

## South Asian Translational Heart Initiative (SSATHI)



### DID YOU KNOW?

- South Asians have the highest rate of hospitalization in California for coronary artery disease—four times higher than any other ethnic population.
- 25% of heart attacks in the South Asian population occur under age 40, and 50% occur under age 50.
- South Asians develop coronary artery disease up to 10 years earlier than the general population, on average.
- There is a 40% higher mortality after a heart attack among South Asians than in the average population.
- By 2020, South Asians will comprise 25% of the world's population, but will suffer more than 50% of the world's cardiovascular deaths, according to a WHO report.

### ABOUT SSATHI

The Stanford South Asian Translational Heart Initiative is the first Cardiology Clinic dedicated to the detection and long-term management of heart disease risk among people from India, Pakistan, Bangladesh, Nepal, Bhutan, Maldives, and Sri Lanka. SSATHI's team of Cardiologists and Dietitians offer comprehensive heart risk assessment followed by aggressive risk reduction, integrated clinical care at Stanford, recognized as the #1 Heart Hospital in Northern California<sup>1</sup>, and groundbreaking research into this under-studied epidemic.

Our goal is to help you understand your health risks and give you the tools you need to prevent heart disease for yourself and your family members. SSATHI provides a series of visits for our patients.

### Stanford Health Care

300 Pasteur Drive  
Boswell Building, A260  
Stanford, CA 94305  
tel: 650.723.6459  
email: [ssathiclinic@stanford.edu](mailto:ssathiclinic@stanford.edu)

### Stanford Health Center, Portola Valley

3240 Alpine Road  
Portola Valley, CA 94028

### Stanford Health Center, Santa Clara

2518 Mission College Boulevard, Suite 101  
Santa Clara, CA 95054

### Website

[stanfordhealthcare.org/ssathi](http://stanfordhealthcare.org/ssathi)

### The Team

Rajesh Dash, MD, PhD  
*Cardiologist*  
*Medical Director, SSATHI*

Fahim Abbasi, MD  
*Internist*

**Visit 1: Intake.** Understand risk and treat active disease based on full medical history, labs, and tests.

**Visit 2: Treatment planning and research overview.** Develop a plan with a cardiologist, nutritionist, and other specialists. Learn about promising clinical trials open to patients.

**Visit 3: clinical and research review, long-term risk reduction.** Review patient progress in risk reduction; receive a personalized risk profile; form a long-term risk reduction care plan.

#### HELP US SOLVE THE MYSTERY

In addition to clinical care, SSATHI has a robust research effort underway to uncover the underlying causes of increased heart disease risk in people of South Asian heritage. You have the opportunity to participate in several clinical trials aimed at developing reliable ways to predict and treat people who are at the highest risk of developing heart disease—and to prevent it from occurring.

Monica Divakaruni, MD  
*Cardiologist*

Abha Khandelwal, MD  
*Cardiologist*

Shriram Nallamshetty, MD  
*Cardiologist*

Ranjan Ray, MD, PhD  
*Cardiologist*

Prajakta Ranade, RD  
*Dietitian*