

HEART HEALTH: Discussing the Facts

Presented by New Morning Star Baptist Church and Sibley Senior Association

Wednesday, Feb. 23
7 to 8 p.m.

FREE ZOOM EVENT

February is American Heart Month, the perfect time to focus on our cardiovascular health. Almost half of Americans over the age of 20 live with some form of cardiovascular disease. This condition impacts not only those diagnosed, but also their loved ones and future generations. Sabra Lewsey, M.D., M.P.H., F.A.C.C., will explain the most common cardiovascular conditions of aging and review the steps we can take to promote a healthy heart. Dr. Lewsey will let us know the importance of reducing the impact of heart disease through prevention and how critical early diagnosis can be.

WELCOME AND PROGRAM INTRODUCTION: Reverend Dr. Donald K. Sadler, pastor of New Morning Star Baptist Church

SPEAKER INTRODUCTION: Marti Brown Bailey, B.S., C.S.A., C.D.P., C.A.D.D.C.T., director of the Sibley Senior Association and Community Health, Sibley Memorial Hospital



GUEST SPEAKER: Sabra Lewsey, M.D., M.P.H., F.A.C.C. is an assistant professor of medicine and an advanced heart failure and transplant cardiologist at the Johns Hopkins University School of Medicine in Baltimore, MD. Dr. Lewsey graduated with top honors from the University of Virginia, the Columbia University College of Physicians and Surgeons, and the Harvard School of Public Health. She completed her internship and residency in the Johns Hopkins Osler Medical Residency Program and clinical and research fellowships in cardiovascular disease and advanced heart failure at the Johns Hopkins Hospital.

Dr. Lewsey's research interests include factors contributing to exercise intolerance and poor outcomes, including issues of equity, in heart failure and aging. Her work has been published in leading journals, including the Journal of Clinical Investigation Insight and the Journal of the American Heart Association. Dr. Lewsey has been featured on The Cardiology Advisor, MedPage Today, and the Heart Failure Society of America's Healthy Living Podcast. She was honored with the 2020 Association of Black Cardiologists Distinguished Service Award and is a Fellow of the American College of Cardiology.

Please register before Feb. 21 at <https://smh.memberclicks.net/CardiovascularHealthSSA2232022>
or by emailing jsmit470@jhmi.edu or calling 202-364-7602.



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