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**Michael F. Richman, M.D., F.A.C.S., F.C.C.P is a  
Heart Surgeon on a Mission to Inform the Public and  
Correct the Many Myths Surrounding Heart Disease**

LOS ANGELES, CALIFORNIA -March 3, 2010 – “While medical science has made great advances in terms of developing medicines and technology to protect us from heart attacks and heart disease,” explains the cardiothoracic surgeon and WebMD cholesterol expert, “a number of lingering misconceptions may mean cardiac danger for you and your family members.” Dr. Richman is also Medical Director of the Los Angeles-based Center for Cholesterol Management.

Dr. Richman is on a mission to help clear up those misconceptions by reaching millions of Americans through local and national television and radio interviews, blogging for WebMD, participating on the White House Committee for Health Care Reform and leading webinars at leading medical schools including his alma mater, Georgetown University.

In February 2010 during National Heart Health Month, Dr. Richman fielded questions from reporters and viewers on 15 television newscasts and two nationally syndicated programs, reaching millions of viewers throughout the United States.

“I love sharing information with people who want to make a healthier life for themselves and their family. Many of my patients tell me that it’s odd to hear a heart surgeon say, ‘I want to keep you out of the operating room!’ Knowledge is power. Too many of us suffer from dangerous myths about heart disease and heart health. My mission is to give you the right information so you can make informed and healthy decisions.”

Dr. Richman regularly speaks on these three main topics:

**Low Cholesterol Can Still Be Dangerous:** “Just because you have a good cholesterol number, that doesn’t mean you’re at a low risk for a heart attack. The Centers for Disease Control state; 50% of people who have heart attacks had “normal” cholesterol numbers. If 50% of the population is being missed, I believe there is a better way of testing heart health risks. A diagnostic test called the NMR LipoProfile test is a better indicator of heart disease and heart risk. It measures the number of particles (lipoproteins) that carry cholesterol through the body. The greater the number, the more likely the artery will get clogged. I compare it to a traffic jam that is caused by too many cars on the road – not by a higher number of passengers (representing cholesterol) in fewer cars. You should ask your physician about this test, or visit my website for more information [www.lipidcenter.com](http://www.lipidcenter.com) or go to the National Lipid Association, [www.lipid.org](http://www.lipid.org).”

**Men and Women Exhibit Different Symptoms of Heart Disease.** “Not everyone has the same symptoms of a heart attack. For some it is pain radiating down the arm or a feeling of intense pressure on your chest – like someone is sitting on it. But for women, the warning signs may be very different. There may be nausea or vomiting. There may be a burning sensation like heartburn that won’t go away. There may even be neck or ear pain. If you experience anything like this that is out of the ordinary, you owe it to yourself to get it checked out.”

**People who wait, Die.** “The last of the big three misconceptions is that you should wait out the symptoms. We find that although most women are quick to get help for their spouse who might be exhibiting heart attack symptoms, they delay seeking help for themselves. Women are much more reluctant to call an ambulance, seek medical help immediately or tell the EMT professional that they think it could be a heart attack. For every minute an area of the heart is starved for oxygen, part of the heart tissue dies and the damage to that tissue can never be repaired. My advice is to act promptly. You only have one heart.”

Dr. Richman is a frequent guest on the The Dennis Prager Show, a nationally syndicated radio program and is a frequent guest on local Los Angeles health programs, including Southern California Life and ABC-7. He is the Cholesterol Medical Expert on WebMD, hosting a question and answer forum and blog on cholesterol and heart health.

Dr. Richman is available as a speaker for consumer education seminars and recently published a new clinical guideline handbook for physicians, along with noted two noted clinical Lipidologists titled “Lipid and Lipoprotein Disorders: Current Clinical Solutions.

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