

# care from the heart, for the heart, Whenever you need it

**D**ay and night, seven days a week, every day of the year, the cardiologists at Champlain Valley Cardiovascular Associates help patients maintain healthy hearts.

In Vermont's biggest little city, the CVCA team of nine cardiologists and more than 40 staff devote their time to supporting people's quality of life. Whether providing routine diagnostics and follow-up in the office or performing life-saving procedures at the hospital, Champlain Valley Cardiovascular Associates helps patients prevent and recover from heart-related ailments.

CVCA employs their own Nurse Practitioner at Fletcher Allen Health Care in Burlington, who coordinates all CVCA inpatient services. As well, doctors with the practice rotate being on call—at all times. If a patient requires urgent care, they have immediate access to a CVCA physician who will perform a comprehensive evaluation and provide the most appropriate treatment. CVCA physicians and their staff have worked hard to create an environment of trust, communication, and utmost competency for their patients and colleagues. The peace of mind this brings to recovery contributes as much as the top-drawer medical care that goes with it.

## Vision to Reality

CVCA arose in 1985 from the vision of two cardiologists who worked together at University of Vermont and believed that a very personal style of practice would serve their patients across the state.

Within a few years, physicians from around New England had joined them to build one of the state's largest cardiology practices serving thousands of people a year.

The team includes Dr. Janet Kirwan, one of the few female interventional cardiologists in the New England area. "I take women and heart disease very seriously," she says, noting that women tend to be more complicated to diagnose than men—their symptoms hazier, and often mixed with or confused by

other conditions. Dr. Kirwan offers not only the awareness and sensitivity that a female doctor can bring to female patients, but also provides total care in one package: diagnosis, procedures, and follow-up.

Dr. Kirwan, along with her peers at CVCA, emphasizes the importance of prevention in heart disease. She points out the five classic risk factors—smoking, high blood pressure, high cholesterol, diabetes, and family history—and encourages everyone to adjust their lifestyles to avoid the avoidable, and work with their primary care physicians on risk factors beyond their control. Primary care physicians refer their patients to

CVCA when conditions warrant, knowing that the practice's full range of cardiovascular services will ensure the best care.

CVCA physicians are associated with four medical facilities in central and northern Vermont: Copley Hospital in Morrisville, Fletcher Allen Health Care in Burlington, Porter Hospital in Middlebury, and Rutland Regional Medical Center in Rutland. The practice covers the same territory through its three offices in Burlington, Middlebury, and Rutland.

To learn more about how CVCA can help you get on—or back on—the path of prevention, contact any of its locations or visit the website at [www.cvca.com](http://www.cvca.com).



Dr. Janet Kirwan



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