WELCOME SPEECH

FOR

KENNETH SAMPONG

Hello everyone and welcome to this year’s \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Conference on Heart Disease. I would like to thank CEO \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Hospital for all of your support and intention to bring this conference to fruition. In addition, I would like to acknowledge \_\_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_ and \_\_\_\_\_\_\_\_\_\_\_\_\_ for working diligently to organize this event. Your dedication to the well being of others is evident in all of the work that you and your administration perform every day here at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. To (**name the sponsors**) \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, your generosity in sponsoring this event has been a “life saver.” **Really**. As we in the medical professions have the opportunity to take part in events like this one, information and resources will be shared, awareness will proliferate, and yes, of course, ultimately lives will be saved. This conference is a great opportunity for all of us to continue our perpetual education and information sharing in a field in constant motion. The issue is that as we learn the latest techniques and treatments, other conditions become more acute. America is aging, health care costs are constantly on the rise, and those at risk…. and to be honest, we are **ALL** at risk… must have affordable and efficient means of prevention, discovery, education, and treatment.

For those of you that may not know me, allow me to tell you a little bit about myself. As a cardiologist specializing in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_, I have always believed in being as informed and educated as possible in order to provide the most effective, knowledge and experience based care to my patients. I am proud to say that I have a long list of credentials… MD, FACP, FACC, RPVI…. I suppose attaining all of these distinctions and … honors was somehow my way of learning the alphabet… (**Wait for the laugh**)… after all, never forget those foundational building blocks… but then I realized what I pioneer I must have been along with my equally lettered colleagues in the field. After all, let’s face it… While the current generation of millenials were just cutting their baby teeth…. before they even learned to text or LOL (**laugh out loud**) and ROFL (**roll on the floor laughing**), I was MDing, FACPing, and FACCing!! (**Wait for the laugh**)…. IMHO (**In my humble opinion**) … who’s got FOMO (**fear of** **missing out**) NOW??? (**Wait for the laugh**)… OMG!!

Cardiology is a fascinating field. That’s why we are all here today… dedicated and eager to learn as much as possible about the field of medicine so close to our **hearts**… (**Do you want to make that pun?)** Unfortunately **ALL OF US** are getting too much practice in caring for patients as heart disease is the leading cause of death in America. Inroads are made every day with regard to research, treatment, and the advocation of education and lifestyle changes but it is critical that we as health professionals are on top of our game. It is getting really expensive to live in this world as a well person and it’s prohibitive to get sick. The citizens of this country must have access to understandable and practical knowledge bases and affordable means of health care. In addition, we are witnessing the maturing of a generation that will be at the nexus of several critical points…. There is a groundswell of baby boomers reaching their “Maturity” dates, health care costs, as I mentioned earlier, are rising out of control, and yet, medical breakthroughs and treatment alternatives are available as never before. The trick is how to figure out the pieces of this puzzle so that knowledge can be shared, quality of life is enhanced and extended, and medical costs are efficiently contained while providing maximum benefit to all. Somewhere, somehow there **MUST** be solutions but they won’t be discovered or refined without opportunities like this conference.

We have probably all heard the phrase, “That which doesn’t kill you makes you stronger.” With all of the negative stresses and conditions that exist in the world, we are all put to the test every day. Our lifestyles are morphing… and not necessarily in a good way… to adapt to our new technological era- one in which our pervasive connectivity conspires to cause other newer and more insidious conditions and stresses…. but that technology also provides us with an unprecedented network of interface and information to support healthier lifestyles. The trick is for everyone to work together to find the balance- wherever it may be. We have to find the most efficient means to educate ourselves and in turn inform and advise our patients. Ignorance is no longer an option.

I am proud to be a part of a conference whose mission is to discover and discuss new and modern ways to combat heart disease. Once again it is we who are on the vanguard that hold accountability to see to it that our family, friends, patients, community and most importantly **ourselves** maintain vigilance in order to save our lives and reclaim quality of life for all.

I sincerely thank all of you for being here. Let’s begin!! Thank you all.