



Grand Rounds for Wednesday, February 5, 2014

“Treating the Cause of Coronary Artery Disease”

Caldwell B. Esselstyn, Jr., MD, F.A.C.S

Director Cardiovascular Disease Prevention and Reversal Program
Cleveland Clinic Wellness Institute

Grand Rounds are held every Wednesday from 12:00pm – 1:00pm.

Location: Myrna Daniels Auditorium, 1st floor, Milstein Family Heart Center, 173 Fort Washington Ave.
To see the Grand Rounds [Click here](#)

Announcements

Dr. Elaine Wan

1-year new Pilot Award, Irving Institute/Clinical Trials Office
“Roles of Vascular Ion Channels in Heart Failure”

Dr. Li Qiang (mentor: Dr. Domenico Accili)

2-year new Pathway to Independence award (K99), NIH/NIDDK
“Brown Remodeling of White Adipose Tissue by PPARgamma Deacetylation”

Save the Date!

Friday, February 7, 2014

Glomerular Disease: Update 2014.
9:00am-5:30pm. [Click Here](#) to register.

Friday, March 7, 2014

Update in Kidney Transplant, 2014
8:30am-5:00pm. [Click Here](#) to register

Featured Grand Rounds Speaker



Caldwell B. Esselstyn, Jr., MD, F.A.C.S

Twenty-three years ago, while chairman of the Cleveland Clinic's Breast Cancer Task Force, general surgeon Caldwell B. Esselstyn, Jr., M.D., grew disappointed in the way he and his colleagues were treating cancer and heart disease. Relying on pills and procedures despite their side effects and risks, Dr. Esselstyn says he and his peers were doing "nothing to prevent disease in the next unsuspecting victim." This was particularly frustrating given that research studies had already suggested an obvious culprit. The fatty American diet was, in all likelihood, responsible for heart disease and many Western cancers, which are infrequently seen in parts of the world where much less fat is consumed. Targeting heart disease, Dr. Esselstyn's experiment started at home. He and his wife adopted a plant-based diet, cutting out oil, meat, fish, fowl and dairy. "It means a lot to patients to know their doctor is making the same changes they are," he says. Since studies show a craving for fat diminishes the less fat one eats, and since patients have hundreds of recipes from which to choose, the physician and his heart patients have grown comfortable with their routine over time. Cleveland nutrition consultant Kris Napier attributes some of the success of Dr. Esselstyn's research study to the time and personal attention the surgeon devotes to the patients. He met with each patient every other week for the first five years of the study, every month thereafter. The surgeon, his wife, the patients and their families still gather several times a year for picnics at which they share favorite low-fat, plant-based dishes.

2014 Katz Prizes
"Treatment strategies for patients with ischemic heart failure."

Monday, March 3, 2014.
3:30pm-5:30pm.

Robert O. Bonow, MD, MS
Goldberg Distinguished Professor of Cardiology
Director, Center for Cardiovascular Innovation
Northwestern University Feinberg School of Medicine
Northwestern Memorial Hospital

The lectures will take place in the Myrna Daniels Auditorium,
1st floor, Milstein Family Heart Center, 173 Fort Washington Ave.

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