



# INTEGRATIVE MEDICINE GRAND ROUNDS (RESEARCH)

**TUESDAY, JUNE 4, 2019 @ 8AM**

**FOLLOWED BY COFFEE HOUR FROM 9-10AM**

**Bornstein Amphitheater, BWH, 45 Francis St., Boston, MA, 02115**

## **Mediterranean Diet to Reduce Cardiovascular Disease and Other Chronic Diseases of Aging**



**Presenter: Samia Mora, MD**

Director, Center for Lipid Metabolomics  
Brigham and Women's Hospital

### **Description:**

The Mediterranean diet has been associated with lower risk of cardiovascular disease (CVD) events but the precise mechanisms through which Mediterranean diet intake may reduce long-term risk of CVD are not well understood.

Using a prospective study of over 25,000 initially healthy women enrolled in the BWH/HMS Women's Health Study, who were followed up to 12-years, Dr. Mora evaluated potential mediating effects of a panel of biomarkers that represent different CVD pathways and clinical factors.

Women consuming a Mediterranean-type diet had up to a quarter reduction in CVD events over long-term follow-up. Dr. Mora will present the research.

**HMS CME CREDITS AVAILABLE**

[oshercenter.org](http://oshercenter.org) | [hmsoshercenter@partners.org](mailto:hmsoshercenter@partners.org)

**SEE BACK FOR SPEAKER BIOS &  
GRAND ROUNDS SCHEDULE**



**OSHER CENTER FOR  
INTEGRATIVE MEDICINE**  
HARVARD MEDICAL SCHOOL AND  
BRIGHAM AND WOMEN'S HOSPITAL

# Biography



**Samia Mora, MD, MHS** is an Associate Professor of Medicine at Harvard Medical School, Boston, Massachusetts. She is a cardiovascular medicine specialist at the Brigham and Women's Hospital, where she is the Director of the Center for Lipid Metabolomics. She also has joint appointments in the Divisions of Cardiovascular Medicine, and Women's Health.

Dr. Mora received her undergraduate degree from Harvard University, and her medical degree from Harvard Medical School. She completed an internal medicine residency at Massachusetts General Hospital and a cardiovascular disease fellowship at The Johns Hopkins Hospital, where she also obtained a Masters in Health Science (Epidemiology) from the Johns Hopkins Bloomberg School of Public Health. She is board certified in cardiovascular disease and echocardiography, and is a Fellow of the American Heart Association, American College of Cardiology, and American Society of Echocardiography. She also serves on the Editorial Boards of *JAMA Internal Medicine* and *Atherosclerosis*.

Dr. Mora's clinical interests include cardiovascular prevention, lipids, modifiable risk factors, and women's health. The author of over 140 peer-reviewed publications, Dr. Mora's research focuses on risk factors and prevention of cardiovascular disease. She is actively involved with several randomized clinical trials and observational studies, having served on the Endpoints Committee of the Women's Health Study, the Clinical Coordinating Committee of the JUPITER trial, and currently on the Steering Committee of the VITaminD and Omega-3 Trial (VITAL), and the Harvard Investigator on the Gulf Population Risks and Epidemiology of Vascular Events and Treatment (Gulf PREVENT) study. Dr. Mora recently developed the free Aspirin-Guide mobile app (available for iPhone, iPad, Android, and on the web).

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## MONTHLY | FIRST TUESDAY'S 8:00–9:00AM

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### Next Month: July 2, 2019

Mini-Forum

**What's the Connection between Integrative Medicine and Climate Change? A Cross Disciplinary Exploration**



Renee Salas, MD, MPH, MS (MGH)  
Bill Ravanesi, MA, MPH, (Health Care Without Harm)  
Peter Wayne PhD, (Osher Center, BWH/HMS)

### Upcoming

**Aug. 6**

Clinical

**Whole Health, Whole Foods: Changing Cardiovascular Outcomes through Lifestyle and Culinary Medicine**  
Kimberly Parks, DO, (MGH)

**Sept. 10\***

Research  
(\*2nd week)

**Neuromodulation in Tune with the Body's Rhythms: Enhancing Clinical Outcomes with Respiratory-Gated Auricular Vagal Afferent Nerve Stimulation (RAVANS)**  
Vitaly Napadow, PhD, Martinos Center for Biomedical Imaging, (MGH)