

## **OurHealth NYC: South Asian Cardiovascular Health Summit**

**Date:** April 28<sup>th</sup>, 2025

**Time:** 6:00 PM to 7:30 PM

**Location:** Goldwurm Auditorium at Mount Sinai Hospital (Hybrid via Zoom)

### **Agenda:**

**6:00-6:10:** Check-in and Introductory Remarks

**6:10-6:30:** Keynote Speech from Dr. Deepak Bhatt

**6:30-7:30:** Panel Discussion and Q/A

*\*OurHealth study recruitment/informational booth will be outside the auditorium till 8pm*

### **Panelists:**

Aniruddh Patel, MD  
Massachusetts General Hospital

Gagan Sahni, MD, FACC, FACP, FIC-OS  
Mount Sinai Hospital

Neel Chokshi, MD, MBA  
Penn Medicine: University of Pennsylvania Health System

Nilay Shah, MD, MPH, FACC, FAHA  
Northwestern Feinberg School of Medicine

Srihari Naidu, MD, FACC, FAHA, FSCAI  
Westchester Medical Center

### **Panel Goals:**

1. **Raise Awareness:** Highlight the unique cardiovascular health risks and challenges faced by the South Asian community, focusing on the higher prevalence of heart disease and its risk factors.
2. **Promote Health Equity:** Identify barriers to healthcare access and propose solutions to reduce health disparities affecting South Asians, including a focus on socioeconomic, dietary, and genetic factors.
3. **Encourage Community Engagement:** Foster dialogue on how to empower South Asian individuals and communities to take charge of their heart health through education and proactive healthcare behaviors.
  1. Introduce Our Health NYC
  2. Introduce Mount Sinai's Cardiometabolic Clinic with Dr. Bhatt

## **Target Audience**

This event is designed for:

- Healthcare professionals (cardiologists, primary care physicians, dietitians)
- Medical students, residents, and researchers interested in cardiovascular health and cultural competency

## **Sample Questions for Panel Discussion**

### **1. Understanding Risk Factors:**

- South Asians face higher rates of cardiovascular disease compared to other populations. What are the key risk factors unique to this group, and how do genetic predispositions play a role?

### **2. Cultural and Dietary Influences:**

- What role does diet play in South Asian cardiovascular health? How can healthcare professionals work with patients to incorporate heart-healthy modifications that respect cultural food preferences?

### **3. Tailored Interventions:**

- Are there any successful, culturally-tailored interventions or community programs you've seen that help reduce cardiovascular risk in South Asians? How can we scale these initiatives?

### **4. Promoting Awareness in the Community:**

- What are the most effective ways to engage and educate the South Asian community about cardiovascular health? How can we encourage individuals to prioritize preventive care and regular screenings?

### **5. Collaborative Approaches:**

- How can healthcare providers, policymakers, and community leaders work together to improve heart health outcomes in South Asian populations? What role can advocacy and research play in driving systemic change?