

## The Heart of the Matter

Jeffrey Boone, M.D., founder of Boone Heart Institute, is driven by a bold mission: to eradicate cardiovascular disease by harnessing the power of prevention.



As a young man, Jeffrey Boone, M.D., earned a master's degree in exercise physiology and began coaching men who had recently suffered heart attacks. "Their programs had to be supervised by medical doctors, so I went back to school and got my medical degree," he recalls.

Convinced that the prevalent medical paradigm was driven more by profits than patient well-being, he dedicated his career to exploring the ways heart attacks and strokes might be avoided through lifestyle changes, early diagnosis, and preventative drug therapies. Today, his clients include major American sports teams and titans of business and industry.

"Heart attacks and strokes need not be the inevitable result of aging," says Dr. Boone, who founded Denver's Boone Heart Institute in 2008. "The trick is heading them off at the pass. Cardiologists do a great job, no question. They're like the Peyton Mannings of medicine. But if patients come to see me before there's a crisis, then there may be no need for an ambulance, blood on the hospital floor, and a Hail Mary pass to save their life. A well-developed game plan prevents the need for a fourth quarter comeback."

Dr. Boone calls the culprits "the four horsemen of heart disease": plaque-clogged blood vessels, blood chemistry that enables clots, heart arrhythmia, and heart muscle disease.

"Why wait for any of these to become life-threatening?" he asks. "There's so much we can do to reverse these issues—or prevent them completely."

### A Triad of Approaches

Dr. Boone and his skilled, dedicated staff work tirelessly to do just that, offering three programs designed to meet each patient's unique needs.

"Our Preventive Health Program is all about eliminating fear of the unknown," explains Dr. Boone. "We use state-of-the-art testing to tell you where you might stand when it comes to heart disease, cancer, cognitive decline, and more. If these illnesses run in your family, we make sure you're doing everything you can to stay healthy."

The Functional Medicine Program offers hormone and peptide therapies to control weight, increase energy, and address the natural effects of aging, while the all-inclusive Executive Program offers high-end concierge medical care. Patients have priority access to the Institute's physician and hospital network in Denver and beyond.

"We help you navigate every facet of your treatment plan, advocating for you at every step," says Dr. Boone. "If you want to do everything in your power to prevent a heart attack or stroke, walk your daughter down the aisle, or play with your grandkids—or great-grandkids—at 80 or 90, we're here to help make that happen."

