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## EXPERT VIEWS

### How Do They Do It?

Two cardiologists find the time to practice what they preach  
by Catherine Winters

Ever wonder, when your doctor admonishes you to control your weight, eat less saturated fat, exercise regularly and limit stress, whether he or she is doing the same? Here are the stories of two heart experts who have found ways to lead healthy lives—in spite of hectic schedules.

#### Lori Mosca, M.D., M.P.H., Ph.D.

Director of preventive cardiology at New York–Presbyterian Hospital in New York City; associate professor of medicine at Columbia University

**Age:** 50 **Height:** 5 feet 2 inches **Weight:** 117 pounds **Total cholesterol:** 150 **HDL cholesterol:** 60 to 70 **Blood pressure:** 90/60

Family life for Lori Mosca has long revolved around sports. When her sons, Matt, 17, and Mike, 14, were small, she'd swim laps while her husband, Ralph, watched the kids; then they'd switch. These days, after work, while the boys are at practice, she and Ralph run, bike or swim together. Twice a week, she lifts weights; and twice a week, she and Matt take a

spinning class. Dr. Mosca has also completed the ultracompetitive Hawaii Ironman Triathlon.



**“MAKE  
ACTIVITY  
SOCIAL”**

“Ride a bike with a buddy or your kids,” says Dr. Mosca.



**“WALK  
EVERY  
DAY”**

“It amazes me that patients my age walk 15 minutes every few days and feel that’s an exercise program,” says Dr. Lee.

#### Thomas H. Lee, M.D.

Internist and cardiologist; professor of medicine at Harvard Medical School in Boston; editor in chief of *Harvard Heart Letter*

**Age:** 54 **Height:** 5 feet 7 inches **Weight:** 167 pounds **Total cholesterol:** 182 **HDL cholesterol:** 49 **Blood pressure:** 120/62

Dr. Lee is a physician, administrator, editor, husband and father of three daughters. “I’d feel guilty if I carved out an hour or two a day only for recreation,” he says. So he multitasks, running on his treadmill while he watches TV for a half an hour: “If the Red Sox win, I run for an hour!” ■