

Ticker Talker

The Mended Hearts, Inc. SOC

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Heart Trouble, Forecast and Solutions—Dr. Kenneth Howayeck



Dr. Howayeck is a natural teacher. Topics covered in Dr. Howayeck's programs often include various cardiovascular conditions that are of great importance to many. His personal teaching style seeks to target complex topics and make them more visual, engaging, and much more meaningful to the average individual. His emphasis of focus will typically be placed on advanced forecasting of one's cardiovascular risk, and ultimately toward granting an appropriate level of personal empowerment that is not often outlined--as one that clarifies well an idealized lifestyle designed to help mitigate one's risks. Dr. Howayeck provides Advanced Healthy Heart Assessment counselings at four local *Little Company of Mary* acute care facilities

within the *Providence Hospital* system. Two of these settings reside within that hospital's Cardiac Outpatient Department, the other two being Urgent Care Center-based. Dr. Ken often lectures on Metabolic Syndrome, Diabetes II, and the Healthy Heart. While constantly promoting optimal, personal self-empowerment to his patients whenever applicable, his self-help books have clearly delineated where lifestyle and personal self-care stops, and where medical care must then begin. Dr. Howayeck retains his status as Clinical Assistant Professor of Surgery at the University of Hawaii School of Medicine. He ended his practice in 2006 as a Board Certified Foot and Ankle Surgeon and Surgical Fellowship Director/Instructor, having completed 22 years of private practice--thus achieving his longstanding dream to finally pursue his love for public health education. He has designed interesting cardiovascular teaching tools over the years that include physical props, as well as certain materials and concepts seen to be quite unique to the industry. As illustrated through his public lectures, and through his popular, live, call-in radio show of years past, Dr. Howayeck clearly enjoys teaching and--even better--effectively conveying what he feels is *truly* important for one to know about their own health.

*Don't forget the program starts at 7:00 pm, Wednesday
October 19th at the Conference Center.*

*Come early for a seat as the program is always very popular
and the public is invited. Refreshments start at 6:30 pm.*

Location:

**Mission Hospital Conference Center
26726 Crown Valley Parkway
Mission Viejo, CA**

FOR THE HEART PATIENT AND THEIR FAMILIES