



# Cardiovascular Medicine Grand Rounds

*Presented by*

**Yale School of Medicine's, Department of Internal Medicine,  
Section of Cardiovascular Medicine**

## **“Confessions of a Reformed Cardiologist. A Plant-based Diet and Your Heart”**

**Robert J. Ostfeld, MD, MSc, FACC**

Director, Preventative Cardiology  
Associate Professor of Clinical Medicine  
Montefiore Medical Center

**DATE: Tuesday, January 24, 2017 TIME: 8:00 AM**

**LOCATION: Fitkin Amphitheatre, LMP 1094**

**Host: Erica Spatz, MD**

*There is no corporate support for this activity  
This course will fulfill the licensure requirement set forth by the State of Connecticut.*

### ACCREDITATION

The Yale School of Medicine is accredited by the Accreditation Council for Continuing Medical Education to provide continuing medical education for physicians.

### TARGET AUDIENCE

Attending physicians, house staff, fellows, medical students, PA's

### NEEDS ASSESSMENT

Cardiovascular disease is the number one killer of adult men and women in the US. This talk will highlight preventive options in an attempt to support the reduction of cardiovascular disease.

### LEARNING OBJECTIVES

At the conclusion of this activity, participants will be able to:

1. Discuss observational and randomized data regarding plant-based nutrition
2. Discuss translational data on the role of plant based nutrition and cardiovascular health
3. Discuss ways to further implement and sustain nutrition interventions for patients.

### DESIGNATION STATEMENT

The Yale School of Medicine designates this live activity for 1 AMA PRA Category 1 Credit(s)<sup>TM</sup>. Physicians should only claim the credit commensurate with the extent of their participation in the activity.

### FACULTY DISCLOSURES

Speaker: Robert J. Ostfeld, MD - None  
Course Director: Michael Remetz, MD - None

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