

## Alan Gass, M.D., F.A.C.C.



The National Institute of Whole Health is pleased to announce the appointment of Alan L. Gass, M.D., F.A.C.C., as its new Director of Integrative Medical Education. Dr Gass brings many years of experience in medical, surgical and integrative medical care as well as many years in service to the advancement of patient health education and wellness promotion.

His impressive resume includes his current work as Director of Advanced Cardiac Failure and Transplantation at Westchester Medical Center treating patients with end-stage heart failure, which he has done for most of his career. Previously, Dr. Gass served for 14 years as Medical Director of New York Mount Sinai's Heart Transplant Program from its inception in 1991. He personally followed hundreds of patients in various stages of heart failure, achieving survival rates among the top in the country.

Dr. Gass has this to say about the NIWH curriculum and programs:

*"I have looked at a lot of programs and none have the breadth or are as comprehensive as Whole Health Education®. There are many health education programs out there today that are exploring this new endeavor in healthcare, but are far from being able to deliver a meaningful curriculum, Whole Health Education® has real substance and the people behind it are the who's who of integrative health. The advisory board and instructors are industry veterans who are passionate about this field. The instructors not only have great passion and many years of experience, but are excellent communicators. If you could envision who you would want to teach an alternative health program, this group would be it!"*

After completing a residency at Long Island Jewish Medical Center and a Cardiology fellowship at Newark Beth Israel Medical Center, Dr Gass completed a fellowship in Cardiac Transplantation at Stanford University. He has written numerous articles in medical journals, and is an investigator in studies on transplantation and cardiac assist devices. His work in tailored, minimal immuno-suppression after transplant has gained international recognition. Dr. Gass's research in this area has allowed post-transplant patients to be treated with a minimal amount of drugs, avoiding long-term side effects and improving their quality of life while maintaining excellent survival. He lectures at national meetings and academic centers, and is known to be a passionate teacher.

Dr. Gass has appeared in Life Magazine, The New York Times, and on CNN, NBC, CNBC, and local New York news affiliates as a medical expert. He also was featured in a one-hour documentary special of Dateline NBC called "A Change of Heart", which chronicled the emotionally moving story of several patients waiting for an acceptable donor heart. He is on the advisory board of HealthCorps, a new program which was began by Dr. Mehmet Oz, whose mission is to combat childhood obesity through the empowerment of high school students to mentor children and raise awareness of the benefits of diet and exercise.

Dr, Gass sees fitness and nutrition as a way of life. After playing ice hockey in college, he continued a routine of daily exercise, which has included running, rollerblading, skiing, weight training, spinning and road biking. Throughout his career, he has been inspired by patients who have experienced dramatic recoveries through lifestyle changes. Achieving wellness is a team effort between patients and health professionals, incorporating diet, exercise, relaxation techniques, self-awareness and motivation into the healing process. He believes that ultimately the way to prevent disease and minimize the need for medical or surgical intervention is through exploring the connection between mind, body and spirit.