

The goal of preventive cardiology is to modify life style and medication of patients and

the publics with or at risk for cardiovascular diseases. Optimizing blood sugar, blood pressure, diet, exercise, hypercholesterolemia, smoking cessation are keys to prevent the adverse cardiac diseases. Additionally, spiritual management and alternative medicine offer the success of preventive cardiology, i.e., Yee-Kong, Yoga, etc.



We also aim to target the public by offering public activity including world heart day activity and health education.