



From the Heart

A forum for the patients & friends of the Lown Cardiovascular Group

New Home Strengthens Commitment to Our Patients

On October 13, 2015, The Bob and Judy Hale Heart Center, the new home of the Lown Cardiovascular Group, was formally dedicated in a state of the art suite of offices, examination rooms and cardiac testing laboratories at 830 Boylston Street, Suite 205 (Route 9) in Chestnut Hill, MA.

Rob Hale and his mother, Judy Hale, attended the opening and eloquently spoke of their confidence that the Group would maintain the standard of excellence in cardiovascular care, medical education, and innovation in clinical medicine that would be an ongoing tribute and memorial to Bob Hale, a long-standing supporter of the Group's mission. The generous support provided by the Hale family has made our new Center possible, infusing new energy to achieving the goals of our new nonprofit organization.

Only 2.5 miles from our former location and 2 miles from the Brigham & Women's Hospital (BWH), the new Center has been warmly received by our patients who find access as well as parking to be easy. Immediately adjacent to 850 Boylston Street, a well-known BWH outpatient facility, a shared free valet parking service provides for comfortable access for patients who may require assistance.

The new conference room is a center for teaching medical students, staff, and the wider medical community and helps us fulfill our goal of maintaining a voice for common sense and humanity in the fast paced, fragmented and highly technical medical environment. It is here that we gather weekly to assess our progress, to formulate new goals and programs and to maintain the special relationship we have created within the greater Harvard Medical community.



We have incorporated a Sports Cardiology Laboratory to our new space and look forward to helping highly tuned student athletes as well as middle age and older athletes assess and improve performance. In addition to the treadmill, we are now able to test exercise capacity on both a stationary bicycle and ergometer (rowing machine). New specialized diagnostic instruments allow an evaluation of both heart and lung function and measure efficiency of training protocols.

In an adjacent office, Beth Reardon, an accomplished nutritionist, is available to consult on a wide array of dietary advice from weight management and salt restriction to optimization of athletic performance.

Mary, Lisa, Jill, and Marq maintain a standard of excellent diagnostic testing in the echo, exercise, nuclear and vascular laboratories. Helene, Sharon, Valinda, and Vanessa continue to provide the exceptional nursing and technical care to our patients. This dedicated clinical staff maintains the special connection that we strive to achieve with all of our patients.

Meet Our New Nutritionist

*Beth Reardon, MS, RDN, IDN
Integrative & Functional Nutrition*

I am thrilled to join the Lown Cardiovascular Family and grateful for the invitation to share a little bit about myself, and my journey (back) to the great white north.

Ironically my journey as an adult started in Boston more than 25 years ago when my husband and I shared our first apartment in Brighton. We had both graduated the year before from Cornell University, where we met during our freshman year.

I graduated with a degree in Nutritional Biochemistry and had plans to continue on to complete medical school and teach what I felt was sorely lacking in the curriculum at that time. I loved what I studied and felt nutrition to be not only the foundation of health but also the antidote to “dis-ease”. It was not enough to know what to eat - I wanted to know why and what nutrients did for us at a functional level, moving us closer to or further from the holy grail of “optimal” health. I firmly believe that we are unique biochemical environments and what we choose to eat is an opportunity to move us closer to that vision.

In the years that followed I gave birth to our first daughter, completed a masters degree in Kinesiology at University of Michigan on Corporate Wellness, and moved around the country with stops in Baltimore, Ann Arbor, Coronado, Memphis, Cape Elizabeth, Maine, and Chapel Hill North Carolina. Fast forward – 16 years later we found ourselves parents to three growing little girls; settling in Chapel Hill, North Carolina to spend the next 13 years working at Duke University Medical Center, home to great basketball and the Duke Integrative Medicine Center.

Early on I worked with a gifted cancer researcher coordinating two studies, one of which contributed to a landmark body of work for prostate cancer and another for breast cancer. Ask me what I think about the importance of flaxseed and exercise, but only if you have a few hours time!

My years at Duke Integrative Medicine were among the most important in my professional and personal



development. Having trained through the lens of clinical science, the opportunity to witness the contributions of an integrative approach to healing was mind bending. To this day I do not pretend to be able to explain how complimentary practices work, bringing together the many nuances of healing and tapping into the bodies greatest healing potential, but I did stand witness to them. The uniqueness of what we did and how we accomplished it did not escape the eye of our Marketing Director. She saw a need to bring what we do to the masses. This need gave birth to our book, *The Mindful Diet*, a collaboration between myself and our Director of Research, and truly a labor of love. Emphasis on the latter as it was the longest labor and delivery I had ever experienced.

It was about this time that I was also introduced to the formal field of Functional Medicine, a medical practice that uses an integrative approach to health. Drawing from a person’s history and listening to their story together we are better able to understand the root cause of what brought them to me. Instead of treating “symptoms” we look “upstream” to where it all began for them. People are often amazed that their gut issues might have anything to do with joint pain or fatigue. I see Functional Medicine as the application of the biochemistry and physiology that I studied years (!) earlier to the person sitting in front of me.

Fast forward and here I am back in Boston with my husband, where it all started and where there appear to be many more cars than I remember.

So it is my pleasure and privilege to bring my experience to the Lown Cardiovascular Group. I am grateful to be able to work with a group that has such a respected history and standing in the community.

Training the Next Generation of Doctors

As part of its commitment to clinical education, the Lown Group offers an outpatient cardiology elective course for Harvard Medical School students. During the month-long course, students are exposed to outpatient, office-based cardiology at the Lown Group.

The course focuses on the critical link between office and hospital-based cardiology with exposure to the decision-making process leading to hospitalization and the care of the recently discharged cardiac patient.

As one of the few remaining independent practices in the Boston area, the Lown Group provides a unique model of patient-centered, noninvasive cardiovascular care that emphasizes prevention, compassion, and trust between doctor and patient.

After completing our course, Kate Majzoub, a fourth year Harvard Medical School student had this to say:

I am very grateful for the opportunity I had to learn from the cardiologists, nurses, technicians, and patients at the Lown Group. Throughout medical school I have been exposed to many clinical settings, ranging from Intensive Care Units to newborn nurseries, to primary care clinics. The Lown Group was among the most efficient, friendly, and patient-centered places that I have encountered. I was repeatedly impressed by the team's commitment to clinical excellence, minimizing potentially harmful interventions, and above all, treating people rather than diseases. Thank you to all of the patients, staff, and physicians who participated in my education during my month at the Lown Group.



I want to tell you how much I appreciate the care I was given by the staff at Lown. I was treated with the most caring, professional staff that I have ever had the pleasure to meet. I have many health issues and have seen many doctors over the years, but never have I left a visit with such a feeling of hope and the belief that these people truly care about me.

- A recent note from one of our patients

About Us



Our physician group: Brian Bilchik, MD; Charles M. Blatt, MD; Dara Lee Lewis, MD; and Shmuel Ravid, MD, MPH, are all Board certified, Harvard-affiliated cardiologists.

The Lown Group specializes in second opinions, especially when it comes to evaluating the need for invasive procedures. We also offer nutrition counseling and on-site testing in our fully accredited cardiac labs, with free parking, no facility fees, and an unhurried atmosphere.

Sports Cardiology at the Lown Group

We are now evaluating athletes at all levels with cardiac risk or symptoms. We offer state of the art cardio-pulmonary stress testing, risk assessment, and performance optimization. For more information or to schedule an appointment, visit www.lowngroup.org or call (617) 732-1318.



Sign Up For Our Newsletter

If you would like to receive our newsletter via email, please email us at info@lowngroup.org.



Prioritizing wellness, performance optimization, and preventive medicine

“Given our passion for prevention and exercise promotion, sports cardiology is a natural extension of the Lown philosophy of promoting cardiovascular wellness,” said Dr. Brian Bilchik. “Our expertise and state-of-the-art equipment allows us to partner with athletes and coaches to encourage safe participation and optimize performance.”

Who Is This For?

Our Sports Cardiology program is designed for athletes and coaches of all ages and levels of experience:

- Recreational athletes looking to increase fitness safely and effectively
- Endurance athletes seeking to optimize performance through monitoring of VO2 max

- High school and college student athletes needing screening or clearance to return to play
- Adult athletes of all ages with existing or suspected heart disease seeking to safely participate in sports
- Older or untrained individuals, or those with unexplained symptoms (such as breathlessness, palpitations, dizziness, or chest discomfort) who wish to begin an exercise program or continue to exercise safely.

Each member of our team has both personal and professional expertise in the unique physical and psychological demands of athletes at all levels. Our staff includes Harvard-trained, Board-certified Cardiologists who are Fellows of the American College of Cardiology and members of the ACC Sports and Exercise Section, Master’s level Exercise Physiologists, with certifications in Strength and Conditioning and Personal Training, and a Registered Dietician with extensive experience in Sports Nutrition. Brian Bilchik, MD is the Director of our Sports Cardiology program.

For further information or to schedule a consultation, please call the Lown Group at (617) 732-1318 or visit www.lowngroup.org.

