



CARDIOSITY

— UNDERSTAND. EMPOWER. TAKE HEART. —



Simple explanations. Smarter questions. Stronger heart.

THE LANGUAGE OF MEDICINE. THE MINDSET OF CARDIOLOGY.

POWERED BY SILVERHEARTMD

A Patient Cardiology Education Program

Your Heart, Your Health, Your Education

40 HOURS • 14 COURSES • 40 SESSIONS

FREE PREVIEW: FIRST TWO SESSIONS

Email cardiosity@silverheartmd.com with subject line "CARDIOSITY" for the first two sessions of the High Blood Pressure course.

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What Is Cardiosity?

Cardiosity is a patient cardiology education program: a series of recorded video lectures delivered by me, designed to help you understand your own heart health in plain English.

I'm not trying to be your doctor. I don't know your history, your labs, or your imaging. But I am a cardiologist, and I know how frustrating it is when you've just been told you have heart failure, or AFib, or a leaky valve — and you can't get a call back for three weeks. So you turn to Google. You ask ChatGPT. You scroll through forums at 2 a.m.

The problem isn't that you're curious. The problem is that you have no way to sort the good information from the scary, outdated, or flat-out wrong information. That's where Cardiosity comes in.

How Cardiosity Works

Each course in this syllabus is a structured lecture series that I record and release as video and audio episodes. You can watch them, listen to them on a walk, or use the written companion guide as your workbook to follow along as I teach.

Every course has a matching written chapter that follows the lectures section by section, in the same order, with space to write down your own numbers, your questions, and what you want to change. The workbook is not a transcript. It's the part you keep.

I'll also be releasing short clips from these lectures on social media — small digestible nuggets of cardiology that lead you back to the full lecture whenever you want to go deeper. Think of the social clips as the preview; this syllabus, the recorded lectures, and the workbooks are the real course.

How to Use This Syllabus

- **Save it.** This is your map for the full lecture series — every course, every session, and what you'll learn in each one.
- **Use it as a workbook** while you listen or watch. Follow along, take notes, mark the topics that apply to you.
- **Bring questions from here** to your next doctor's appointment. Your visit will be more productive when you already know the vocabulary.
- **Share it** with family, friends, or anyone who just got a new heart diagnosis and feels lost.
- **Follow along on social media** for the preview clips — they'll direct you back to the full recorded lectures.

Cardiosity and Apex

Cardiosity is the education. **Apex** is what happens when you pair that education with actual clinical care: quarterly visits with me, a cardiac nurse who works your plan with you every week, home monitoring, and a phone number where a human answers. The full details are on page 24. You can use Cardiosity entirely on its own, and many people will. But the two were built to go together.

Free Preview

The first two sessions of Course 1 — High Blood Pressure — are yours for free.

Email cardiosity@silverheartmd.com with the subject line “CARDIOSITY” and I'll send them to you directly. You'll get the full recorded lectures for Sessions 1 and 2 plus the matching workbook pages, so you can see exactly what Cardiosity looks like before you decide whether to go further.

Course Catalog

#	COURSE	SESSIONS	HOURS
1	HIGH BLOOD PRESSURE FREE PREVIEW <i>The Silent Problem You Can Control</i>	4	4
2	HIGH CHOLESTEROL <i>Cleaning Up Your Arteries</i>	2	2
3	ATRIAL FIBRILLATION (AFib) <i>When Your Heart Beats Out of Rhythm</i>	4	4
4	HEART FAILURE <i>Strengthening a Tired Heart</i>	4	4
5	DIABETES & YOUR HEART <i>Protecting Your Heart When You Have Diabetes</i>	3	3
6	CORONARY ARTERY DISEASE <i>Living Well with Blocked Arteries</i>	3	3
7	OBESITY & YOUR HEART <i>How Healthy Weight Protects Your Heart</i>	2	2
8	HEART ATTACK RECOVERY <i>Healing, Getting Stronger & Preventing the Next One</i>	4	4
9	AORTIC STENOSIS <i>When a Heart Valve Gets Too Tight</i>	2	2
10	MITRAL REGURGITATION <i>When a Heart Valve Leaks</i>	2	2
11	AORTIC ANEURYSM <i>A Bulge in Your Body's Biggest Artery</i>	1	1
12	TACHYCARDIA <i>When Your Heart's Rhythm Speeds Up Improperly</i>	3	3
13	HEART BLOCK & SLOW HEART RHYTHMS <i>When Your Heart's Electrical Signals Slow Down</i>	3	3
14	PRE-OPERATIVE HEART RISK NEW <i>Getting Your Heart Ready for Surgery</i>	3	3
TOTAL		40	40

Course 14 is the newest addition to the syllabus, written for anyone facing an operation and wondering what their heart has to do with it.

COURSE 1: HIGH BLOOD PRESSURE

The Silent Problem You Can Control

4 hours • 4 sessions • written companion guide & workbook included

FREE PREVIEW — Sessions 1 & 2 available. Email cardiosity@silverheartmd.com with subject “CARDIOSITY”

High blood pressure is one of the most common and most treatable threats to your heart. The tricky part is that you usually can't feel it. In this course we'll break down what your numbers actually mean, how to measure them correctly at home, which lifestyle changes make the biggest difference, and how medications work to protect your heart and brain. You'll leave each session with practical steps you can start using right away. Everything here reflects the 2025 AHA/ACC high blood pressure guideline, which changed several things you would notice in your own care.

Session 1: What Do the Numbers Mean? (60 min)

- What blood pressure actually measures, and why it moves all day long.
- Your two numbers — the top number when your heart pumps and the bottom number when it rests between beats. We'll explain what each one tells us.
- What's normal, what's elevated, and what counts as Stage 1 and Stage 2 high blood pressure, using the 2025 categories.
- Why doctors call high blood pressure “the silent killer” — it damages your heart, brain, kidneys, and eyes without any warning signs, and newer evidence ties it to dementia risk as well.
- Primary vs. secondary high blood pressure: when there's an underlying cause worth hunting for.
- How your doctor figures out your personal risk over the next 10 years — including PREVENT, the newer risk calculator that replaced the old one.
- Setting your personal target, and why “under 130/80” is now the goal for nearly every adult.
- Family history and the risk factors you can and can't change.
- A reality check: nearly half of all American adults have high blood pressure, but only about 1 in 4 has it well controlled. You can be one of the ones who does.
- Six myths worth retiring, starting with “I'd feel it if my pressure were high.”

Session 2: How to Check Your Blood Pressure at Home (60 min)

- Why one reading in the doctor's office isn't enough — and why checking at home gives us a much better picture of your true blood pressure.
- Choosing the right home monitor: what to look for, what to avoid, and why the 2025 guideline cautions against relying on smartwatches and other cuffless devices.
- Cuff size, which is where most people go wrong. The wrong cuff can shift your reading by 10 to 15 points in either direction.
- Step-by-step instructions: how to sit, where to place the cuff, how long to rest before checking, and why you shouldn't talk during a reading.
- How often to measure and when — including the seven-day routine to run before any appointment where a medication decision is expected.
- “White coat” blood pressure (high only at the doctor's office) vs. “masked” blood pressure (normal at the office but high at home) — and why both matter.
- How to keep a blood pressure log and share it with your doctor, including newer home monitors that sync readings directly to an app.
- What to do when you get one high reading — and, just as importantly, what not to do.

Session 3: Lifestyle Changes That Really Work (60 min)

- The DASH eating plan: a way of eating proven in studies to lower blood pressure. We'll talk about real meals, not just rules.
- Salt matters more than you think — how much is too much, where hidden sodium hides, and simple swaps that make a big difference.
- Potassium, which the 2025 guideline emphasizes more than before — what to eat, and the one group of people who need to check with their doctor first.
- Moving your body: you don't need a gym membership. We'll talk about how much activity helps, what kinds count, and how to get started safely.
- Losing even a small amount of weight can lower your blood pressure — we'll talk about realistic, sustainable approaches, and where the newer GLP-1 medications fit in.
- Alcohol, smoking, stress, and sleep: how each one affects your blood pressure and what you can do about it — including why sleep apnea is one of the most common reasons pressure won't come down.
- The “Life's Essential 8” — a simple checklist from the American Heart Association to track your overall heart health.
- Building habits that hold: one change at a time, why 4 to 8 weeks matters, and what to do after a setback.
- A side-by-side table of what each change is actually worth in points of blood pressure.

Session 4: Medications, Monitoring & Staying on Track (60 min)

- The four main types of blood pressure medications, explained in plain language. Think of them as tools that relax blood vessels, reduce fluid, or slow the heart down gently.
- Combination pills: the guideline now recommends starting many people on two medications in one pill, so you have fewer pills to take and better results.
- Where beta-blockers actually belong, and why they're usually not the first choice for blood pressure alone.
- At what number does medication actually start? The 2025 guideline set clear thresholds, including a three-to-six-month lifestyle trial for some people and immediate treatment for others.
- When pressure won't come down: what resistant high blood pressure means, and the hormone disorder the 2025 guideline now says everyone in that situation should be screened for.
- Common side effects and what to do about them — plus why you should never stop a blood pressure pill without calling your doctor first.
- Special situations: pregnancy, kidney disease, diabetes, and older adults.
- When a high reading is an emergency and when it isn't.
- Staying on track: pill organizers, cost barriers, keeping a current medication list, and the over-the-counter products that quietly work against you.
- What's coming next: renal denervation, newer drug classes, and where cuffless monitoring is headed.
- Questions to bring to your next doctor's visit so you feel prepared and heard.
- Your action plan: putting it all together into a daily routine that fits your life.

Based on guidelines from:

- 2025 AHA/ACC Guideline for the Prevention, Detection, Evaluation and Management of High Blood Pressure in Adults
- 2025 High Blood Pressure Guideline-at-a-Glance (JACC)
- American Heart Association — Life's Essential 8
- AHA PREVENT Risk Equations (2024)

COURSE 2: HIGH CHOLESTEROL

Cleaning Up Your Arteries

2 hours • 2 sessions

Cholesterol is a waxy substance in your blood. Too much of the wrong kind builds up inside your arteries like grease in a pipe, which can lead to a heart attack or stroke. The good news? High cholesterol is very treatable. In this course, we'll help you understand your lab numbers, learn what you can do with diet and exercise, and make sense of the medications your doctor may recommend.

Session 1: Understanding Your Cholesterol Numbers (60 min)

- LDL ("bad" cholesterol) — this is the one that clogs your arteries. The lower, the better.
- HDL ("good" cholesterol) — think of it as the cleanup crew that helps remove bad cholesterol from your arteries.
- Triglycerides — another type of fat in your blood that raises your risk when it's too high.
- Lp(a) — a type of cholesterol particle you inherit from your parents. You can't change it with diet, but knowing your level helps your doctor plan the best treatment.
- ApoB — a newer blood test that counts the actual number of particles that can clog arteries, not just the weight of the cholesterol they carry.
- How your doctor estimates your risk of a heart attack or stroke over the next 10 to 30 years — and why this matters more than any single number.
- Family history and genetics: if heart disease or high cholesterol runs in your family, early testing and treatment are especially important.

Session 2: Lowering Your Cholesterol — Food, Exercise & Medications (60 min)

- Heart-healthy eating: focus on fruits, vegetables, whole grains, fish, nuts, and healthy oils. We'll keep it simple and practical.
- Statins: the most common and well-studied cholesterol-lowering medications. We'll explain how they work, why they're effective, and address common concerns.
- When statins aren't enough: additional medications like ezetimibe (Zetia), PCSK9 inhibitors such as evolocumab (Repatha) and alirocumab (Praluent), and inclisiran (Leqvio).
- Exercise, weight management, quitting smoking, and getting good sleep — each one helps your cholesterol and your overall heart health.
- Special situations: managing cholesterol if you also have diabetes, kidney disease, or other conditions.
- Setting your personal cholesterol goal with your doctor and tracking your progress.

Based on guidelines from:

- 2026 ACC/AHA Guideline on Cholesterol and Lipid Management
- American Heart Association — Understanding Cholesterol
- AHA Scientific Statement on Lipoprotein(a)

COURSE 3: ATRIAL FIBRILLATION (AFIB)

When Your Heart Beats Out of Rhythm

4 hours • 4 sessions

Your heart has its own electrical system that keeps it beating in a steady rhythm. In atrial fibrillation — or “AFib” — the upper chambers of the heart quiver chaotically instead of pumping smoothly. This can cause your heart to race, flutter, or skip beats. More importantly, AFib raises your risk of stroke. In this course, we'll explain what's happening inside your heart, how we reduce your stroke risk, what treatment options exist, and what you can do in your daily life to take control.

Session 1: What Is Atrial Fibrillation? (60 min)

- How your heart's electrical system normally works — like a conductor keeping an orchestra in time — and what goes wrong in AFib.
- The stages of AFib: from risk factors that haven't caused a problem yet, all the way to episodes that come and go, episodes that stick around, and permanent AFib.
- Symptoms: some people feel their heart racing or fluttering; others feel tired, dizzy, or short of breath; and some feel nothing at all.
- Who gets AFib: it's more common as you get older, and conditions like high blood pressure, obesity, sleep apnea, and heavy drinking raise your risk.
- Why AFib matters beyond the symptoms: the real danger is stroke, and we'll explain exactly why.

Session 2: Preventing Stroke — Blood Thinners Explained (60 min)

- Why AFib causes strokes: when the upper chambers quiver instead of squeezing, blood can pool and form clots. If a clot travels to the brain, that's a stroke.
- How we figure out your personal stroke risk: a simple scoring system that looks at your age, sex, blood pressure, diabetes, and stroke history.
- Blood thinners (anticoagulants): the newer pills like apixaban (Eliquis), rivaroxaban (Xarelto), and dabigatran (Pradaxa), plus the older one, warfarin. How they work, what to watch for, and which might be right for you.
- A device that closes off the part of the heart where most clots form — who might be a candidate for this instead of long-term blood thinners.
- What to do if your smartwatch or fitness tracker says you have an irregular heartbeat.
- Living safely on blood thinners: foods, activities, dental work, and what to do if you get cut or bruised.

Session 3: Treatments to Control Your Heart Rhythm (60 min)

- Two main strategies: slowing down a fast heart rate vs. trying to restore a normal rhythm. We'll explain both.
- Medications for rhythm control: how they work, common ones your doctor might prescribe, and what side effects to watch for.
- Ablation: a procedure where a specialist uses a thin tube threaded through a blood vessel to fix the short circuits in your heart. Newer guidelines now recommend this earlier for many patients.
- Cardioversion: a brief, controlled electrical shock to “reset” your heart's rhythm. We'll explain what it feels like and when it's used.
- Realistic expectations: ablation works well for many people, but AFib can come back in up to 4 out of 10 patients. We'll discuss what that means for your plan.
- Questions to ask your cardiologist when deciding between medications, ablation, or a combination approach.

Session 4: Lifestyle, Risk Factors & Taking Charge (60 min)

- Weight loss: losing even 10% of your body weight can significantly reduce how often AFib episodes happen.
- Sleep apnea: a very common and under-recognized trigger for AFib. We'll talk about screening and treatment.

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- Alcohol: even moderate drinking can trigger episodes in some people. We'll discuss what the research shows.
 - Exercise for people with AFib: how much is safe, what activities are best, and when to hold back.
 - Working with your cardiologist to choose the right treatment path — this is always a team decision based on your symptoms, preferences, and lifestyle.
 - The role of wearables and home heart monitors in catching AFib episodes between doctor visits.
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Based on guidelines from:

- 2023 ACC/AHA Guideline for Atrial Fibrillation
- American Heart Association — Atrial Fibrillation Resources
- Circulation — AFib Guideline-at-a-Glance (2024)