

Mark Houston, MD, MS, FACP FAHA

Nonpharmacologic treatment of dyslipidemia: An evidence based approach

Disclosure Statement:

Mark Houston, MD has indicated he is a consultant for Biotics Research and Designs for Health.

About the lecture:

The pathophysiology of dyslipidemia will be discussed with with emphasis on the new scientific studies on the role of lipids in coronary heart disease and vascular disease. The role of expanded lipid profiles will review the importance of utilizing this diagnostic test to determine vascular risk and need for treatment based on lipid particle number, type and size. Treatment options evaluating evidence based medicine for nutrition, nutraceuticals, weight management, exercise and drugs will be discussed in detail. Practical information on the correct clinical approach to evaluation and treatment of dyslipidemia will be summarized.

About Dr. Houston:

Mark Houston MD, MS, ABAAM, FACP, FAHA is Associate Clinical Professor of Medicine at Vanderbilt University School of Medicine and Director of the Hypertension Institute in Nashville, TN. He is triple board Certified in Internal Medicine, Hypertension and Anti-aging Medicine. He has a Masters of Science degree in Human Nutrition. He has published 5 books and over 170 medical articles. Dr Houston is Editor in Chief of JANA.