

# The Women Redefining Heart Care

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**In the high-stakes world of cardiology, where every second counts and every decision can change a life, three remarkable physicians from Heart and Vascular Care (HVC) are doing more than keeping up. They're leading the way.**

**K**athleen Evans, DO, Mamatha Pinninti, MD, and Pavani Kolakalapudi, MD, FACC, are redefining what it means to care for the heart, literally and figuratively. They're bringing a profound sense of humanity, sharp intellect, and pioneering technology to push heart care into a new era and, perhaps most importantly, they're listening, especially to women, whose symptoms and stories have too often been overlooked.

For too long, cardiology has been a field where women's voices, both as doctors and as patients, were underrepresented. These three doctors are changing that. Together, they're building a new model of care, one rooted in empathy, education, and empowerment.

Because at HVC, patients aren't just charts, they're people.

## Finding Purpose in a Demanding Field

Cardiology is known for its intensity, the long hours, and the constant challenge. But for these women, that challenge was exactly what drew them in.

"It was probably the most challenging rotation as a resident that I took. There's no boring day in cardiology," says Dr. Kolakalapudi, who thrives on the constant variety, one day helping a patient with a valve issue, the next managing a rhythm problem.

That mental agility is what hooked Dr. Pinninti as well. "The variety that you see. It's very intellectually challenging. I feel, compared to other fields; there's a lot of thought that you put into making decisions for patients."

Dr. Evans, on the other hand, fell in love with the human side of cardiology. During her time in cardiac rehab, she watched people literally reclaim their lives. "To be able to see that impact on somebody's life was what made me want to go into cardiology," she says. "Patients would walk out a different person after just six weeks of exercise."

For all three women, the heart isn't just an organ, it's a story of resilience. And they're determined to help more women write their own healthy chapters.



## The Heart Truth: Women's Health Matters

While heart disease is the No. 1 killer of women, many still believe it's a "man's disease," or something that only happens later in life. The doctors at HVC are working to change that narrative. Dr. Pinninti points out that heart disease can begin much earlier than most people realize. "Plaque buildup can start as early as your 20s and 30s. We should focus on early recognition and prevention," she says.

Dr. Kolakalapudi adds that a woman's personal history holds vital clues: "It is absolutely a myth that it is an old person's disease. These parts of your life are not side notes, they are clues to your heart's future." Conditions like gestational diabetes or preeclampsia during pregnancy are early warning signs that shouldn't be ignored.

## How We Care for Women's Hearts

Perhaps the most urgent issue these doctors are addressing is the delay in diagnosis that women often face. Because most cardiac research has historically focused on men, women's symptoms can present differently and are too often brushed off.

Dr. Pinninti warns that when women report symptoms like palpitations or chest pressure, they're sometimes told they're "anxious" or "stressed." But that can be a dangerous mistake. "What's being called anxiety might actually be arrhythmias or other serious cardiac issues," she explains. "If you feel something is wrong, you must insist on a proper workup."

Dr. Kolakalapudi recalls one woman who came to her and Dr. Evans after months of being brushed off. "I feel if she were a man, there would not have been a delay," she says of the 45-year-old patient who ultimately needed a stent. "Taking them seriously and having the correct testing ordered at the right time makes a huge difference."

Their empathy isn't just professional, it's deeply personal. As women, they understand how it feels to be told "you're fine" when you know something isn't right. And they're determined to make sure their patients never feel unheard again.

## Be Your Own Advocate

Each of these doctors shares the same heartfelt advice: Trust yourself.

"Women need to be more empowered and feel confident in themselves, knowing that they know their body, and if they feel there's something going on, they need to persist," says Dr. Evans.

Persistence can be life-saving. Dr. Kolakalapudi adds, "Tell them if you've had preeclampsia, if you've had a family member with early heart disease, even if they don't ask you, you give that information." In other words: Speak up. You are the curator of your body's history, and every detail matters.

## Technology with a Personal Touch

At HVC, compassion meets innovation. The practice has invested in technology typically found only in major hospital systems, yet they've made it accessible close to home. For Dr. Evans, who works in a more rural location, that access is invaluable. "By offering care like this, HVC is meeting patients where they are," she says.

The ability to perform critical, time-sensitive tests like troponin analysis right in the clinic is a game changer, helping patients avoid unnecessary ER trips. It's all part of the same mission: making care easier, faster, and more personal.

"Doing what's best for the patient, making it easier for the patient to seek the care," says Dr. Kolakalapudi, "that's what drives us."

With comprehensive diagnostics, prevention, and treatment all under one roof, HVC is proving that world-class medicine doesn't have to come at the expense of compassion or convenience.

To learn more about their innovative, patient-first approach, visit [hvcmd.com](http://hvcmd.com).

