

Integrative Medicine Leader Mimi Guarneri, MD, Lecture

Leonore Annenberg Lecture



Dr. Mimi Guarneri, MD, FACC, medical director and founder of Scripps Center for Integrative Medicine will be the guest speaker at the 5th annual Leonore Annenberg Lecture on February 28, 2011 at 2:30 p.m. The 45-minute lecture with question and answer period will be held in the auditorium of the Annenberg Center for Health Sciences at Eisenhower.

In this special lecture, Proactive Preventive Health, Dr. Guarneri will discuss the prevention and treatment of cardiovascular disease from a personalized, predictive, and proactive perspective. She will focus on the importance of lifestyle changes — how environment, family, and diet can treat, and indeed, prevent cardiovascular disease. “We no longer wait for disease to happen,” explains Dr. Guarneri. “Diabetes, heart disease, osteoporosis, cancer, obesity and inflammation are all preventable. We believe that information leads to knowledge and that transformation is obtained by putting this knowledge into practice.”

Dr. Guarneri will also address and clarify the concepts of genetic risk, the importance of genes turning “on” and “off,” and why this is so significant in disease treatment and prevention today. Genetics information ushers in a new era of medicine in which there is an opportunity to scientifically validate new types of therapies. Proactive prevention includes tailoring programs of nutrition, nutraceuticals and lifestyle changes based on genetic susceptibility, and represents a major move in modern medicine.

Graduated number one in her class at State University of New York (SUNY) Downstate Medical Center, Dr. Guarneri is board certified in cardiology, internal medicine, nuclear cardiology and holistic medicine.

This lecture is free and open to the public. Please contact the Annenberg Center for Health Sciences at Eisenhower at 760-773-4500 for more information