



# Cardiac Expertise in a Patient-Centered Environment

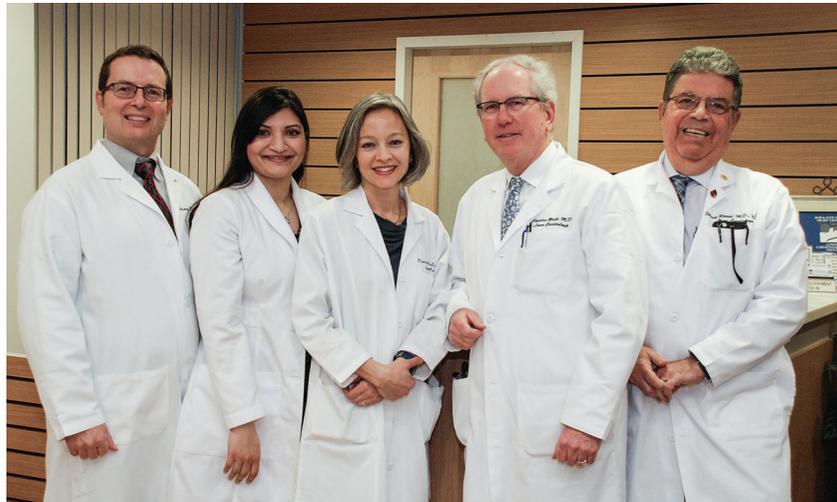
**This Harvard-affiliated cardiovascular practice offers new programs for women and sports enthusiasts.**

## New Women's Program

“Heart disease is by far the leading cause of death in American women,” says Dr. Dara Lee Lewis, Director of the new Lown Women’s Cardiology Program. “And yet many women still think breast cancer is their biggest threat. As a result, women may ignore warning signs of serious heart problems.”

“Symptoms of heart disease can be different for women than for men,” states Dr. Brian Bilchik. “Cardiac symptoms can be subtle, like shortness of breath or feeling dizzy or anxious. It’s important for women to seek medical attention if they have symptoms, especially if they have risk factors for heart disease.”

“Stress test results can also be different, and we may need to perform more specialized types of tests in women, or interpret them through a different lens. In addition, there are often hormonal issues related to menopause and pregnancy. We encourage our female patients to be tuned in to these issues and address any concerns with us.”



Dr. Brian Bilchik, Dr. Khyati Baxi, Dr. Dara Lee Lewis, Dr. Charles Blatt, and Dr. Shmuel Ravid

## Sports Cardiology

Lown Cardiovascular Group is also well known for its Sports Cardiology Program. This specialized program offers testing and counseling for professional and amateur athletes alike.

Given the team’s passion for prevention and exercise promotion, sports cardiology is a natural extension of the Lown philosophy of promoting cardiovascular wellness.

“As an independent practice, we prioritize the physician-patient relationship. We spend the time it takes to get to know our patients and understand their medical issues. As a result, we are often able to help our patients stay out of the hospital—but when our patients require hospital admission or invasive procedures, we have access to top-notch teaching hospitals,” says Dr. Lewis. “We really have the best of both worlds here.”



## Lown Cardiovascular Group

The Lown Cardiovascular Group is a private practice affiliated with Harvard Medical School and Brigham and Women’s Hospital.

Founded by Nobel Prize winner Dr. Bernard Lown nearly 50 years ago, the Lown Cardiovascular Group provides patient-centered, noninvasive cardiovascular care that emphasizes prevention, compassion, and trust between doctor and patient.

The Lown Cardiovascular Group focuses on doing more *for* the patient and less *to* the patient. This means taking time to listen to patient concerns and recognizing that when patients understand their health issues, they are better able to participate in their own care.

**Lown Cardiovascular Group offers comprehensive cardiovascular testing on-site, including:**

**Echocardiography (ultrasound of the heart)**

**Myocardial perfusion imaging**

**Cardiopulmonary stress testing**

**Carotid artery and vascular testing**

**Nutrition counseling**



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