



South Asian Translational Heart Initiative (SSATHI)

Did You Know?

- South Asians have the highest rate of hospitalization in California for coronary artery disease—four times higher than any other ethnic population.
- 25% of heart attacks in the South Asian population occur under age 40, and 50% occur under age 50
- South Asians develop coronary artery disease up to 10 years earlier than the general population, on average
- There is a 40% higher mortality after a heart attack among South Asians than in the average population
- By 2020, South Asians will comprise 25% of the world's population, but will suffer more than 50% of the world's cardiovascular deaths, according to a World Health Organization report

About SSATHI

The Stanford South Asian Translational Heart Initiative is the first Cardiology Clinic dedicated to the detection and long-term management of heart disease risk among people from India, Pakistan, Bangladesh, Nepal, Bhutan, Maldives, and Sri Lanka. SSATHI's team of Clinicians and Cardiologists offer comprehensive heart risk assessment, clinical and lifestyle intervention, aggressive risk reduction, integrated clinical care at Stanford, and groundbreaking research into this understudied epidemic.

With multiple convenient locations around the Bay Area, our goal is to help you understand your health risks and give you the tools you need to prevent heart disease for yourself and your family members. SSATHI provides a series of visits for our patients.

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The Team

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Many patients can also take advantage of video visits and see their doctor through the CardioClick tele-medicine program, thereby minimizing travel time to the clinic.

Visit 1: Intake. Understand risk and treat active disease based on full medical history, labs, and tests.

Visit 2: Treatment planning and research overview. Develop a clinical and lifestyle intervention plan with a cardiologist, lifestyle interventionist and other specialists. Learn about promising clinical trials open to patients.

Visit 3: clinical and research review, long-term risk reduction. Review patient clinical progress in risk reduction; receive a personalized risk profile; form a long-term risk reduction care plan.

Help Us Solve the Mystery

In addition to clinical care, SSATHI has a robust research effort underway to uncover the underlying causes of increased heart disease risk in people of South Asian heritage. You have the opportunity to participate in several clinical trials aimed at developing reliable ways to predict and treat people who are at the highest risk of developing heart disease—and to prevent it from occurring.

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