Cardiovascular Interventions on a Fork: Changing Outcomes in Culinary Medicine

Description:
An evidence-based approach to the practice of culinary medicine will be presented, including a clinical case of a patient with advanced coronary disease. The patient will offer their perspective of the integrative approach followed.

Dr. Bhatt, as discussant, will provide an overview of the traditional approach including peripheral intervention, surgery and medications to manage cardiovascular disease.

Kimberly A. Parks, DO
Medical Director,
Synergy Private Health
Staff Cardiologist,
Massachusetts General Hospital
& Newton Wellesley Hospital

Deepak L. Bhatt, MD, MPH
Executive Director
Interventional Cardiovascular Programs
Heart & Vascular Center
Brigham and Women’s Hospital

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

**Kimberly A. Parks DO,** is the Medical Director of Synergy Private Health, an integrative medical practice in Chestnut Hill, and a staff cardiologist at Massachusetts General Hospital and Newton Wellesley Hospital. She is a clinician, educator and researcher who is passionate about providing enhanced care using a holistic approach with wellness at its core. Her clinical care uses a western medicine approach but also incorporates the use of “Lifestyle as medicine.”

Dr. Parks has received numerous awards in teaching and for her leadership and has lectured nationally and internationally on heart failure and cardiac transplantation. She is now becoming a trailblazer in the field of culinary medicine and lifestyle medicine, recently starting an editorial column in the American Journal of Lifestyle Medicine on culinary nutrition. Dr. Parks graduated from Kansas City University of Medicine and Biosciences and completed her residency and fellowship through Robert Wood Johnson Medical School. She completed subspecialty training in advanced heart failure and cardiac transplantation at Massachusetts General Hospital where until recently she practiced with a focus on clinical care.

**Deepak L. Bhatt MD, MPH, FACC, FAHA, FSCAI, FESC,** is Executive Director of Interventional Cardiovascular Programs at Brigham and Women’s Hospital Heart & Vascular Center and Professor of Medicine at Harvard Medical School.

Dr. Bhatt received his medical doctorate from Cornell University and a Master in Public Health with a concentration in clinical effectiveness from Harvard University. His internship and residency in internal medicine were at the Hospital of the University of Pennsylvania, and his cardiovascular training was at Cleveland Clinic. He also completed fellowships in interventional cardiology and cerebral and peripheral vascular intervention and served as Chief Interventional Fellow at Cleveland Clinic, where he spent several years as an interventional cardiologist and an Associate Professor of Medicine. He served for many years as Director of the Interventional Cardiology Fellowship, Associate Director of the Cardiovascular Medicine Fellowship, and Associate Director of the Cardiovascular Coordinating Center. He was then recruited to be the Chief of Cardiology at VA Boston Healthcare System and served in that role for several years. He was selected by Brigham and Women’s Hospital as the 2014 Eugene Braunwald Scholar. He has been listed in *Best Doctors in America* from 2005 to 2018. He received the Eugene Braunwald Teaching Award for Excellence in the Teaching of Clinical Cardiology from Brigham and Women’s Hospital in 2017 and the ACC’s Distinguished Mentor Award in 2018.

Dr. Bhatt’s research interests include acute coronary syndromes, preventive cardiology, and advanced techniques in cardiac, cerebral, and peripheral intervention. He has authored or co-authored over 1,200 publications and is listed as a Thomson Reuters/Clarivate Analytics Highly Cited Researcher. He is the Editor of *Cardiovascular Intervention: A Companion to Braunwald’s Heart Disease* and *Atherothrombosis in Clinical Practice* published by Oxford University Press. He was the international PI for the CHARISMA and CRESCENDO trials and co-PI of the three CHAMPION trials. He served as chair of COGENT and co-PI of STAMPEDE. He serves as co-chair of the REACH registry and chairs REDUCE-IT, SCORED, and SOLOIST. He is co-PI of SAVOR-TIMI 53, SYMPLICITY HTN-3, and THEMIS.

**MONTHLY | FIRST TUESDAY’S  8:00–9:00AM**

**September 10, 2019** (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 (Massachusetts General Hospital)

**October 1, 2019** (Clinical) Lead Presenter: Aditi Nerurkar, MD, MPH, Cheng Tsui Integrated Health Center

**November 5, 2019** (Research) Theme: Global mental health
Vikram Patel, MBBS, PhD, Department of Global Health and Population (Harvard T. H. Chan School of Public Health)