Riya Pulicharam, MD, is a pediatrician by training, and is currently the National Medical Director of Population Health Management & Clinical Outcomes for HealthCare Partners, a DaVita Medical Group, based in El Segundo, California. In her current role she oversees the national Population Health Department for HealthCare Partners Medical Group. She founded the Clinical Research & HEOR and disease management departments, for HCP in 2003. She also pioneered the initial design and workflow of the Disease Management and Clinical Outcomes programs in 2003. Riya is a certified clinical trials investigator and has been featured in numerous publications. She has led over 500 research studies over 18 years of her career. Dr. Pulicharam has participated in industry advisory boards overseeing drug development and regulatory affairs, as well as designing phase 1 through 4 trials for major pharmaceutical companies. She also lectures at the USC School of Pharmacy and is a subject matter expert in integrative medicine and Population Health. Riya attended medical school at the Medical University of Debrecen and completed her pediatric residency. Dr. Pulicharam was a research fellow at the Department of Obstetrics and Gynecology at Harbor UCLA Medical Center prior to joining HealthCare Partners in 2002.
South Asian Cardiovascular Disease Awareness & Prevention
A Mother-Daughter Patient’s Journey
A Call to Action for Implementation

Riya Pulicharam, MD, CPI
National Medical Director, Population Health
Healthcare Partners
South Asian Countries at Risk
Cardiovascular Disease Early Onset in South Asians

Sometimes your heart needs…

More time to accept….

What your mind already knows
A Problem Near and Dear to My Heart
Medical History, Results and Action Plan

Age: 74

Co-morbidities

Diabetes: Well Controlled

HTN: Well Controlled

Plays Tennis

Vegetarian (includes coconut oil)

Does not smoke or drink alcohol

Socially Active and Volunteers in the community

2019 CT Scan Calcium Score: 800!

CALL TO ACTION!
2019 CT Scan Calcium Score: 800!
CALL TO ACTION!

Before & After Care Plan

**Statin Dosage:**
10mg Atorvastatin + Baby Aspirin → 40mg Rosuvastatin + Baby Aspirin

**Diet Modifications:**
- Coconut Oil → Vegetable Broth
- White Rice → Brown Rice → Plant Based

**Exercise:**
30 minutes/Day

3 Months later, No more shortness of breath!
Thank you Right Care!
Efforts like the Masala Study (UCSF Alka Kanaya, MD) show promise in assessing risk factors.

Quantitatively, there are still many unanswered questions (ex: within the lipid profile)
Unconventional Risk Factors of South Asians

Poor epigenetics can increase Coronary Artery Disease risk by over 50%

- Dysfunctional HDL
- C-reactive protein
- Telomere length
- Lipoprotein A
- Insulin Resistance

Further studies are required to identify genes at risk, therapeutic methods, and effective drugs
“The common facts of today are the products of yesterday's research and No research is ever quite complete......”

-Duncan MacDonald
Multi-Site IRB-Approved Study in Process

• UCLA Lundquist Institute (Matthew Budoff, MD)
  ➢ See Dr. Budoff’s Lecture on Coronary Artery Calcium during the CA Right Care Los Angeles University of Best Practices on October 17, 2019: (Presentation | Video Recording)

• Right Care Collaborators (Director Hattie Hanley; LA Operations Manager Bob Trine; Parag Agnihotri, MD, UCSD Be There San Diego)

• South Asian Heart Center (Cesar Molina, MD)

• Cleveland Clinic ( Ankur Kalra, MD)

• International Partners in the United States, Helsinki, Cambridge

• Collaboration with Academic Medical Centers
Implementation

We know Cardiovascular Disease is the number one killer.

Please join us in implementing the most up-to-date science to save our families, friends, and colleagues today.
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Right Care Initiative Coronary Artery Calcium Project Brief: