



Dr. Baldev Sanghera, Family Physician

Dr. Baldev Sanghera has been a Family Physician in Burnaby since 1998 and is one of the founding directors of PrimeCare Medical Centre in 2009. He graduated from the UBC Faculty of Medicine in 1995 and went on to complete his Family Medicine residency training at UBC as Co-Chief Resident of the City Program. He lives and works in Burnaby and strives to make Burnaby a healthier community. He encourages proactive care to his patients to help them achieve their health goals.

He is interested in medical leadership and education. He has been a clinical instructor of UBC medical students and National Board examiner for the Medical Council of Canada. He is a founding Board member of the Burnaby Division of Family Practice. Currently, he is a Physician Lead on multiple Burnaby Division of Family Practice projects including the Burnaby Primary Care Network, and he is the medical director of the Edmonds Urgent & Primary Care Centre, as well as PrimeCare Medical Centre. He is a Family Practice Champion of the FPSC's Practice Support Program teaching physician colleagues and their office teams' innovations in clinical practice and management. He has completed the FPSC Leadership and Management development Program at SFU's Beedie School of Business. His current Provincial roles include being a Physician Representative on the Family Practice Steering Committee (FPSC), District 5 representative on the Doctors of BC Representative Assembly and a BC Family Doctors Board representative. He enjoys a healthy active lifestyle with his family and loves travelling with them around the world.

Session: Introduction to Heart Disease

- Objectives:**
1. What is heart disease?
 2. What are the signs and symptoms of heart disease?
 3. What are my risk factors for heart disease?
 4. What kind of complications arise if I don't manage my heart disease?

Date: Sunday, March 9, 2024