Prevention Services

At Mount Sinai Heart, our physicians know early detection of risk factors is key to the prevention and management of heart disease. Simple lifestyle changes can have a tremendous impact on heart health. Our top cardiologists provide the New York Metropolitan area’s most comprehensive diagnostic assessment, and proactive treatment options using revolutionary technology. Our physician scientists are pioneers in research designed to treat heart disease and prevent its occurrence.

Risk factors:
1. High blood pressure (hypertension)
2. High LDL cholesterol (“bad” cholesterol)
3. Low HDL cholesterol (“good” cholesterol)
4. Diabetes or insulin resistance
5. Cigarette smoking
6. Family history of premature atherosclerosis, including heart attack or stroke
7. Depression and social isolation
8. Excess weight or obesity
9. Inactivity
10. Diet low in fruits and vegetables
11. Alcoholism
12. Abnormal electrocardiogram (ECG) results

Heart-Healthy Lifestyle Programs

Mount Sinai Heart sponsors several programs to promote heart-healthy living and prevent cardiovascular disease.

1. Urban Community Program
2. Martha Stewart Center for Living
3. Community Education and Outreach
4. International Complex Care Program

Partnering With Your Cardiologist

At Mount Sinai Heart, the doctor-patient relationship is key to treating and preventing cardiovascular disease. Our physicians carefully weigh every option, taking into consideration the physical, emotional, cultural, and social elements of our patients’ backgrounds. Doctors regard each patient as a person, not just a heart disease case.

Mount Sinai Heart has an extensive roster of experienced cardiologists with a wide variety of specialties. As a full-service academic heart center, we have everything under one roof: a world-renowned imaging center, subspecialists who focus on specific conditions, support services for families, and patient after-care.

The Lauder Family Cardiovascular Ambulatory Center

The Lauder Family Cardiovascular Ambulatory Center of Mount Sinai Heart offers one-stop personalized comprehensive cardiovascular care.

About Us

The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai Heart offers one-stop personalized comprehensive cardiovascular care.

At Mount Sinai Heart, our physicians know early detection of risk factors is key to the prevention and management of heart disease. Simple lifestyle changes can have a tremendous impact on heart health. Our top cardiologists provide the New York Metropolitan area’s most comprehensive diagnostic assessment, and proactive treatment options using revolutionary technology. Our physician scientists are pioneers in research designed to treat heart disease and prevent its occurrence.

Risk factors:
1. High blood pressure (hypertension)
2. High LDL cholesterol (“bad” cholesterol)
3. Low HDL cholesterol (“good” cholesterol)
4. Diabetes or insulin resistance
5. Cigarette smoking
6. Family history of premature atherosclerosis, including heart attack or stroke
7. Depression and social isolation
8. Excess weight or obesity
9. Inactivity
10. Diet low in fruits and vegetables
11. Alcoholism
12. Abnormal electrocardiogram (ECG) results

Heart-Healthy Lifestyle Programs

Mount Sinai Heart sponsors several programs to promote heart-healthy living and prevent cardiovascular disease.

1. Urban Community Program
2. Martha Stewart Center for Living
3. Community Education and Outreach
4. International Complex Care Program

Partnering With Your Cardiologist

At Mount Sinai Heart, the doctor-patient relationship is key to treating and preventing cardiovascular disease. Our physicians carefully weigh every option, taking into consideration the physical, emotional, cultural, and social elements of our patients’ backgrounds. Doctors regard each patient as a person, not just a heart disease case.

Mount Sinai Heart has an extensive roster of experienced cardiologists with a wide variety of specialties. As a full-service academic heart center, we have everything under one roof: a world-renowned imaging center, subspecialists who focus on specific conditions, support services for families, and patient after-care.

The Lauder Family Cardiovascular Ambulatory Center

The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai Heart offers one-stop personalized comprehensive cardiovascular care.

About Us

The Lauder Family Cardiovascular Ambulatory Center at Mount Sinai Heart offers one-stop personalized comprehensive cardiovascular care.

At Mount Sinai Heart, our physicians know early detection of risk factors is key to the prevention and management of heart disease. Simple lifestyle changes can have a tremendous impact on heart health. Our top cardiologists provide the New York Metropolitan area’s most comprehensive diagnostic assessment, and proactive treatment options using revolutionary technology. Our physician scientists are pioneers in research designed to treat heart disease and prevent its occurrence.

Risk factors:
1. High blood pressure (hypertension)
2. High LDL cholesterol (“bad” cholesterol)
3. Low HDL cholesterol (“good” cholesterol)
4. Diabetes or insulin resistance
5. Cigarette smoking
6. Family history of premature atherosclerosis, including heart attack or stroke
7. Depression and social isolation
8. Excess weight or obesity
9. Inactivity
10. Diet low in fruits and vegetables
11. Alcoholism
12. Abnormal electrocardiogram (ECG) results

Heart-Healthy Lifestyle Programs

Mount Sinai Heart sponsors several programs to promote heart-healthy living and prevent cardiovascular disease.

1. Urban Community Program
2. Martha Stewart Center for Living
3. Community Education and Outreach
4. International Complex Care Program

Partnering With Your Cardiologist

At Mount Sinai Heart, the doctor-patient relationship is key to treating and preventing cardiovascular disease. Our physicians carefully weigh every option, taking into consideration the physical, emotional, cultural, and social elements of our patients’ backgrounds. Doctors regard each patient as a person, not just a heart disease case.

Mount Sinai Heart has an extensive roster of experienced cardiologists with a wide variety of specialties. As a full-service academic heart center, we have everything under one roof: a world-renowned imaging center, subspecialists who focus on specific conditions, support services for families, and patient after-care.

The Lauder Family Cardiovascular Ambulatory Center
Mount Sinai Heart is at the forefront of groundbreaking cardiovascular care and research. Our researchers and physicians are committed to developing and utilizing the safest, minimally invasive therapies treating the ‘whole’ person, not just the disease or condition.

Coronary artery disease (CAD) is not only the most common type of heart disease, it’s also the leading cause of death worldwide. CAD occurs when the cells lining the arteries are damaged from plaques accumulating on the vessel walls. This buildup of plaques hardens and narrows the arteries (a condition called atherosclerosis), restricting blood flow and increasing the strain on your heart. The end result may be a heart attack.

To maintain heart health, our interdisciplinary team considers a series of factors as they determine your method of treatment. These factors may involve lifestyle changes, medications, and in more advanced cases, surgery and rehabilitation.

Factors that determine your course of treatment for heart disease include:
- Overall health
- Age
- Progression of the disease
- Risk factors
- Patient preferences
- Prognosis

At The Lauder Family Cardiovascular Ambulatory Center, our services include:
- Anticoagulation (blood thinner medication)
- Arrhythmias
- Cardiovascular disease
- Coronary artery disease
- Diabetes mellitus
- Heart disease
- Heart valve disease
- High cholesterol
- Holter Monitoring
- Hypertension

Treatment options may include:
- Medications
- Ablation
- Implantable Cardioverter Defibrillator (ICD)
- Cardiac Resynchronization Therapy (CRT)
- Cardiac Catheterization
- Percutaneous Coronary Intervention (PCI)
- Coronary Artery Bypass Graft (CABG)
- Left Ventricular Assist Device (LVAD)
- Total Artificial Heart Implantation
- Heart Transplantation

Heart transplantation is a lifesaving treatment option for patients facing end-stage congestive heart failure. Organ transplant is used for patients with severe congestive heart failure who have exhausted all other viable therapeutic interventions, as well as systemic options.

Heart failure is a progressive disease that originates in the heart. It affects nearly one in five new heart attack patients within five years. Our multidisciplinary team works closely with patients to identify and treat potential risk factors. This often requires a comprehensive approach to diagnosis and treatment.

Our cardiologists and heart transplant surgeons are leaders in the field and are committed to providing the best possible care for all stages of heart failure.

Mount Sinai is one of the few medical centers in the country with dedicated expertise in vascular medicine. Our vascular specialists focus on the diagnosis and comprehensive care of patients with vascular diseases, including the latest medical therapies and endovascular angioplasty and stenting technologies.

Our team is committed to providing the most advanced treatments and interventions for patients with vascular conditions. We use the latest surgical and endovascular techniques to provide the best possible care for our patients.

Meet Our Team:
- Joseph M. Sweeny, MD: Medical Director, The Lauder Family Cardiovascular Ambulatory Center
- Haydee Garcia, NP: Nursing Director, The Lauder Family Cardiovascular Ambulatory Center
- Valentin Fuster, MD, PhD: Director of Mount Sinai Heart, Physician-in-Chief, The Mount Sinai Hospital
- Arvind M. Bessy, MD: Medical Director, The Lauder Family Cardiovascular Ambulatory Center
- Joseph C. Gentzis, MD: Making Director, The Lauder Family Cardiovascular Ambulatory Center