



Our prevention specialists are nationally renowned experts in the field of cardiovascular prevention.

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Ascension

Our Preventive Cardiology Program is your partner in wellness, ensuring that your heart's story is one of strength, resilience, and enduring health.

Ascension Texas Cardiovascular

1004 W. 32nd St., Suite 300
Austin, TX 78705

**Call us today at
512-324-PREV (7738)
to start your path to a
heart-healthy future.**

**Discover
the power
of prevention:
Your heart
deserves it**

Ascension Texas Cardiovascular
Preventive Program



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Is your heart trying to tell you something?

Take a moment to listen, because the key to a vibrant, heart-healthy future lies in prevention. The Ascension Texas Cardiovascular Preventive Cardiology Program is designed to create a personalized plan for you to prevent heart disease and its risk factors so you can enjoy a lifetime of wellness.

Why wait? Early screening, lifelong benefits!

Did you know that cardiovascular disease often develops silently, without noticeable symptoms? That's why early screening is your shield against unexpected heart disease. Our state-of-the-art screening program is designed to catch heart disease before it affects your well-being. With early



detection, you gain the power to take control of your heart health.

We offer the following services:

- Cardiovascular disease screening with advanced imaging and lab services
- Complex lipid management, including management of familial hypercholesterolemia and statin intolerance
- Advanced hypertension management
- Diabetes and weight management, including the prescription of newer anti-obesity agents
- Smoking cessation counseling
- Nutrition counseling by an experienced dietitian
- An individualized approach to cardiovascular risk reduction

Personalized plan to address risk factors

No two hearts are alike, and neither should their care. From hypertension to weight management to cholesterol management, we comprehensively address all risk factors in a way that's personalized to you.

Building a better lifestyle

Prevention isn't just about screening; it's a holistic lifestyle approach. Explore our tailored nutrition plans and exercise support. Small changes today can lead to monumental differences in your heart health tomorrow.



The path to a heart-healthy journey starts here

Expert care with a human touch: Our team of nationally renowned preventive cardiologists and multidisciplinary specialists are here to guide you through your heart health journey. From interpreting your results to crafting a personalized care plan, we are with you, committed to optimizing your cardiovascular well-being.

- Integration of state-of-the-art imaging and lab technology to precisely assess cardiovascular risk
- Multidisciplinary team providing personalized nutrition counseling and intensive lifestyle support
- Collaborative development of a care plan tailored to the patient