



Dr. Sajal Jain

MD, FRCPC

Dr. Sajal Jain has been a practising physician for 18 years. He did his internal medicine residency in Chicago, USA and at the University of British Columbia (UBC). He then worked at Eagle Ridge Hospital, where eventually he went on to become the Director of the Cardiac unit.

After 2 years as the Director of the Cardiac Unit, he switched to professional practice in Burnaby and Surrey and has been there for the past 15 – 16 years. He is well versed in community education and outreach, having given several health talks on local radio stations, TV programs and at gurudwaras to promote chronic disease prevention and management, especially for diabetes and heart disease.

Session: *Tips for reducing risk factors for stroke*

- Objectives:**
1. What should my blood pressure reading be?
 2. The link between diabetes and stroke
 3. Tips for diabetes management at home
 4. Link between cholesterol and stroke/heart disease
 5. What are the different types of cholesterol?

Date: Day 1 – Saturday, March 26, 2022