

Adult Congenital Heart Association

Webinars Presents:

Plant-Based Diets: What's All the Fuss?

Wednesday, September 11, 2019, 7 p.m. – 8 p.m. EDT

Presenters: Jonathan Ginns, MD and Hooman Yaghoobzadeh, MD

About the Webinar

Do you know that heart attacks and strokes are the top killers in Western society? Are you aware these risks can be lowered with a whole food plant diet, plus fish? Are you curious about this type of diet? Do you wonder what all the hype is about? Well, eating this way reduces your intake of processed foods, which decreases simple carbohydrates, and increases fiber and diversity in your diet. Not only does this lower your risk of cardiovascular disease, but it also reduces your dependency on medications that control those risk factors. Are you interested in learning more? If so, you don't want to miss this webinar.

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About the Presenters

Dr. Jonathan Ginns is an adult congenital heart disease cardiologist working at the Weill Cornell ACHD Center at New York Presbyterian Hospital. His interests include clinical cardiology and echocardiography; he also reads cardiac MRI and CT and performs diagnostic cardiac catheterizations.

Dr. Hooman Yaghoobzadeh is a general cardiologist and imaging specialist working at the Weill Cornell Medical Center and in private practice in New York City. His interests include preventive cardiology, valvular heart disease, echocardiography and nuclear imaging in cardiology.

About the Adult Congenital Heart Association

The Adult Congenital Heart Association (ACHA) is a national not-for-profit organization dedicated to improving the quality of life and extending the lives of adults with congenital heart disease (CHD). ACHA serves and supports the more than one million adults with CHD, their families and the medical community—working with them to address the unmet needs of the long-term survivors of congenital heart defects through education, outreach, advocacy, and promotion of ACHD research. For more information about ACHA, contact (888) 921-ACHA or visit www.achaheart.org.

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