

Dr. Ramzan Zakir to be Featured on CUTV News Radio

NEW BRUNSWICK, NEW JERSEY, UNITED STATES, September 12, 2018 /EINPresswire.com/ -- Cardiovascular disease, including myocardial infarctions, stroke, and heart failure, remains the leading cause of death of millions of people over the world. Is it possible to combat this deadly disease and prevent the loss of so many lives? One exceptionally gifted doctor has helped thousands of people in his NJ clinic find relief from their suffering while making remarkable strides in his field that deserve the highest honor.

Dr. Ramzan Zakir is a widely sought after interventional cardiologist and owner and director of The Heart and Vascular Institute of Central Jersey.

Dr. Zakir was drawn to the sciences since early youth. After completing his residency at The University of Medicine and Dentistry of New Jersey, he decided to use his unique skills to further advance the field of interventional cardiology. Dr. Zakir's practice is now one of the most highly regarded in the country and he is able to skillfully perform procedures in an office based setting as opposed to the hospital.



"My specialty is complex cardiovascular intervention and determining the presence of blockages in my patient's arteries," says Dr. Zakir. "This includes individuals that have chest pain and heart attacks as well as patients that have pain when they walk and non-healing wounds. When people get blockages and also have a wound in one of their extremities they become dangerously at risk for an amputation. With our expert techniques we are able to establish blood flow and save patients from having to face amputation and prevent any further trauma."

Although the number of people that have lost their lives to cardiovascular disease is staggering, the fact is there are many ways it can be prevented. Risk factors include smoking, high cholesterol, and type 2 diabetes. Although genetics do play a significant role Dr. Zakir cautions that leading an unhealthy lifestyle will put individuals at an even higher risk for any type of cardiovascular disease.

"Living a healthy lifestyle is categorically essential to overall good health," says Dr. Zakir. "I highly recommend the Mediterranean diet which includes more fish and healthy fats like avocados and olive oil. Prevention of type 2 diabetes, making certain your cholesterol is where it should

be, and keeping your blood pressure low are all extremely effective.”

Furthermore, “A cornerstone of therapy is a group of medications called statins which can lower cholesterol and cause regression of blockages,” says Dr. Zakir.

Dr. Zakir has assisted a tremendous amount of patients who were unable to be helped by other doctors in the field. He successfully alleviated their severe pain and helped them once again regain quality of life. Dr. Zakir is extremely active in clinical research for complex coronary and endovascular interventions. He is also a reputable world-wide guest lecturer.

“The mission of our clinic is to continue to help as many patients as we possibly can,” says Dr. Zakir. “I strongly advise people that no matter how much we get caught up in our daily lives – it’s extremely critical to be mindful of taking the most optimal care of our bodies because prevention is always key.”

CUTV news will feature Dr. Ramzan Zakir in an interview with Jim Masters Wednesday September 12th at 12 Noon EST.

Listen to the show on [BlogTalkRadio](#).

If you have any questions for our guest, please call (347) 996-3389.

For more information about Dr. Ramzan Zakir, please visit www.njheartandvascular.com

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