



# Wake Forest Baptist Health offers the area's only integrated Heart and Vascular Center of Excellence

## Providing patients with accessible care and quality outcomes

Wake Forest Baptist Health is transforming the way it delivers cardiovascular care. Our Heart and Vascular Center of Excellence builds on a track record in quality outcomes for patients. This new venture transcends existing department lines and integrates cardiology, cardiothoracic surgery and vascular surgery to provide patients with a seamless, multidisciplinary team approach to their care.



This collaborative approach positions Wake Forest Baptist to take full advantage of the unprecedented opportunities to understand and treat heart disease that are emerging from molecular biology, genomics and other disciplines.

“Heart disease and vascular disease are essentially the same disease manifested in different organs of the body,” said **David Zhao, MD, PhD**, who is leading this new venture as director of the Heart and Vascular Center and chief of Cardiology. “Combining the skill of our strong team of cardiologists and vascular and cardiothoracic surgeons into

a one-stop prevention and treatment enterprise makes it possible for us to offer patients a more systematic and effective treatment option. Wake Forest Baptist is one of the few health care organizations that has the depth of expertise necessary in all of the disciplines related to cardiovascular care to make this work. Our team also shares an enthusiasm and commitment to collaborate across traditional department lines to improve patient care.”

## New cardiovascular services to be offered

New services are in the planning stages, including a **cardiovascular disease prevention program** that will offer patients a comprehensive analysis of their individual risk factors by specialists in exercise, diet and hypertension. Education in the recognition and management of risk factors is one of the most effective ways to reduce the incidence of advanced heart disease.

A new **heart valve service** will focus on the growing field of minimally invasive transcatheter interventions to repair and replace valves. The Heart and Vascular Center's close collaboration between **pediatric and adult care** will help young patients diagnosed with congenital heart disease transition seamlessly to adult care as they grow.

An **integrated cardiovascular research enterprise** will involve services such as Cardiovascular Imaging, Interventional Radiology, the Hypertension Center, the

Translational Science Institute, the J. Paul Sticht Center on Aging and Rehabilitation and the Wake Forest Institute for Regenerative Medicine. A new **endowed lectureship program** will bring international leaders in cardiovascular care to Wake Forest Baptist to share their knowledge. This vigorous research focus will lead to new discoveries in the genesis and treatment of cardiovascular disease and provide patients with access to the most advanced care.



## Three associate directors named

Dr. Zhao is working with three associate directors of the Heart and Vascular Center: **Robert Applegate, MD**, professor, Cardiology; **Neal Kon, MD**, chair, Cardiothoracic Surgery, and **Matthew Edwards, MD**, chair, Vascular Surgery.

Dr. Zhao plans to take Wake Forest Baptist's cardiovascular program beyond the walls of the medical center. "I want to build strong relationships with community physicians and partner with community members to educate them about how to improve their cardiovascular health," he said.

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– Dr. David Zhao

## Heart and Vascular Center of Excellence:

- ▶ Individualized care
- ▶ Innovative environment
- ▶ Recognized leaders in the field
- ▶ Pediatric heart center
- ▶ Among the top national Heart hospitals (as ranked by *U.S. News & World Report*)
- ▶ Accredited Chest Pain Center

[WakeHealth.edu/Refer/Cardiovascular](http://WakeHealth.edu/Refer/Cardiovascular)

To refer a patient, call the Physician's Access Line (PAL®): **800-277-7654**



Heart and Vascular Center of Excellence leadership (left to right): Dr. Robert Applegate, Dr. David Zhao, Dr. Matthew Edwards, Dr. Neal Kon

# Introducing David X.M. Zhao, MD, PhD

**Director, Heart and Vascular Center  
Chief, Cardiology**

**MD** Shanghai Medical University  
**PhD** Queensland University,  
Australia (Immunology)

**Residencies** Zhongshan Hospital/  
Shanghai Medical University  
(General Surgery); Vanderbilt  
University School of Medicine  
(Internal Medicine)

**Fellowships** The Prince Charles  
Hospital, Australia (Cardiothoracic Surgery); Vanderbilt  
University School of Medicine (Transplant Research); Brigham  
and Women's Hospital (Cardiology, Interventional Cardiology)

**Board Certified** American Board of Internal Medicine (Internal  
Medicine, Cardiovascular Medicine, Interventional Cardiology)

### Recent History:

Vanderbilt University Medical Center (Director, Cardiac  
Catheterization Laboratories, Interventional Cardiology, Cardiac  
Catheterization Laboratory Research)



**Heart and Vascular Center**  
Medical Center Boulevard  
Winston-Salem, NC 27157-1015

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►► **Providing world-class accessible care for  
our referral community**

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## Transforming cardiovascular care through our Heart and Vascular Center

One-stop prevention and treatment for your patients



A Mission to Care. A Mission to Cure.