



## Dr. Ben Stone

Founder & CEO

Sigma Tactical Wellness

Topic: *“Heart Disease: #1 Killer of Active and Retired Cops”*

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Upon graduation from the University of Arkansas, Dr. Benjamin Stone attended Exeter College of Oxford University through the United States Air Force Institute of Technology. At Oxford, Dr. Stone developed a keen interest in cardiovascular physiology. He completed his PhD and related coursework for his medical doctorate and also coordinated research at the British Olympic Medical Institute, Oxford Nutraceuticals Group, and Cambridge University. Dr. Stone served as Assistant Professor of Exercise Physiology at the University of Central Arkansas, Sr. Tutor at Oxford University, and designed curriculums for the University of Arkansas for Medical Sciences.

In 2017, Dr. Stone co-developed Sigma Tactical Wellness, an organization intent on determining the causes-of and reducing the prevalence of coronary disease in law enforcement officers throughout the United States. To date, his program has screened more than 7000 police officers and the derived data and methods are being used across the nation to save countless lives. As a well-regarded lecturer, Dr. Stone has presented data at the International Association of Chiefs of Police conference, Texas Chiefs Association, The FBI National Academy, and many other state, local, and federal law-enforcement agencies.

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### **Topic: *“Heart Disease: #1 Killer of Active and Retired Cops”***

There is absolutely no question that the number one killer of active and retired law enforcement officers and fire fighters is heart disease. The average age of a police officer who suffers a heart attack is 46, and the life expectancy of men and women in uniform is more than 22 years less than the general population. Published data shows that, between the ages of 55 and 60, the chance of a civilian dying from a heart attack is 1.6%. However, within populations of police officers and fire fighters, it is 56%. Join Dr. Stone for an in-depth overview of the early detection model, specific to public safety, that he and his team are creating in an effort to permanently change these shocking statistics.