

Live Well Work Well Presents

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talk

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ABOUT
REAL TOPICS



Dr. Mark A. Creager is the Anna Gundlach Huber Professor of Medicine and Professor of Surgery at the Geisel School of Medicine at Dartmouth; he is Director of the Heart and Vascular Center at Dartmouth-Hitchcock Medical Center in Lebanon, NH. Dr. Creager earned his medical degree at Temple University in Philadelphia. He completed his internship, medical residency, and fellowships in Vascular Medicine and Cardiology at University Hospital in Boston.

Dr. Creager's major research and clinical interest is in vascular medicine, specifically vascular regulatory mechanisms and the effect of treatment on patients with peripheral artery disease. He is the author of more than 400 published contributions to the medical literature, including: research papers on vascular function, book chapters, and monographs on vascular disease. Dr. Creager has been recognized with several prestigious awards and honors, including the American Heart Association Distinguished National Leadership Award, the American Heart Association Gold Heart Award, and the Vascular Disease Foundation President's Award for Leadership.

Life's Simple 7 to Improve Heart Health

**Friday, February 26, 2021
12-1 pm**

via Webex*

Presented by Mark A. Creager, MD, FAHA, FACC, MSVM

Dr. Creager will review the current prevalence and mortality rates of cardiovascular disease and discuss cardiovascular risk factor assessment. The American Heart Association's Life's Simple 7 program will be discussed. The 7 factors include: diet, activity, weight, blood sugar, cholesterol, blood pressure, and smoking. Attendees will learn how to achieve improved cardiovascular health through lifestyle changes and appropriate medications.

**To register contact Live Well/Work Well at (603) 650-5950
or livewellworkwell@hitchcock.org**

*Visit D-H Announcements or Events, or ManageWell™ for Webex information.

Learning Outcome: At the conclusion of this learning activity, 75% of participants will be able to discuss the AHA's Life's Simple 7 including self-care strategies that can be utilized to make lifestyle changes and improve cardiovascular risk.

Accreditation:

Physicians: Dartmouth-Hitchcock is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

Dartmouth-Hitchcock designates this live activity for a maximum of **1.0 AMA PRA Category 1 Credit(s)™**. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Nurses: Dartmouth-Hitchcock Nursing Continuing Education Council is accredited as a provider of nursing continuing professional development by the American Nurses Credentialing Center's Commission on Accreditation. This educational activity carries 1.0 contact hour.

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