



The Physiology of Stress and Stress Reduction

AN EVIDENCE BASED DISCUSSION ON THE IMPORTANCE OF STRESS REDUCTION

Wednesday
July 22, 2009

Presentation
6:30 pm – 8:00 pm

Featured Speaker
Dr. César Molina

El Camino Hospital
Back of Cafeteria

South Asians, people who trace their origins from Bangladesh, India, Nepal, Pakistan or Sri Lanka, are four times more likely to develop cardiovascular disease than the general population.

THE OBJECTIVES OF THE TALK ARE:

- Define psychological and physiological stress and the cardiovascular consequences of stress
- Describe the hypo-metabolic state of restful alertness or Samadhi
- Discuss the evidence behind the claims of health and cardiovascular benefit

It is a well-known fact that exercise, diet and reducing stress will help prevent heart disease.

This is the second in a series of four lectures. The first was an overview titled “TLC: Therapeutic Lifestyle Changes” presented on June 24, 2009. The second lecture in this series will focus on Stress and its effect on heart-health. More importantly, you will understand what you can do to improve your heart health.

Today many resources are available to help you handle stress. But how do you choose? Do you know which method works the best? What is the scientific evidence behind the claim that stress is detrimental to your health, or that stress reduction is beneficial to your cardiovascular health? To get answers to these and other questions, come to the lecture by Dr. Cesar Molina. He will present the answers to these questions in layman’s language based on solid research. A Q&A session will follow the lecture.

About our speaker César R. Molina, MD, FACC

Dr. Molina obtained a Bachelors of Science from Boston College, and medical degree from Yale University. With a research fellowship from Yale, Dr. Molina wrote his M.D. thesis at the Joslin Clinic at Harvard University Medical School. Dr. Molina completed his medical, clinical pharmacology and cardiology training at Stanford University Medical Center. At Stanford, he was a member of the medical school faculty and a Robert Wood Johnson Scholar.

While at Stanford Dr. Molina did basic and clinical research in the laboratory of Dr. Ferid Murad, winner of the Nobel Prize of Medicine in 1998. In 1990, Dr. Molina then established his cardiology practice at El Camino Hospital. Most recently, Dr. Molina has appeared in the international edition of CNN discussing the benefits of diet, exercise, and yoga in the treatment and prevention of coronary heart disease.

Call 1.800.216.5556, register at www.southasianheartcenter.org, or fax in your RSVP