

As seen in *Good Housekeeping*, *Redbook*, and *Woman's Day*

NEW YORK CITY Healthcare Profiles

TAKING WOMEN'S HEALTH TO HEART

FOUR AT THE FOREFRONT MEET FOUR PHYSICIANS WHO ARE DEDICATED TO IMPROVING WOMEN'S HEART HEALTH BY TREATING PATIENTS, EDUCATING THE PUBLIC, CONDUCTING RESEARCH AND HELPING TRAIN THE NEXT GENERATION OF CARDIOLOGISTS AND CARDIOTHORACIC SURGEONS.

The Leon H. Charney Division of Cardiology and the Department of Cardiothoracic Surgery at New York University's School of Medicine are recognized as being among the top programs in the nation. The diverse staff of clinicians and researchers provides comprehensive and highly personalized care for patients with known or suspected heart disease.

NIECA GOLDBERG, MD
Director of NYU
Women's Heart Center



Dr. Nieca Goldberg is out to stop a killer. "Heart disease is the leading cause of death in women, and we can do something about it," says the nationally recognized cardiologist and women's health pioneer.

The women of NYC have direct access to this leader at NYU, where she treats women with heart disease and educates them about their risk factors so they can be proactive in protecting their hearts. Dr. Goldberg's work as a spokesperson for the American Heart Association takes her all over the country, where she speaks with women who have similar issues: "Women everywhere are entrenched in their jobs, in taking care of their families, and don't take care of themselves. This lack of balance can become hazardous to their health."

Dr. Goldberg is a frequent guest on TV shows such as *The Today Show*, *The View*, and *Good Morning America*, as she strives to get her message out: Take better care of your heart. Her books, *Dr. Nieca Goldberg's Complete Guide to Women's Health* and *Women's Healthy Heart Program: Lifesaving Strategies for Preventing Heart Disease*, are valuable resources for women.

The physicians at NYU work hard to be effective communicators because good communication is a key to good health. Dr. Goldberg adds, "We work hard to educate women about the symptoms of heart disease and the importance of diet and exercise. Do what you can, when you can. But do it."

For an appointment with Dr. Goldberg, call 212-289-2045.

JENNIFER MIERES, MD
Director of NYU
Nuclear Cardiology



Until the mid '90s, medical research was based primarily on studies of white males. Times have changed, Dr. Jennifer Mieres says, and she's pumped up to be part of a new era of research.

A lead investigator in a national study to determine the best non-invasive test to detect cardiac disease in women, Dr. Mieres is particularly interested in educating the public and doctors about the best way to detect heart disease in women: "We've already learned that the standard treadmill stress test is less accurate in women than in men."

Dr. Mieres is the first female president of the American Society of Nuclear Cardiology. She serves as a national spokesperson for the American Heart Association and is on the Scientific Advisory Board of WomenHeart, an advocacy organization for the eight million American women with heart disease.

At NYU, women undergoing nuclear cardiology studies have the advantage of Dr. Mieres' expertise in reading the results as well as her commitment to personalized patient care. She doesn't just look at hearts; she sees the women who depend upon them.

Dr. Mieres has appeared on numerous TV shows and in several documentaries. "A Woman's Heart," a PBS documentary she produced, garnered an Emmy nomination in 2003. She also addresses ethnic disparities among women with heart disease in her 2008 book *Heart Smart for Black Women and Latinas: A Five Week Program for Living a Heart-Healthy Lifestyle*.

To schedule a nuclear test with Dr. Mieres, call 212-263-5667.

Our clinicians, educators, and scientists have continued to make major contributions to Cardiology, with a history of pioneering many groundbreaking "firsts."

GLENN I. FISHMAN, MD, CHIEF,
THE LEON H. CHARNEY DIVISION
OF CARDIOLOGY

SILVIA PRIORI, MD, PHD
Director of NYU Cardiovascular
Genetics Program



Dr. Silvia Priori got caught up in a mystery and it led her to a career in cardiovascular genetics.

"As a medical student, I happened to see a couple of cases of young people who had cardiac arrests. They were healthy, had normal hearts, and yet suddenly dropped dead. I wanted to know why," she says.

Dr. Priori and her Italian colleagues knew that something was triggering the patients' hearts to begin beating erratically and then stop. By the late 1980s, they had pinpointed specific genes that caused different types of sudden cardiac arrest.

"Now, doctors can screen entire families at risk and control the disease with medication," she explains. "So many times, genetic studies are frustrating because they give us the ability to detect disorders but we're powerless to change the outcome. In these cases, 90 percent of the patients can be saved and are living normal lives. That's remarkable."

In 2008, NYU and the University of Pavia, Italy, formed a partnership to start a cardiovascular genetics program in New York. They share data and both benefit from a much larger pool of patients. As the program director, Dr. Priori divides her time between the two countries: "I'm very excited about this American adventure."

To schedule a consultation with Dr. Priori call 212-263-3612.

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LEORA BALSAM, MD
Cardiothoracic
Surgeon



Dr. Leora Balsam is on a mission to fix broken hearts.

As a female cardiothoracic surgeon, she's already somewhat of a trailblazer just by being in the heavily male-dominated specialty. She's part of breakthrough research into using stem cells to repair damaged heart muscle.

"We're working on understanding what happens to the heart after a heart attack. We want to not only preserve heart function, but actually fix the damage," she explains.

The state-of-the-art clinical facilities and top-notch personnel drew Dr. Balsam to NYU: "I'm pretty fortunate that I've been able to do the things that I like to do...work in the lab and see patients. I also work on a daily basis training doctors in cardiac surgery."

After earning her medical degree at Harvard, Dr. Balsam completed her residency and internship in general surgery at Stanford Medical Center. She followed that with a residency in cardiothoracic surgery and a research fellowship in heart-lung transplantation.

Her drive and determination didn't go unnoticed. In 2005, the Association of Women Surgeons presented her with the Outstanding Woman Resident Award. "I've had excellent mentors," Dr. Balsam says. "Hopefully, I can be a mentor for other women entering the field."

For an appointment with Dr. Balsam, call 212-263-7835.