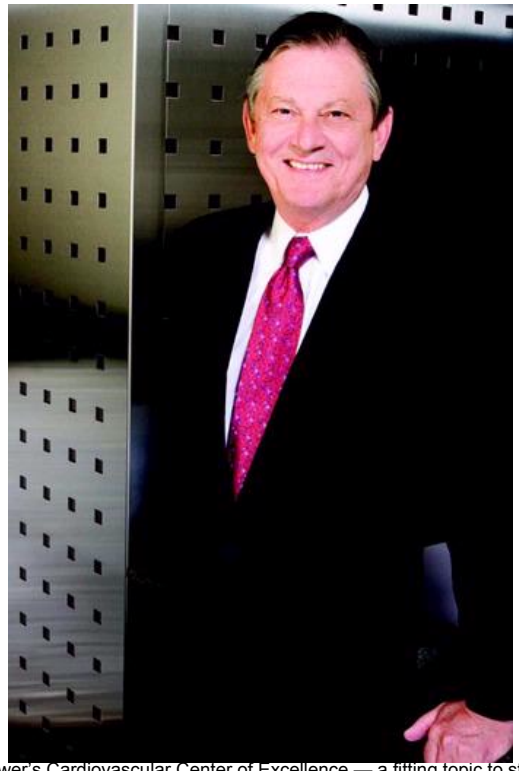
Getting to the Heart of the Matter



In this issue of Healthy Living, the focus is on Eisenhower's Cardiovascular Center of Excellence — a fitting topic to start the New Year as many of us make resolutions to improve our fitness. The Physicians Roundtable on page 32 features members of our cardiac team who discuss the latest data on hypertension in the elderly, updated information about the use of statins to control cholesterol, as well as the relationship between genetics and the cardiovascular system. You will also learn more about the formal alliance between the Medical Center and Desert Cardiology Center in this issue, a collaborative model for providing optimal patient care with innovative cardiac research and technology. Establishing Eisenhower Desert Cardiology Center is yet one more way Eisenhower is seeking to provide our patients with outstanding options for health. This alliance complements Eisenhower Smilow Heart Center which represents all of the cardiac specialists associated with Eisenhower. This issue also features the latest news at Eisenhower, including the achievements of physicians, both personal and professional. The moving story of Betty Benner in the Program Spotlight on page 46 serves as a reminder of the very special trust in the relationship between patient and physician. Her condition and subsequent treatment were reliant on specialized medical expertise, and it was that expertise that returned her to an active life.

Heart health is vital to longevity and well-being. In this New Year and as we celebrate Heart Month in February, I hope you will take steps to protect and strengthen your heart. In good health,

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