



**DR. SANIA NISHTAR**

Foundations Advisory Board  
Chairperson 2003-2007

Dr. Sania Nishtar is Chairperson of the World Heart Federation's Foundation's Advisory Board and is a Member of the Board. Her role with the World Heart Federation will be to facilitate the translation of evidence of the causes of cardiovascular disease into preventative programs. As Chairperson, Dr. Nishtar's tasks include developing and promoting public policies, professional and public education and assisting national heart foundations with their fundraising and prevention programs.

Dr. Nishtar works as a cardiologist in the Department of Cardiology at the Pakistan Institute of Medical Sciences and is the President and Executive Director of Heartfile, a non-profit organization dedicated to preventing cardiovascular disease in developing countries. Before founding Heartfile in 1998, she was Senior Registrar in the Department of Cardiology at the Pakistan Institute of Medical Sciences and worked for two years in London at Guys and St Thomas' Hospital.

Dr. Nishtar has published several academic papers in journals such as *Cardiol* 2002, *Pakistan Heart Journal*, *Japanese Journal of Cardiovascular Disease*, and *Indian Heart Journal* and published a book entitled "Coronary Heart Disease Prevention in South Asia" in January 2002. She has been the principle investigator for numerous research projects centred on cardiovascular disease and has been invited to speak at many international meetings. In addition, she has been profiled in Pakistani newspapers, journals, and *Time* magazine.

Dr. Nishtar is currently working to replicate the many successful cardiovascular disease prevention projects in Sri Lanka, Bangladesh, Africa, Iran and in Eastern Mediterranean countries.

Dr. Nishtar holds a Bachelor degree in Medicine and Surgery from the University of Peshawar in Pakistan, and a PhD in Medicine, specializing in Cardiology, from Kings College in London.

She lives in Pakistan with her husband and two children. She is also an avid golfer and was the 1984 Pakistan Ladies Golf Champion.



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