



Karol E. Watson, MD, PhD, FACC Co-Director, UCLA Program in Preventative Cardiology

Karol E. Watson, MD, PhD, is board certified in the fields of Internal Medicine and Cardiology. She is a full-time cardiologist at the Geffen School of Medicine at UCLA. Dr. Watson received her undergraduate degree from Stanford University, her Medical Degree from Harvard Medical School, *magna cum laude*, and her PhD in Physiology from UCLA. She completed a residency in Internal Medicine and a fellowship in Cardiology at UCLA, and continued there as part of the UCLA Specialty Training and Academic Research program and as Chief Fellow in Cardiovascular Diseases at UCLA.

Currently, Dr. Watson is director of the Women's Cardiovascular Center at UCLA, Co-Director of the UCLA Program in Preventative Cardiology, and director for the Center for Cholesterol and Hypertension Management. She is an Associate Professor of Medicine in UCLA's Division of Cardiology and a member of the Executive Committee for the UCLA Fellowship Program in Cardiovascular Diseases.

Dr. Watson contributes nationally on a number of fronts as well. She is a Principal Investigator for several large NIH studies, and serves on NIH Data, Safety, and Monitoring Boards and Steering Committees. She also currently serves as Chairperson of the Clinical Chemistry and Clinical Toxicology Devices Panel of the Food and Drug Administration. Dr. Watson currently serves as a member of the National Cholesterol Education Program, a group responsible for updating the country's cholesterol management guidelines; Vice President for the for the Association of Black Cardiologists (ABC); and chairperson of the scientific advisory board for Womenheart, – the national organization for women living with heart disease. Dr. Watson has received many honors including "America's Top Physicians" designation from Black Enterprise magazine, a Super Doctors designation from "Tu Ciudad" and "Los Angeles" magazines, and in 2010 she was awarded a "Red Dress Award" from Women's Day magazine. Dr. Watson has been quoted in many papers, journals, and periodicals, including USA Today, the Los Angeles Times, Woman's Day, and Redbook magazines. She has appeared in interviews on Lifetime television, NBC News, and PBS, among others. Also, Dr. Watson was one of the physician hosts of the TLC television series "Guardian Angels, MD," as well as an advisor to, and featured in the emmy award-winning PBS series "The Mysterious Human Heart."

The American Society of Hypertension recognizes Dr. Watson as a Specialist in Hypertension, she chairs the Cholesterol committee of the Association of Black Cardiologists, and serves on several committees and panels of the National Institutes of Health including serving on the NIH Expert Panel for *the Integrated Clinical Guideline for Cardiovascular Risk Reduction*. She is currently chairperson of the national advisory board for WomenHeart (a national organization dedicated to women with heart disease), a former member of the advisory board for the California Heart Disease and Stroke Prevention program, and Chairperson of the FDA Clinical Chemistry and Clinical Toxicology Devices Panel.

Dr. Watson's more than 80 publications and presentations have addressed many subjects including prevention of heart disease, vascular calcification, hormone replacement therapy, the metabolic syndrome, hypertension, hypercholesterolemia, and cardiovascular disease in African Americans.