

A TRIUMPHANT APPROACH



CARDIOLOGIST BRETT VICTOR FOCUSES ON PREVENTION



BY JOSEPH MYERS
PHOTO BY ANDREW ANDREOZZI

Practicing medicine will never appeal to the faint of heart. It demands not only supreme dedication but also the ability to make connections with people who might not always like the sound of certain advice. Having joined the Cardiology Consultants of Philadelphia nine years ago, Dr. Brett Victor, 40, has wel-

comed every task tirelessly. The Fellow of the American College of Cardiology assists patients

at three locations and is affiliated with the same number of hospitals. He and wife Courtney have two children – Mia, 10, and Bennett, 7. PRH caught up with this local physician to discuss how he remains on the beaten path with respect to cardiovascular health and how hard his field is fighting to preserve lives.

RowHome: What led you

to choose your specialty? How has your profession evolved over your time within it?

Brett Victor: My father is a well-known cardiologist who has been taking care of this community for decades, and clearly, I was influenced by his passion for the practice of medicine, and cardiology, specifically. His were very big shoes to fill, but I was able to find my lane. Over my 10-year career, we now have even more advanced imaging modalities at our disposal, like PET/CT to complement tried-and-true

ECG, echocardiography, and a good history and physical exam to make a diagnosis. Also, more and more safe and effective medications are available not only to treat, but to prevent cardiovascular disease.

RH: What are the thrills that your vocation provides to you? What are any drawbacks?

BV: Every patient I see is a new challenge, and no two days are ever the same. The biggest joy I get is making a diagnosis or putting a treatment plan into place, getting to see it through and hearing from a patient that I have helped to make their lives better. Sometimes, though, despite all efforts, things don't turn out well, and this is, of course, a challenge.

RH: What are some misconceptions that people have about cardiovascular health?

BV: 'If it ain't broken, don't fix it.' While this may be a good old saying for your fridge, it doesn't go for your heart. High blood pressure, high cholesterol, and even mild heart disease can be completely asymptomatic, but still pose a significant risk.

RH: Regardless of gender, what can individuals do to strengthen cardiovascular health?

BV: It doesn't take much to improve one's cardiovascular health. Ideally, we recommend at least 150 minutes of moderate-intensity (or 75 minutes of vigorous) aerobic exercise per week, and some kind of weight/resistance training two days per week. This isn't possible or

