

Sterling Rock Falls Clinic Physician is Author

Peter P. Toth, MD, PhD, Director of Preventive Cardiology at The Sterling Rock Falls Clinic, and Chief of Medicine at CGH Medical Center is a featured author in the newly published second edition of *Learn about Your Heart...Made Simple*. This announcement comes from Nicolas W. Shammass, MS, MD, President and Research Director of the Midwest Cardiovascular Research Foundation

Dr. Toth's chapter on "Cardiovascular Disease Prevention" reviews coronary heart disease, and discusses risk factors such as cholesterol, blood pressure, diabetes, metabolic syndrome, smoking, and alcohol consumption, among others.

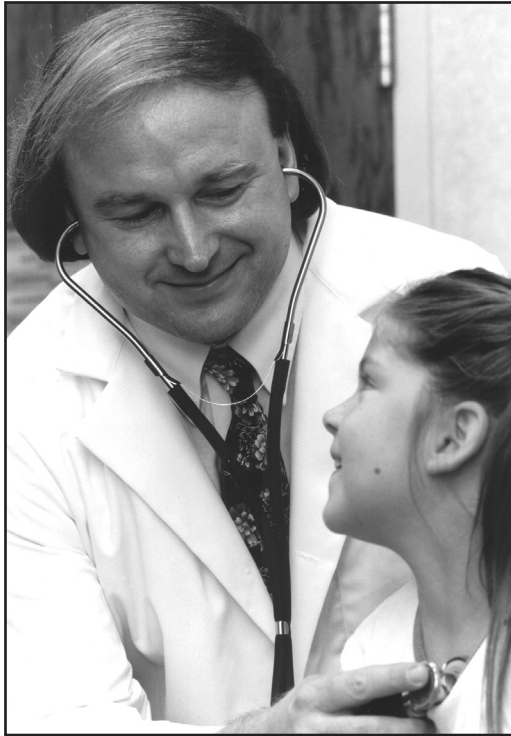
Dr Toth is currently Editor-in-Chief of the Journal of *Applied Research in Clinical and Experimental Therapeutics* and Associate Editor of *Current Atherosclerosis Reports*, both of which are distributed worldwide. Dr. Toth,

an associate professor at the University of Illinois School of Medicine and Southern Illinois

written chapters to be included in eight new medical textbooks, and is coauthoring two new books entitled *Therapeutic Lipidology* and *Identification and Management of the Patient at High Risk for Cardiovascular Disease*, all of which will be published in 2006. In addition to this impressive list of accomplishments, Dr. Toth maintains a private practice as a Family Physician at the Sterling Rock Falls Clinic. Dr. Toth is board certified in Clinical Lipidology.

On Saturday, January 21, Dr. Toth will be a featured speaker at the upcoming **Family Health & Fitness Expo** being held at Sauk Valley Community College. His free presentation, entitled "*The Scoop on Raising Good Cholesterol*" is open to the public and will be held in the Little Theatre at 9:30 a.m.

Dr. Toth lives in Sterling with his wife Karen and their two daughters, Martha and Mary.



Dr. Peter P. Toth will appear at **The Family Health & Fitness Expo** on Saturday, January 21 at Sauk Valley College. He will present a program entitled "The Scoop on Raising Good Cholesterol" in the Little Theater at 9:30 a.m.

University School of Medicine, has had articles published in numerous medical journals, has



The Sterling Rock Falls Clinic

A Tradition of Excellence in the Sauk Valley for over 50 years