



## Mark C. Houston, MD, MS

### Mechanisms of Toxic Metals in Coronary Heart Disease and Atherosclerosis & Noninvasive Cardiovascular Risk Assessment in Chelation Therapy

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#### About the lecture:

Dr. Houston will review the pathophysiology, mechanisms of action, vascular and endothelial function effects and treatment of mercury, lead, iron and cadmium in relation to CHD and CVD.

Lab tests for CHD risk factors and noninvasive testing such as carotid IMT and duplex, pulse wave analysis, endothelial dysfunction testing with ENDOPAT and ABI will also be discussed.

#### About Dr. Houston:

Dr. Mark C. Houston graduated from Vanderbilt Medical School in 1974, completed a medical internship and residency at the University of California at San Francisco from 1974-1977, then returned to Vanderbilt Medical Center as chief resident in medicine from 1977-1978. Dr. Houston remained on the full time internal medicine faculty at Vanderbilt University Medical School from 1978 through 1990 where he served as Medical Director of Executive Physical Program, Medical Director of the Cooperative Care Center, Co-Director of Medical Intensive Care Unit, Chief Clinical Section of the Division of General Internal Medicine and Assistant - and later Associate - Professor of Medicine.

Dr. Houston is triple board certified with certifications by the American Board of Internal Medicine (1977), the American Society of Hypertension (ASH) as a specialist in clinical hypertension (SCH) (2000), and the American Board of Anti-Aging Medicine (ABAAM) (2003). In addition to his medical degrees, he also holds a Master of Science degree in clinical human nutrition from the University of Bridgeport, Connecticut (2003).

Dr. Houston is on the Consulting Editorial Board or is a consulting reviewer for over 20 major US medical journals. Also, he serves as a member of the Editorial Board and Chair of the Medical Advisory Board of the American Nutraceutical Association (ANA), Editor-in-Chief for the Journal of the American Nutraceutical Association (JANA), and member of the Trust and Executive Board for the Consortium of Southeastern Hypertension Control (COSEHC). Dr. Houston has presented over 7,000 lectures on hypertension nationally and internationally, published over 150 articles and scientific abstracts in peer reviewed medical journals as well as textbook chapters, handbooks and films. He has also completed over 70 clinical research studies in hypertension, hyperlipidemia and cardiovascular disease. Best-selling books that he has written include The Handbook of Antihypertensive Therapy, Vascular Biology for the Clinician and What Your Doctor Does Not Tell You About Hypertension: The Revolutionary Nutrition and Lifestyle Program to Help Fight High Blood Pressure (Time Warner Books).

Dr. Houston was elected as a Fellow in the American College of Physicians in 1984 (FACP), Fellow of the National Council on High Blood Pressure, Fellow of the American Heart Association (FAHA) and is a member of numerous medical societies. He specializes in hypertension, lipid disorders, prevention and treatment of cardiovascular diseases, nutrition, clinical age management and general internal medicine with an active clinical and research practice in addition to his teaching responsibilities for Vanderbilt medical students, interns and residents.

He is presently Associate Clinical Professor of Medicine at Vanderbilt University School of Medicine and Director of the Hypertension Institute, Vascular Biology and the Life Extension Institute. In addition to being Hypertension Institute's Director, he is also Section Chief of the Division of Nutrition and Director of CME. Dr. Houston is also a staff physician at Saint Thomas Medical Group and the Vascular Institute of Saint Thomas Hospital in Nashville, Tennessee.