

## A Heart Health message from our experts

In honor of Heart Health month, we asked our Marin-Sonoma Cardiology leaders why heart health is important to them. Here's what they had to say.



*“Heart disease is so common that it touches every one of us, either personally, via a family member or in the community. By practicing in a scientific method in partnership with the American Heart Association, we work to both prevent and treat heart disease. Our aim is to allow the individual, the family and the community to thrive and live productive, fulfilling lives”*

**Jitesh Vasadia, MD**

Chair, Cardiology

Kaiser Permanente Northern California

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*“Heart disease doesn’t spare any race, gender or socio-economic status. Having access to heart-healthy food sources, engaging in active lifestyles and having a clean environment to live in are key to keeping the hearts of our communities strong.”*

**Gagandeep Sandhu, MD**

Chief of Cardiology

Kaiser Permanente San Rafael

