

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

Course Title:

Heart Breakers: Understanding the Basis 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: Cardiovascular Health: An Overview.

A discussion of the basic anatomy and physiology of the normal cardiovascular system.

Week 2: Hearts On Fire: The Inflammatory Process

An overview of the body's immune system, various types of inflammatory response to harmful stimuli and their implications on cardiovascular health and disease process.

Week 3: The X-Files: The Metabolic Syndrome

A brief history and overview of the cardiometabolic syndrome, its components, their root causes and their effect on cardiovascular disease genesis and progression.

Week 4: Killing Me Softly: Hypertension

A discussion. About the anatomic and physiologic basis for high blood pressure, its causes and progression, its effects and risks for mortality and morbidity.

Week 5: Heart Ache: Coronary Artery disease

An overview of the risk factors, genesis, progression, clinical presentation, diagnosis and treatment of coronary artery disease.