

**Ross G T Walker MD**  
Consultant Cardiologist  
MB. BS (hons), FRACP, FCSANZ

### ***Professional Profile***

**Field of Cardiology Expertise** with particular emphasis on **Preventative Cardiology and Cardiac Imaging**

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#### **Professional**

**Fellow of the Royal Australian College of Physicians (1986)**

**Member of the Cardiac Society of Australia and New Zealand (1990)**

**Fellow of the Cardiac Society of Australia and New Zealand (2004)**

#### **Qualifications**

**Qualified as a Cardiologist in 1986**

Completed **Specialist Physicians Examination** in 1983 - passed at first sitting – achieved by only one in ten candidates

**Graduated as a Bachelor of Medicine and Bachelor of Surgery (with Honours)**

University of New South Wales – 1978

Ranked 7th in a class of 250

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#### **Career Highlights and Achievements**

**2001 Presentation at American College of Cardiology Meeting, Orlando Florida March 2001**

- Extent of coronary artery calcification in elderly healthy Adventist volunteers compared to a healthy age matched general population.

*Journal of the American College of Cardiology (Suppl.A), Vol. 37(2): 153A*

- Coronary artery calcium scores show excellent agreement between fast gated helical CT and EBCT in two large populations of similar age and coronary risk.

*Journal of the American College of Cardiology (Suppl.A), Vol. 37(2): 428A*

- *Lp(a)* is an independent predictor of coronary atherosclerotic burden.

*Journal of the American College of Cardiology (Suppl.A), Vol. 37(2): 296A.*

**2001 Cardiac Society of Australia and New Zealand Meeting, Auckland, August 2001**

- A nomogram for the Australian population developed from coronary artery calcium scores using fast gated CT.
- Lp(a) is an independent predictor of coronary atherosclerotic burden in asymptomatic males and females.
- Potential impact of coronary calcium screening on targeting cholesterol lowering therapy in asymptomatic middle aged men.

**March 2001 Appeared on American television with Dr Robert Atkins and Dr Dean Ornish discussing diet and lifestyle.**

**1999 Established Sydney Heart Image in conjunction with the Sydney Adventist Hospital. Sydney Heart Image was the first service in Australasia to offer gated coronary calcium scoring, the current best non-invasive method to detect early heart disease.**

**2002-present Consultant Cardiologist at Sydney Adventist Hospital & in private practice on the upper North Shore of Sydney, Australia where he runs a service in comprehensive echocardiography.**

**1999-2002 Director of Sydney Heart Image.**

**1995-present Professional Speaker. Dr Walker lectures extensively throughout the world to many business and medical groups on lifestyle, health and stress management issues.**

**He delivers keynote addresses, seminars and workshops on various topics including:**

- **The Five Point Way to a Health Life**
- **Diet, Antioxidants and Health**
- **The Five Point Way to a Stress Free Life**
- **How to Discover Perfect Sleep**
- **Advanced Brain Power**
- **Building Strategic Partnerships.**

**Dr Walker has published six best-selling books on preventative health:**

- **"If I Eat Another Carrot I'll Go Crazy!", Kingsclear Books (1996)**
- **"What's Cookin' Doc", Kingsclear Books (1998)**
- **"Highway to Health", GoKo Management, Kingsclear Books (2000)**
- **"The Cell Factor", Macmillan (2002)**
- **"The Life Factor", Macmillan (2004)**
- **"Diets Don't Work", Macmillan (2006)-which during it's first week has already hit 3 best seller lists including No. 1 Lifestyle book in the Sunday Telegraph.**

**Just completed his 7<sup>th</sup> book-"How to reverse Heart Disease" (Unpublished as yet)**

**He has also commenced writing a novel.**

**Dr Walker also has a series of DVD and audio productions on preventative health.**

**He has performed 30 ,000 echocardiograms, 20 ,000 stress echocardiograms and 2,500 trans-thoracic echocardiograms.**

**October 1994 Established a Private Cardiology Practice in Sydney**

**Appointed to the Sydney Adventist Hospital to provide a comprehensive service in Echocardiology.**

**As the largest Cardiology department in New South Wales in the State's largest private hospital, this hospital employs 20 cardiologists and conducts 15 bypass procedures per week.**

**1993-1994 Established the Baringa Cardiology Centre in Coffs Harbour, on the coast of New South Wales, half-way between Sydney and Brisbane.**

**Performed the first multiplane trans-oesophageal echocardiogram in Australia.**

**Established a state-of-the-art service in stress echocardiography**

**Enrolled over 200 patients in the LIPID trial, a trial of cholesterol reduction of patients with acute myocardial infarction or unstable angina, with cholesterol abnormalities – making the Centre the largest in New South Wales.**

**1992 Undertook extensive training in trans-thoracic echocardiography, stress echocardiography and Dobutamine echocardiography in major European Centres of Excellence.**

**University of Bonn, Germany**

**The Thorax Centre, Rotterdam, Holland.**

**1991 Commenced training in trans-oesophageal echocardiography at Prince Charles Hospital, Brisbane**

**1987-1991 Consultant Cardiologist (private practice)**

**Coffs Harbour, New South Wales**

**Principal investigator for the Coffs Harbour region for two thrombolytic therapy trials.**

**1981-1986 Specialist training in Cardiology**

**Prince Henry, Prince of Wales Hospitals, Sydney**

**Played a key role in the establishment of the first Doppler service in Australia.**

**Developed skills in echocardiography and Doppler echocardiography.**

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#### ***Involvement in Educational Activities***

● **Delivered a seminar on all aspects of echocardiography at the Jerudong Park Medical Centre in Brunei – September 1995**

● **Delivered a seminar on echocardiography and trained local cardiologists in trans-thoracic echocardiography in Indonesia – July 1995**

● **Member of the teaching faculty at the 4th Wellington Echo-Doppler Conference in Wellington, New Zealand – conducting a seminar on Stress Echocardiography and demonstrating multiplane trans-thoracic echocardiography – 1994**

● **Conducted a two-week lecture tour through six cities in China – 1993**

● **Lectures to life insurance companies on executive health and executive stress**

● **Lectures on Preventative Cardiology to a wide range of groups in the community interested in health, diet and exercise.**

● **Lectures regularly throughout the world to medical, business and community groups on preventative health and other important lifestyle issues**

● **Has three regular radio programs in Australia – 2UE & 2CH in Sydney & 3AW in Melbourne, along with regular appearances on the Today program, an Australia wide morning show on the Nine TV network.**

- ***He appears frequently in the Australian media discussing health issues.***

- **The CHC 2003 'Wellness Revolution' Summit**

On 16th and 17th September 2008, I attended the Wellness Revolution Summit organised by the CHC (Complementary Healthcare Council) in Canberra. The CHC is the non-profit organisation which represents the natural health industry. ACNEM has an affiliate membership, which allows the College to stay in touch with that part of the natural health spectrum in Australia.

The reason for choosing Canberra was to allow Federal politicians to attend sessions of the Summit, including a breakfast held in Parliament House to which a number of politicians were invited. The keynote speaker was Dr Ross Walker, a Sydney cardiologist who has many detractors from amongst his specialty colleagues, for his criticism of the blinkered attitudes of so many cardiologists and his own willingness to adopt effective medical intervention instead of blindly following the orthodox dogma. Dr Walker gave a riveting and very entertaining expose of many of the failures of orthodox medicine. It could in part be summed up by his quote from Albert Einstein:

"There is nothing that is a more certain sign of insanity than to do the same thing over and over and expect the result to be different".

On his website [drrosswalker.com](http://drrosswalker.com), he also presents a monthly subscription based newsletter where he details ten different categories which include an editorial section, nutrition, the correct use of supplements, common illnesses, risk factors for common disease, physiology, exercise, behavioural, complementary medicine and drugs. He presents a current topic in each of these areas every month.

In his work as a professional speaker, he presents all over the world to different groups including large corporate groups, presentations to the general public and is often involved in retreats or business conventions. In 2005 some of the highlights of his year were presenting to 10,000 insurance delegates at Million Dollar Round Table Conference in New Orleans in June. He also has been the main presenter at the Tower Insurance Company "180 degree Program" which is a program for their top advisors, of which preventative health has been a large component. He has also performed a roadshow through eleven different centres throughout Australia for Count Financial.

He is managed by the Fordham Company, a management company who has many high profile speakers. For more information please go to their website, [thefordhamcompany.com.au](http://thefordhamcompany.com.au).