

“HOW TO STAY HEART HEALTHY”

A PRESENTATION BY

JOHN KRISTOFICH, M.D.



This talk will focus on the number one cause of death in the country: cardiovascular disease. Specifically, what one can do to prevent heart disease through proper diet, nutrition, exercise, and treatment of risk factors. Also, warning signs and tests to identify individuals at risk will be discussed.

John P. Kristofich, M.D., F.A.C.C. is board certified in cardiology and internal medicine and leads the Heart C-H-E-C-K Program at Straub Medical Center in Honolulu. His special interests include preventative cardiology and early detection of cardiovascular disease. He received his medical degree from the University of Medicine and Dentistry of New Jersey, Robert Wood Johnson Medical School, Piscataway, NJ. He completed his residency at Lehigh Valley Hospital in Allentown, PA and his fellowship at Geisinger Medical Center in Danville, PA.

SAT., FEB. 10, 7 P.M.

MCCOY PAVILION

ALA MOANA BEACH PARK

Dr. Kristofich will also be speaking on Maui: Tuesday, February 13, 7 p.m., Cameron Center, 95 Mahalani St., Wailuku.



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