

Dr. Ramin Manshadi, MD, FACC, FSCAI, FAHA, FACP is an Interventional Cardiologist who treats patients from prevention to intervention. He is a CMA (California Medical Association) member since 2001. He is a Board-Certified physician with the American Board of Interventional Cardiology, American Board of Cardiology. He combines private practice with Academic Medicine. Presently, he serves as Associate Clinical Professor at UC Davis Medical Center and as Clinical Professor at University of the Pacific among other positions. In addition, he is the Chair of Media Relations for American College of Cardiology, California Chapter.

The multi-faceted physician is licensed and certified in nuclear medicine, a subspecialty of radiology. In this regard, he is a member of the American Board of Nuclear Cardiology.

It is noteworthy to mention that in his practice, he likes to use innovative tests. For instance, he was the first cardiologist in Stockton to offer MTWA (Microvolt T-wave alternans) and one of the first to provide CVP (Cardiovascular profiling). The MTWA test helps identify the risk of life-threatening heart rhythm problems that can lead to sudden cardiac death. CVP is used to assess a patient's cardiovascular health, and determines their risk for blockages in the arteries and/or heart attack. In addition, Dr. Manshadi is known to offer state-of-the-art interventional procedures that are excellent alternatives to open-heart surgery and carotid artery surgery, which are long-proven and highly successful. The competencies of Dr. Manshadi in his intervention include cardiac catheterization, coronary artery stenting, renal artery stenting, iliac stenting, drug-eluting stents, balloon angioplasty, pacemaker implantation and defibrillator implantation. Dr. Manshadi performs interventional procedures — the majority of which are done on an outpatient basis — at St. Joseph's Hospital and Dameron Hospital.

The physician is also known for his expertise in athletic heart evaluation. He has provided outstanding care to more than 10,000 patients in and around Stockton. Dr. Manshadi intends to continue researching the latest advances in cardiology in order to provide the highest level of care possible.

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Dr. Manshadi is open to the world. He speaks several languages: English, Spanish & Persian. Being multilingual is definitely a great asset for his practice. Moreover, he has a website <http://www.drmanshadi.com/> which gives an innovative worldwide platform to share his expertise. The internauts can also connect with him via social media such as Facebook and Twitter. In addition, Dr. Manshadi has his blog and he is on LinkedIn.

Heart disease, also known as cardiovascular disease, is the leading cause of death in the U.S., accounting for more than 900,000 deaths per year¹. Heart disease includes coronary heart disease (heart attack or angina), congestive heart failure, stroke and high blood pressure. Dr. Manshadi has written *The Wisdom of Heart Health: Attaining a Healthy and Robust Heart in Today's Modern World*. The physician uses his expertise in his book to educate all interested in improving their health. Prominent people have endorsed Dr. Manshadi's book, such as Dr. Brindis, the President of American College of Cardiology; Dr. Wiley, the President and CEO of St. Joseph's Medical Center, and others. The book comprises a wide range of important topics related to heart health.

The Wisdom of the Heart Health

is a guide and an eye opener which provides thorough information about heart functions and the best ways to take care of it. Thus, the book covers important themes, such as congestive heart failure, cholesterol, females and heart disease (the overmuch mortality of females due to cardiac arrest became a feminist cause endorsed by the singer Barbara Streisand), the different myths about heart health, the signs and symptoms of a sick heart, the strong connection between diabetes, gum disease, arthritis and heart health, etc. This health book penned for the public is structured in 46 short chapters that comprise different topics (aforementioned) in heart health from women and heart disease to the effect of stress and the maladies of the heart. It must be emphasized that Dr. Manshadi is a man of action and not just a man of words. He has generously pledged proceeds from his book to help purchase automated external defibrillators (AEDs) for placement in schools throughout California. This project is a partnership with St. Joseph's Hospital. If he creates other alliances in the future, he hopes to implement this project nationwide in every school.

Incidentally, I am an avid reader, and when I had *The Wisdom of Heart Health* in my hands it is seldom that I observed such reactions (compared to other books that I read) from several individuals: I saw strangers looking at the book with a smile. It is as though they could feel Dr. Mashandi's genuine empathy for his patients and they sense that this physician truly cares to share his expertise with the public.

To summarize, *The Wisdom of Heart Health* is an important book. What makes the book unique is the thoroughly researched chapter regarding the heart pathologies among females. Wrongly

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thought of as a man's issue, heart disease is just as common in women and deadlier. What is also interesting in the book is the fact it covers many subjects which can affect health, such as stress in several areas of life (conflicts in couples, work, the speed of modern life with all the new technologies, etc.) and advice on how to diminish them. Hence, it goes beyond the medical field and Dr. Manshadi uses a bio-psychosocial approach.

Throughout his career, Dr. Manshadi has received numerous awards from reputable organizations, including Consumers Research, which classed him among America's Top Doctors. In 2007, he was voted "America's Top Interventional Cardiologist" by Castle Connelly, Ltd. For 2006-2007 he was named "America's Top Cardiologist" by the Consumers Research Council, and in 2008 "Future leader Award" by the American College of Cardiology. Furthermore, Dr. Manshadi became the first recipient of the San Joaquin Medical Society's Young Physician of the Year Award in June 2010, and last year he was named "2011 Top Cardiologist" by U.S. News & World Report. Dr. Manshadi has also been interviewed by the media including Fox News.

On a more personal level, when he isn't at the office, Dr. Manshadi enjoys spending quality time with his wife and their three children. The physician stays active by doing sports with his kids. Moreover, he enjoys playing golf and tennis. He also swims.

Mega Diversities had the pleasure to speak to Dr. Manshadi last spring.

[The Wisdom of Heart Health is part of our Top 20 Books for Summer 2012: http://megadiversities.com/index.php?option=com_content

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Exclusive Interview With One Of The Top Cardiologists In The U.S.: Dr. Manshadi MD

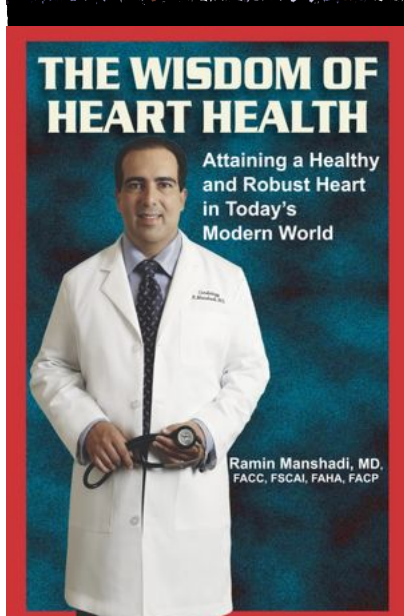
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Attaining a Healthy and Robust Heart in Today's Modern World

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