

Osher Lifelong Learning Institute-Delaware
University of Delaware, Wilmington Campus
Course Proposal
Fall Semester 2024

Course Title:

Bless Your Heart: Understanding and Mitigating the Risk for Heart Disease

Course Format:

In-Person Weekly Lectures and Discussion

Course Duration:

5 Weekly Lectures

Instructor:

Hisham M.F. Sherif, MD, PhD
FACS, FACC, FAHA

Course Content:

Week 1: Check Engine Light: Evaluating Heart Health.

A discussion of the basic strategies for clinical evaluation, risk assessment and formulating a preventive plan to reduce risk for adverse cardiovascular outcomes.

Week 2: The Mind Job: Reducing Stroke Risk

An overview of the types of cardiovascular accidents, their risk factors, the specific at-risk populations, significant warning signs and the basic strategy to reduce the mortality and morbidity risk.

Week 3: A recipe for Disaster: Diet, Nutrition and Cardiovascular Health. An evidence-based discussion of the role of food and nutrition security in promoting cardiovascular health, with focus on specific macro- and micro-nutrients. Includes discussion about various myths and misconceptions in this area.

Week 4: Walk It Off: Exercise and Heart Health

A discussion about the physiologic basis for the benefits of physical activity and exercise form cardiovascular health. Includes the latest guidelines-based recommendations and cautions for exercise regimens for different populations.

Week 5: it's My Life: Lifestyle Modifications

An overview of the definition of stress, its different types, the physiologic responses and their

impact on cardiovascular health and the genesis of disease. Includes guidelines-based recommendations about strategies to reduce physical and mental stress.