"Heart Disease: The #1 Killer"

A Presentation by

John Kristofich, M.D.

Straub cardiologist John Kristofich will describe the latest information about cardiovascular disease: who gets it and why, and what you can do to dramatically reduce your risk. He will show how daily lifestyle choices - such as what and how much we eat, how heavy we are, and our level of physical activity - can help prevent heart attacks and strokes - and how the right choices can make us feel better. He also will address the problem of chronic stress and its effect on the heart as well as the importance of healthy interpersonal relationships in helping to reduce the risk of developing the number one killer in the world today, cardiovascular disease.

Tuesday, May 12, 7 p.m.

Ala Wai Golf Course Clubhouse

404 Kapahulu Ave.

(0.2 mi. behind the Waikiki-Kapahulu Library - across from the Chevron station)

Dr. Kristofich will also be speaking on Maui: Friday, May 15, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.

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For more info call 944-VEGI (8344) or visit VSH.org

John P. Kristofich, M.D., F.A.C.C. is board certified in cardiology and internal medicine and leads the Heart C-H-E-C-K Program at Straub Medical Center in Honolulu. His special interests include preventative cardiology and early detection of cardiovascular disease. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, NJ. He completed his residency at Lehigh Valley Hospital in Allentown, PA and his fellowship at Geisinger Medical Center in Danville, PA.

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