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February 18th 2016: Staying Fit After 50

Cardiovascular disease remains the #1 killer of Americans, even though it's largely preventable. No one wants to die, so what's going on? A recent study reveals that 94 percent of us are not taking very good care of ourselves. More research and education on healthy lifestyles and heart disease prevention have been disseminated over the past two decades than at any time previously. Investigators from the Department of Family Medicine at the Medical University of South Carolina, compared the results of two large-scale studies of the U.S. population that shows the percentage of adults aged 40-74

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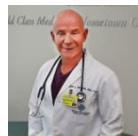
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Featured Guest



Robert Drapkin, M.D

Robert Drapkin, M.D., is a health care provider who is board-certified in Internal Medicine, Medical Oncology and Palliative Care. He is in active practice, working to save lives and improve quality of life through the education of his patients. He provides up-to-date knowledge and guides his patients through their illnesses, exercises and diets. He has been in active practice as a doctor for over 36 years. Dr. Drapkin is currently 70 years old, and started training as a bodybuilder when he was in his fifties. He has been a competitive body builder for 17 years, and has won many titles and contests. He recently trained for a national event in July, 2015. For more information, visit [=>](#)

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