Early Career Visiting Professorship Lecture Series

Stephen Juraschek, M.D., Ph.D.
Assistant Professor of Medicine
Beth Israel Deaconess Medical Center
Harvard Medical School
Boston, Massachusetts

Friday, October 9
Medicine Grand Rounds – 8:00 – 9:00 a.m.
Dietary Patterns and Subclinical Cardiovascular Disease
Zoom Link: CLICK HERE Passcode: 343746

Monday, October 12
Early Career Seminar – Noon – 1:00 p.m.
Making Headway in your Early Career
Zoom Link: CLICK HERE Passcode: 101220

Dr. Juraschek is a clinician investigator with expertise in epidemiology and clinical trials. His primary area of interest is blood pressure regulation with standing and its relationship with adverse events such as falls and syncope. He is currently involved in several clinical trials examining a healthy eating pattern, the DASH diet, as well as sodium reduction in relation to cardiovascular risk factors, physical function, and blood pressure. He is also the principal investigator on a study that examines the effects of healthy diet on subclinical cardiovascular disease, in particular, high sensitivity troponin and NT-proB-type natriuretic peptide.

Dr. Juraschek has also published over 10 studies on uric acid and gout and is currently leading a clinical trial on diet for uric acid reduction. He is also interested in health disparities with regards to food access as well as participation in clinical trials. This interest has led to several recent studies on trial recruitment of under-represented groups.

He has authored more than 70 publications, achieving an H-index of 29. His work has extensively used observational and cross-sectional studies, including ARIC and NHANES, as well as secondary analyses of trials like DASH, DASH-Sodium, OmniHeart, POWER, AASK, and SPRINT. He is a true physician scientist who takes research inspiration from patient care.

Everyone is welcome to attend!

This event is made possible by a generous gift from the many donors to the Jim Ray Memorial Heart Ride; an annual cycling event to raise support and awareness of the CVRI.