Joseph C. Marek, M.D., is a clinical cardiologist with Midwest Heart Specialists and the founder and medical director of the Young Hearts for Life[®] (YH4L) Cardiac Screening Program.

The YH4L program was developed to address the problem of sudden cardiac death in young adults through ECG testing. Since it's inception in 2006 over 65,000 ECGs have been performed. YH4L is the largest ECG screening program in the USA. Dr Marek oversees the interpretation of all screening electrocardiograms and provides education and training to physician colleagues, clinical staff and program volunteers. He has a developed a webinar designed to instruct interested physicians in the skills of interpreting ECGs in adolescents.

Dr. Marek received his medical degree from Loyola University Stritch School of Medicine. He completed his internship and residency in internal medicine at the Cleveland Clinic Hospital where he was chief resident. Dr. Marek completed his fellowship in cardiovascular diseases at Loyola University-Foster McGaw Hospital in Maywood, Illinois where he was chief fellow. He is board certified in internal medicine and cardiovascular disease and is a fellow of the American College of Cardiology.

Dr. Marek's areas of special interest include prevention of sudden cardiac arrest in young adults, cardiovascular disease and sports participation, complex hypertension, diagnosis, management and prevention of coronary disease, exercise and stress management as they relate to heart disease.

Dr. Marek is president of Midwest Heart Specialists, a 50 physician single specialty cardiovascular practice in the Midwest United States. He is a member of the Board of Directors of Midwest Heart Foundation a not-for-profit organization dedicated to cardiovascular research, education and community service. He is serves on the Medical Advisory Boards of The Sudden Cardiac Arrest Association and Parent Heart Watch.