers.

#### How much does it cost?

Risk assessment, lifestyle counseling and coaching are provided at no cost. Most insurance companies cover the cost of your advanced laboratory tests (minus co-payment and deductible).

#### How do you know it works?

Compared to routine care, research shows that AIM to Prevent™ provides a statistically significant reduction in risk, across all traditional markers.

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**[www.southasianheartcenter.org](http://www.southasianheartcenter.org)  
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## What have you done to avoid a heart attack or diabetes?



### GET SCREENED NOW!



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## THE TWIN EPIDEMICS

India is rapidly becoming the coronary artery disease (CAD) and diabetes mellitus (DM) capital of the world. South Asians (people who trace their ancestry to the countries in the Indian subcontinent) have heart attacks at much younger ages, despite being mostly vegetarian, nonsmoking, and non-obese.

## THE STATISTICS ARE STAGGERING

- **At least 2X** the risk for heart disease
- **4X** the risk of developing diabetes
- **50%** of heart attacks occur before age 55

Family history is a major risk factor for CAD and DM. What's more, a diet rich in simple carbohydrates and saturated fat, combined with an increasingly sedentary lifestyle, makes matters worse.

## BUT HELP IS AT HAND

The South Asian Heart Center offers a unique and proven AIM to Prevent™ program designed to comprehensively assess risk with advanced screening. And we work to educate participants and physicians about lifestyle modifications that can reduce risk factors and improve outcomes. We also offer ongoing coaching to help participants transition to a healthier lifestyle.

Don't wait! Let our experts help you assess and address your risk.

To sign up for advanced screening, go to:  
[www.southasianheartcenter.org](http://www.southasianheartcenter.org)  
650-940-7242

Experiencing chest pain or  
other signs of a heart attack?  
CALL 911 IMMEDIATELY.

## AIM to Prevent

### ASSESS with Advanced Screening

**ASSESS** Assessment includes advanced lipid screening to identify inherited and emerging risk factors such as elevated Lipoprotein (a) levels and small, dense particles, inflammatory markers, and disorders of insulin and glucose metabolism. We also perform a brief physical exam and a health risk assessment (HRA) to determine how personal and family history, and lifestyle contribute to risks. A coronary calcification scan is recommended if necessary.

### INTERVENE with Lifestyle MEDS™



**Meditation** – Daily practice of restful alertness



**Exercise** – Regular, vigorous, varied



**Diet** – More greens than grains



**Sleep** – Restful 7-8 hours daily

**INTERVENE** Participants receive a customized summary of their specific risks for heart disease and diabetes. In a series of one-on-one consultations, we provide culturally appropriate and expert counseling on Meditation, Exercise, Diet, and Sleep. We include suggestions for medication if needed, and direct participants back to their primary care or referring physicians.

### MANAGE with Heart-Health Coaching

**MANAGE** Lifestyle changes are hard, so participants have the option to sign up for our proven and personalized heart-health coaching program. They receive frequent guidance on how to make and sustain behavior changes, and annual reminders for assessments and retests.



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