**BIOGRAPHY**

- Head of cardiology at Mount Sinai Hospital, New York.
- President of CNIC (Cardiology National Investigations Center)
- President of the American Heart Association
- President of the World Heart Federation
- He has received the Prince of Asturias Award for Scientific Research
- He has received Research Awards from the four Cardiology Societies of the world

**DISCOVERIES**

His investigation focus on the prevention of disease.

Risk factors that cause diseases include:

Physical
- Blood pressure
- Obesity

Chemical
- Fat/Colesterol
- Glucose

Environmental
- Tabac/Smoking
- Lack of activity

**RELEVANCE**

He is considered the main cardiologist in the world at the moment.

His interest in a healthy lifestyle, especially among youngsters, is remarkable.

He has written many books and numerous articles.

He has won a lot of prizes.

**Tips for lifestyle**
- Exercise regularly
- Maintain a healthy diet
- Don’t smoke
GALLERY AND PHOTOS

Valentin Fuster and his books

Collaborations

Ferrán Adriá

PARTICIPANTS

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Comenius Project
2008-2009

HOW HELPFUL HAVE EUROPEAN SCIENTISTS BEEN TO US?

Valentin Fuster

I.E.S. Sánchez Albornoz
Liceo I. Newton
Liceo Ogolnokształcace
Liceo Karaman

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