

NEWS RELEASE

For immediate release:

**Northumberland PACE Speakers Series presents
“Blood pressure and blood sugar: Managing the two big numbers”
with Dr. Behtash Saeidi, MD, MPH, ABIM**

NORTHUMBERLAND COUNTY, Tuesday, October 13, 2026 –The Northumberland PACE Speakers Series continues with “*Blood pressure and blood sugar: Managing the two big numbers*” with guest speaker Dr. Behtash Saeidi, MD, MPH, ABIM, and with introductions by Dr. Mukesh Bhargava, Internal Medicine Specialist. The virtual conversation will take place on Zoom on **Thursday, October 22, 2026**, starting at **5:30 PM**. The session is free and open to the public. **Register [here](#).**

During this PACE talk Dr. Behtash Saeidi, MD, MPH, ABIM will explore genetic and environmental factors contributing to both increased blood sugar and hypertension, treatment targets for various age groups, lifestyle choices and improvements that individuals can introduce before considering pharmacotherapy and medications, and treatment targets and goals of therapy after initiating treatment.

“The PACE partners are excited to bring this important discussion about blood pressure and blood sugar levels as they are important indicators of cardiovascular health. Understanding these two numbers can help individuals identify ways to improve their overall health and reduce risk of potential cardiovascular risks,” says Dr. Bhargava.

Dr. Saeidi is an Internal Medicine Specialist. He completed his residency training in internal medicine at Maimonides Medical Center in Brooklyn, New York, and his fellowship in Hospital Medicine at the University Health Network (UHN) / University of Toronto. He is board certified in Internal Medicine by the American Board of Internal Medicine and the College of Physicians and Surgeons of Ontario.

About Northumberland PACE Speakers Series

Launched in 2018, Northumberland PACE (Personalized Assessment and Change Education) Speaker Series is a free, virtual series that explores a variety of health and wellness topics. The monthly, hour-long, virtual events are formatted as a 30-minute presentation followed by a 20-minute questions-and-answers period.



Past and current speakers are community members representing local health providers, organizations and caregivers. The PACE Speaker Series is presented by partners Northumberland Hills Hospital (NHH), the NHH Foundation, internal medicine specialists IMCare, the Northumberland Family Health Team, The Community Health Centers of Northumberland, Community Care Northumberland, the Ontario Health Team of Northumberland (OHT-N), as well as local patients and caregivers.

The PACE format welcomes questions from the audience that may be pre-submitted by emailing, mbhargava@imcare.ca or, time permitting, posed live during the event itself. The presentation will be recorded and made available on the NHH website. This event is hosted through Zoom, and attendees are asked to join five minutes prior to the start. For more information please visit: pacetalks.com.

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