

RESOURCES

REQUIRED READING

1. ["A Challenge for Our Nation's Academic Institutions & Health Care Systems"](#) – Califf, Substack (3-part series), 2025-2026, ~30 min
2. ["A Bayesian Framework for Longitudinal EHR and Genetic Discovery"](#) – Urbut et al., Nature, 2026, ~18 min
3. ["Identification and Management of Patients at High-Risk for Cardiovascular Disease in Primary Prevention"](#) – Ahlers et al., American Journal of Preventive Cardiology, 2025, ~15 min
4. ["What Constitutes Adequate Control of High Blood Pressure? Current Considerations"](#) – Casey et al., Mayo Clin Proc IQO, 2024, ~20 min
5. ["2026 Dyslipidemia Guideline-at-a-Glance"](#) – Wiggins et al., JACC, 2026, ~10 min
6. ["Prevalence of Silent Atherosclerosis across Adult Life"](#) – Bundgaard et al., for the REACT Investigators, NEJM, 2026, ~10 min
7. ["Integrating Lipoprotein\(a\) Into Clinical Assessments and Encounters"](#) – CardioSmart, American College of Cardiology, 2024, ~12 min

OPTIONAL/FURTHER READING

1. ["Population Health Approach to Secondary Prevention for ASCVD: Framework and Infographic"](#) – AMGA Foundation, 2025, ~10 min
2. ["Personalized Prevention for All: Changing How We Approach the Future of Prevention"](#) – Rowley & Walton, Health Affairs Scholar, 2026, ~12 min
3. ["The Rise of the Self-Serve Blood Test"](#) – Brown, The New York Times, 2026, ~8 min
4. ["Elective MRI Screening of the General Public – Buyer Beware"](#) – Davenport & Reeder, JAMA, 2026, ~6 min
5. ["Why Are People Injecting Themselves with Peptides?"](#) – Khullar, The New Yorker, 2026, ~15 min
6. ["The Role of Doctors Is Changing Forever"](#) – Khullar, The New Yorker, 2025, ~15 min
7. ["Will Autonomous AI Exceed AI-Aided Physicians as the Best Medical Care?"](#) – Emanuel et al., JAMA, 2026, ~10 min
8. ["A Foundation Model for Continuous Glucose Monitoring Data"](#) – Lutsker et al., Nature, 2026, ~18 min
9. ["Barriers and Enablers to Implementing Clinical Practice Guidelines in Primary Care: An Overview of Systematic Reviews"](#) – Wang et al., BMJ Open, 2023, ~20 min