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- **Title of the Presentation:** *Heart Rejuvenation*

- **Executive Summary**

Cardiovascular diseases, which are the leading cause of death, aren't generally perceived as something one can prepare for with a prophylactic treatment. But now, we demonstrated a cellular mechanism that can be activated in healthy mouse hearts that made these mice resilient to a future heart attack – even when it occurred months later. A clinical procedure in patients is a long, long way off from being applicable to humans, but these findings reshape our understanding of the regenerative capabilities of the heart – and possibly other organs – and how they might be enhanced through preventive medical intervention. Our research highlights new avenues that examine giving heart treatment not only after the damage already happens, but from a preventive position that increases the capacity for recovery from an injury before it even occurs.