



## Lunch Break Lecture: Cardiovascular Disease and Sudden Cardiac Death in Law Enforcement and Firefighting

*Dr. Stefanos N. Kales, MD, MPH, FACP, FACOEM*

*Associate Professor of Medicine, Harvard Medical School*

*Associate Professor and Director, Harvard School of Public Health*

**June 8, 2015 | 11:30am-1:00pm Brown Bag Lunch | 4225 Roosevelt Way Room 2228 (Fish Bowl)**

Bring your brown bag lunch and hear Dr. Kales discuss his primary research interests concerning health and cardiovascular disease (CVD) among public safety personnel. He will discuss how the causation of on-duty CVD events are often associated with the interaction of strenuous duties and underlying heart disease resulting from lifestyle factors. Learn how physical fitness testing and non-invasive imaging can be used as risk stratification tools. Translate CVD event epidemiology advances into improved public safety medicine clinical practice, including fitness for duty, return to work, and other clinical risk assessments.



Dr. Kales is the Chief of Occupational & Environmental Medicine and the Medical Director for Employee Health & Industrial Medicine at the Cambridge Health Alliance. His service research, funded by Massachusetts, NIOSH, FEMA R&D and Canadian grants, has been influential in determining the causal relationship of heart disease among firefighters and law enforcement officers to their job activities and other factors. His group published the first definitive statistical association of strenuous job tasks and on-duty cardiovascular deaths, with their seminal work appearing in the *New England Journal of Medicine* and the *British Medical Journal*. Dr. Kales' research efforts have influenced national thinking among occupational physicians regarding firefighters' fitness for duty, the need for improved wellness programs, better control of risk factors, and whether firefighters can safely return to work in the presence of significant coronary heart disease. Dr. Kales has received the Kehoe Award for Excellence in Education and Research in Occupational & Environmental Medicine by the ACOEM for this influential body of work.



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