



Dr. Aronow's career path

The Cardioprogress Foundation presents the excerpts from the memoirs of the International Journal of Heart and Vascular Diseases journal editorial board member Wilbert S. Aronov, a cardiologist, professor of medicine, member of the FACC, FAHA, FACP, FCCP, FASPC, AGSF,

FGSA. Dr. Wilbert Solomon Aronow was born in New York City on October 30, 1931. His parents were Russian Jewish immigrants. His grandparents were rabbis in Russia. Doctor Aronov dedicated his professional career to medicine.

When I was in high school, I watched his father die at home from metastatic colon cancer for 2 years. I was determined then to become a physician and do research on preventing illness.

I graduated from Harvard Medical School in 1957 and was inspired by the outstanding teachers and researchers there to have a professional career dedicated to teaching and research in addition to providing excellent clinical care. During my career, I have been a Professor or Visiting Professor at 22 medical schools, a Chief of Cardiology, and a Director of Cardiology Research at 3 medical schools. I am currently Professor of Medicine and Director of Cardiology Research in the Department of Cardiology, Westchester Medical Center, and New York Medical College.

I have edited 20 books on cardiovascular disease including 6 editions of Tresch and Aronow's Cardiovascular Disease in the Elderly. I am author or coauthor of 1,657 papers, 210 book chapters in 114 books, 855 commentaries, 50 letters to the editor and 1,187 abstracts and am a presenter or copresenter of 1,565 talks at medical meetings. I have also been on 185 editorial boards of medical meeting. I am proud of having received 70 teaching and research awards.

I have been a member of 4 guideline committees including being a coauthor of the 2010 American Medical Association guidelines for heart failure, a co-chair and first author of the 2011 American College of Cardiology/American Heart Association expert consensus document on hypertension in the elderly,

a coauthor of the 2015 American Heart Association/American College of Cardiology/American Society of Hypertension statement on treatment of hypertension in patients with coronary artery disease, and a coauthor of the 2017 American College of Cardiology/American Heart Association guidelines for the management of patients with hypertension. I am also a coauthor of a 2015 position paper from the International Lipid Expert Forum. I have been a committee member of numerous professional societies and a consultant to numerous government agencies.

However, I am most proud of being a mentor. I try to encourage all of my trainees to be the best they can be in clinical practice, teaching, and research. I am available for them 24 hours a day, seven days a week. They can work with me at my home on weekends or nights. I teach them how to do research and how to critically review a paper. I teach them that negative results are just as important as positive results. Data are more important than the hypothesis. I am always available for current and prior trainees to help them.

I keep focused and motivated to work full time at the age of 90 years because I enjoy very much training physicians to be excellent physicians, teachers, and researchers. Nothing is more enjoyable than seeing my trainees flourish in whatever they do. PubMed for Aronow W. currently lists 1,327 citations. Seeing the names of my trainees on PubMed citations that are cited in prestigious publications is what I am very proud of achieving. The people we train are our future.