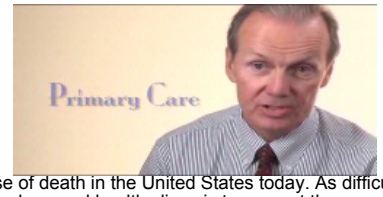
A Pound Of Cure



As you know, coronary artery disease is the single leading cause of death in the United States today. As difficult as this fact may be to accept, I firmly believe that knowledge is power, and prevention is the answer. The key to living long and healthy lives is to prevent the onset of disease and to make health and wellness a priority.

In “New Beginnings,” Carol Friedgood shares her personal struggle with and eventual triumph over metabolic syndrome, diabetes, hypertension, and high cholesterol. Carol talks openly about obesity, cardiac health, and the advent of diabetes, and how she changed her lifestyle and committed to becoming healthy. Her success story is inspiring. Carol has lost significant weight, controls her cholesterol and blood pressure, and has regained normal blood glucose levels again.

In this Healthy Living’s “Physicians Roundtable,” Eisenhower physicians Philip Shaver, MD, Charlie Shaeffer, MD and Pushpinder Guleria, MD provide important guidelines to proactively prevent cardiovascular disease. Their discussion is a comprehensive overview that addresses the latest imaging tests, laboratory tests, and diagnostic screenings, as well as critical medical and lifestyle interventions including statins, aspirin, vitamins…and the best “medicine” of all — exercise.

In addition, as our Coachella Valley has experienced years of astonishing growth, Eisenhower Medical Center rises to welcome and to heal our new, growing community. Putting our “best foot forward,” in April, we proudly dedicated the new Walter and Leonore Annenberg Pavilion, which you will read about in this issue’s “What’s New” section. The Pavilion truly represents the Medical Center’s crown jewel. Its 250,000-square-feet and more than 250 patient beds is surely one of the most seismically sound and technologically advanced hospital buildings in the state of California. Opening in the early fall, the Walter and Leonore Annenberg Pavilion stands ready to provide the Coachella Valley community with health care as it should be.

Wishing you a splendid summer of good health and an ounce of prevention,

G. Aubrey Surfling
President and Chief Executive Officer
Eisenhower Medical Center

G. Aubrey Serfling
President and Chief Executive Officer

Healthy Living is a publication of Eisenhower Medical Center · © Copyright 2014 All Rights Reserved · www.emc.org