



DR. ASEEM DESAI

LIVE IN RHYTHM

**EXPERT GUIDANCE AND CARING
SUPPORT TO HELP EVERYONE THRIVE**

We all want to live happy and healthy. This universal but seemingly elusive objective has elicited an avalanche of advice from “experts” of all skill and knowledge levels, making it difficult for the average American to decide what’s worth listening to, and what might do more harm than good. Cutting through the noise with accomplished expertise and genuine care, Dr. Aseem Desai offers a new voice to trust by aiming to turn our attention inward, empowering each of us to mindfully manage the cadence of our lives.

From his innovative approach in dealing with stress to his comprehensive guidance for people living with heart conditions like AFib, Dr. Desai enjoys helping people address a range of health-related challenges.

With every engaging and informative talk he gives, he inspires and empowers audiences to live in rhythm.

PAST SPEAKING VENUES:

- Stanford University School of Medicine
- The University of Chicago Medical Center
- Mission Hospital - Providence
- Saint Agnes Medical Center
- Louis A. Weiss Memorial Hospital
- Hemet Valley Medical Center



**A BETTER LIFE—
ONE HEARTBEAT AT A TIME**

Dr. Desai is dedicated to empowering everyone to live the healthiest and most full and fulfilled lives that they can. His engaging presentations enlighten audiences about the awesome power of the human heart and help them tune in to the innate rhythm of their bodies. Attendees walk away more conscious of their heartbeat and inspired to live to their fullest potential.

SPEAKING TOPICS INCLUDE:

- A powerful keynote speech that will help any health-conscious audience build resilience to the stress of life by learning to listen to and respond to our heart’s rhythm.
- A variety of broad and specific material to help people overcome AFib.
 - The new gold standard in AFib treatment, Dr. Desai’s signature “Restart Your Heart” speech offers hope and medically-tested advice to help anyone living with atrial fibrillation understand their condition and improve their lives.
 - Curing the Rhythm of the Heart—Restoring the Rhythm of Life
 - Curing an Electrical Epidemic—New Advances in Arrhythmia Treatment
 - Rhythm of the Heart—What is Cardiac Electrophysiology
 - Why I Became a Cardiologist—Saving Lives through the Prevention and Treatment of Heart Disease

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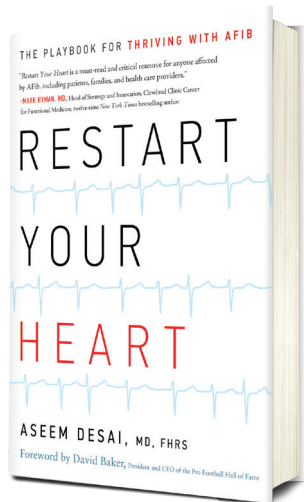
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EXPERT ADVICE ON HOW TO LIVE FEARLESSLY WITH ATRIAL FIBRILLATION

Renowned cardiac electrophysiologist Dr. Aseem Desai has made it his mission to significantly improve the lives of those diagnosed with AFib. Patients, their family, friends, and caregivers are often misinformed about the latest AFib research, advancements, and treatments. Many patients live in constant fear of their condition, and Dr. Desai believes that the resultant stress directly impacts their health.

Dr. Desai diminishes the worry and confusion that comes with an AFib diagnosis by presenting the latest medical information in a concise and positive way, offering hope and encouragement to patients and their loved ones. Dr. Desai seeks to empower and inspire patients by providing straightforward answers and options to deal with this complex disease.

READERS WILL:

- Be informed about what AFib is, why it happens, and what to do after a diagnosis.
- Be prepared to deal with the diagnosis and condition on mental and emotional levels.
- Be in control by learning to monitor the disease to prevent progression.

Restart Your Heart delivers cutting-edge information, options, and solutions—a complete AFib toolbox—that will afford readers a newfound sense of comfort, confidence, and control.

A BETTER LIFE— ONE HEARTBEAT AT A TIME



Dr. Aseem Desai is a cardiac electrophysiologist (EP), a physician specializing in heart rhythm disorders. He has been caring for people with atrial fibrillation (AFib) for over seventeen years and currently practices in Orange County, California. Dr. Desai graduated from Northwestern University

Medical School as part of the Honors Program in Medical Education (HPME). He did his internship, residency, chief residency, cardiology fellowship, and electrophysiology fellowship at Stanford University Medical Center. Dr. Desai served as Assistant Professor of Medicine and Director of Implantable Device Therapy at the University of Chicago Medical Center. As an author of several scientific manuscripts, he has published in peer-reviewed journals such as *HeartRhythm Journal*, *Journal of the American College of Cardiology*, *American Journal of Medicine*, and *Annals of Internal Medicine*.



Dr. Desai's passion for connecting with people has allowed him to increase AFib awareness through speaking engagements, writing for the general public on blogs such as *The Doctor Weighs In*, and on his YouTube channel, which features educational and human-interest stories. He provides personalized care based on the sentence: "Doctor, if I were a family member of yours, what would you recommend?" In his personal time, he enjoys spending time with his family, singing, playing guitar, reading, and yoga.

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