South Asian Heart Center

A leader in the prevention of heart disease and diabetes

South Asia's Twin Epidemics

60% Tratatat

Global burden of coronary artery disease (3 of 5 in 2010)

50% **†††††**††††

Global burden of diabetes (1 of 2 by 2030)

Programs and Services

STRUCTURED LIFESTYLE PLATFORM

10,000

Participants from 38 U.S. states and 6 countries screened, educated, coached, and followed up



Prevention

- AIM to Prevent™
- STOP-DTM
- SlimFIT™
- AIM to New Beginnings™

SCREENING, EDUCATION & COACHING

Sweet Success

Recognitions:

Full Plus National Diabetes Prevention Program Recognition for STOP-D



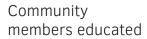


Recognized AIM to Prevent as Community Strategy in Guidelines on Evaluation and Treatment

Community and Physician Engagement

95,000

Meditation





3,000

Volunteers and donors engaged



500+

Center-trained, affiliated physicians refer their patients



Improving the Health of the Community

60% Improved Behaviors

Participants increased vegetable consumption and physical activity



7 of 10 Improved Biomarkers

Participants improved HbA1c, 64% their cholesterol ratio, and 68% lost weight

98.7% Event Free Survival



Participants avoided adverse heartrelated events over a 6-year follow-up



Our mission is to reduce the high incidence of diabetes and heart attacks with culturally tailored, science-based and lifestyle-focused services.