

Dr. Budoff's "Mammogram for the Heart"



Matthew Budoff
Professor, Medicine

CURRENT RESEARCH

The most accurate measurement for detecting heart disease

For most people their first indication of heart disease is when they experience a heart attack or die unexpectedly. It is projected that 1/3 of Americans will die of heart disease. Additionally, women are more likely to die of heart disease than men, and ten times more likely to die from heart disease than from breast cancer. For this reason, preventative care and measurements that detect heart disease have become increasingly important. Dr. Matthew Budoff, of the University of California, Los Angeles has developed a method to detect early atherosclerosis - the hardening and narrowing of the arteries due to plaque buildup. This method will enable doctors to detect signs of a problem and treat patients before their first heart attack.

Dr. Budoff endorses preventative methods to reduce heart disease. Primarily he believes using a CT scan to detect cardiac calcium will help uncover early signs of heart disease in patients. By developing and validating a "mammogram of the heart," doctors can provide appropriate therapy, promote lifestyle and diet changes for patients, and prevent patients from suffering from a premature heart attack, stroke, or cardiac death. Dr. Budoff's lab is the only large lab looking at cardiac calcium scanning as a primary method to screen patients and show the true value of the test. His scan is therefore the most accurate measurement for detecting heart disease and could save millions of lives each year as an important preventative measure.

Dr. Budoff's current research includes:

- Continuing to validate methods to make the CT scan for heart disease an acceptable part of medicine. Validating their work to help understand how effective treatment...

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AFFILIATION



University of California, Los Angeles

EDUCATION

- M.D. in Medical Center 1990 ,George Washington University
- B.S. in Biology 1986 ,University of California, Riverside

AWARDS

- Best Abstract Award by Society of Cardiovascular Computed Tomography, 2013
- Best in American Medicine, 2013
- America's Top Doctors, 2012
- US News Top Doctors-Cardiology, 2011
- Simon Dack Award for Outstanding Scholarship, 2011

RESEARCH AREAS

Life Science, Cardiovascular, Cardiovascular

FUNDING REQUEST

Your contributions will help cover the cost of investigator and staff salaries, supplies, and provide necessary resources for analyzing the best methods to detect and treat early heart disease, using the CAT scanner, and contribute to raising public awareness for this epidemic that kills over one third of all Americans. Millions of lives can be saved if we can identify those patients at risk and institute therapy at the earliest stages, when treatments for heart attacks and strokes are most effective.

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