



DEMYSTIFYING HEART DISEASE

Cardiologist Vimal Nanavati, M.D., is on a mission to educate the public about the often-disregarded symptoms of heart disease in women.

"The common perception is that women get cancer and men have heart attacks," says Vimal Nanavati, M.D., a cardiologist at Advanced Heart Care, Inc. "Heart disease is actually the No. 1 killer of both men and women."

Women often don't have the classic signs of heart disease, he says, like chest pain that radiates to the arms. The symptoms for women might be more confusing: pain on the right side, shortness of breath, dizziness, or fatigue. Going to see a primary care physician or nurse practitioner may not lead to any follow up because even among providers, there's a lack of

awareness about these subtle symptoms. For women, the complaints may easily be mistaken for anxiety.

"It's critical that we bring more awareness to this medical issue. It's my mission to help educate the public on recognizing the signs of an impending heart attack in women," Dr. Nanavati says.

Detection, Prevention, and Treatment

Advanced Heart Care's guiding philosophy focuses on the detection and prevention of heart disease. Dr. Nanavati founded Advanced Heart Care in San Diego over 20 years ago to provide comprehensive cardiology services to patients.

Using goal-directed, prevention-based

testing, Dr. Nanavati thoroughly investigates the possibilities of heart disease in each patient who walks in the door. He also uses every resource at his disposal to determine whether it's a case of heart disease, including seeking out the advice of other experts for complex cases.

"Heart disease is an insidious illness that's hard to detect," Dr. Nanavati says. "I strive to never minimize the symptoms my patients are feeling and to conduct thorough testing. An ounce of prevention is worth a pound of cure."

Over the last 25 years, Dr. Nanavati has observed that a simple 15-to-20-minute office visit on a regular basis can often prevent emergency room visits, which lead to more testing. Routine office visits are especially important for older women

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who may be going through menopause. As women lose estrogen, changes in their body can lead to more risk factors for heart disease, such as higher cholesterol.

"Women should remain vigilant about getting regular cardiac exams as they get older," notes Dr. Nanavati.

Advanced Heart Care provides kind and compassionate care to patients and offers easy monthly payment plans for individuals with high deductibles. The private practice accepts most insurance plans and self-pay options for treatment. If a patient doesn't have insurance coverage, Dr. Nanavati will direct them to county programs like Project Access San Diego so that they can still be evaluated. "We make every attempt to see patients regardless of their financial status," says Dr. Nanavati.

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