

## Dr. Suzanne Steinbaum

Dr. Suzanne Steinbaum is an attending cardiologist and the Director of Women and Heart Disease of Lenox Hill Hospital in New York City. She has done fellowship training in both Preventive Cardiology and Cardiology. She is board certified in Internal Medicine and Cardiology, with a subspecialty in Prevention and Women and Heart disease. She was the Director of the Center for Cardiac and Pulmonary Health, for cardiac rehabilitation and lifestyle management at Beth Israel Medical Center in New York prior to joining Lenox Hill.

Dr. Steinbaum has devoted her career to the treatment of heart disease through early detection, education, and prevention. She has lectured nationally on topics of coronary artery disease, Women and Heart Disease, natural and alternative ways of treating heart disease and the prevention of heart disease. She is often cited in magazines and newspapers and is regularly seen on network news health segments for ABC, NBC and CBS as a leading consultant in the field of women and heart disease, preventive cardiology and topics of lifestyle management. She has been featured on *The Early Show*, *The Doctors*, *Good Morning America* and *20/20*. She has written on topics of cardiac prevention and nutrition has been quoted in many publications and magazines, such as *Self*, *Glamour*, *More*, *Fitness*, *The Wall Street Journal* and *Family Circle*.

She has lent her time in lecturing to multiple organizations around New York, including the United Federation of Teachers, the Hispanic Housing Society, Bloomberg, Sony, Fashion Group International, Bank of America, and other corporations. She is a published author in *Progresses in Cardiovascular Disease*, on "The Metabolic Syndrome: an emerging health epidemic in women." She has also helped to educate people of the prevention of heart disease through lifestyle modification by becoming the spokesperson for Minute Maid orange juice, and Kellogg's Smart Start and Guardian cereals in both the United States and Canada, and more recently has partnered with Canola Info to help educate on the benefits of healthy fats in a heart healthy diet. Her involvement with Mega Red Krill oil has also expanded her ability to help educate on the benefits of omega 3 fatty acids for heart disease prevention.

Her work in this field has enabled her to be on the grant review panel for the Office of Women's Health through the National Institute of Health, to provide funding for programs devoted to promoting Women and Heart Disease prevention throughout the United States. She also ventured to City Hall where she provided testimony to help pass an anti-Tobacco bill in New York State prohibiting the sale of flavored tobacco products to minors. She was also part of the team at Lobby Day in Albany to promote budget spending for Heart Health and obesity issues, including healthy food in the schools, for New York State.

Dr. Steinbaum is a consultant for *Bottom Line/Women's Health*, an on-line health journal, which brought her to television to speak about Women's health as

part of their series. She also consults for *The Journal for Alternative and Complementary Therapies*, and is part of their peer review team. Her interviews can be seen on [www.singlemindedwomen.com](http://www.singlemindedwomen.com) and regularly on [www.Healthday.com](http://www.Healthday.com). Her writing and perspectives on health and wellness can be seen in the magazine, *The Boulevard Long Island* ([www.boulevardli.com](http://www.boulevardli.com)) and [www.w2wlink.com](http://www.w2wlink.com), a website devoted to professional women.

She has lectured nationally from medical institutions, to insurance companies, from corporate wellness programs to intimate luncheons, from Sephora in New York City to Railey's in Sacramento, California. Besides her lecturing, and television segments, she can be seen on the online segments on Heart Disease in [www.Howdini.com](http://www.Howdini.com), where she is always sharing her knowledge and unique perspective. She has recently joined ABCnews.com's Healthy Living Segment as a regular contributor regarding topics of heart disease.

Dr. Steinbaum is Medical Director of the non-for-profit organization, Events of the Heart whose goal is to educate and empower women through the arts, incorporating cholesterol screening while reaching women through the celebrity performances of "The Angina Monologues". Dr. Steinbaum lends a unique perspective by guiding women in the pursuit of health by learning how to understand their issues and more effectively communicate their concerns to their physicians by taking control of their own health through education and lifestyle empowerment.

Dr. Steinbaum is a Fellow of the American College of Cardiology, is the recent past Medical Director for the Young Professionals division of the American Heart Association and is a National Spokesperson for the Go Red for Women campaign.

Her book, *It's Not in Your Head, It's in your Heart*, explains the importance of living from the heart to stay truly healthy, and will be released in February of 2013 through Penguin Publishers.

Her work and passions can be seen at [www.srsheart.com](http://www.srsheart.com). Proudly, she is the mother of a son, who knows exactly where his heart is.