



Vitruvian Health

A vision for excellence in cardiovascular care – close to home

Column by Ateet Patel, MD, MBA

Chief of Cardiology, Vitruvian Health Care System

At Vitruvian Health Care System, our vision for cardiovascular care is simple but ambitious: to deliver world-class heart and vascular care right here in our region, so patients don't have to travel far from home to receive the advanced care they deserve.

As Chief of the Heart & Vascular program, I am proud of the momentum we are building and the direction we are headed. Cardiovascular disease remains one of the leading causes of illness and death in our communities, and our responsibility is to meet that challenge with excellence, innovation, and compassion.

Building a Comprehensive Heart Program

Vitruvian Health continues to expand its cardiovascular services to meet the growing needs of our region. This includes ongoing growth in structural heart care, cardiac surgery, advanced interventional procedures, and electrophysiology. Our goal is to provide a fully integrated system that supports patients at every stage of their heart health journey—from prevention and early diagnosis to intervention, rehabilitation, and long-term follow-up.

A key strength of our program is collaboration. Cardiovascular care is never one-size-fits-all, and it works best when specialists work together. Our teams across interventional cardiology, structural heart, advanced imaging, vascular care, electrophysiology, cardiac surgery, and cardiac rehabilitation collaborate closely to ensure each patient receives coordinated, personalized care.

Strengths That Set Vitruvian Apart

Vitruvian Health offers one of the most comprehensive cardiovascular portfolios in the region. Our services span interventional and structural cardiology, noninvasive cardiac imaging, vascular procedures, electrophysiology, and cardiac surgery. We also invest in leading-edge technology, including advanced imaging capabilities such as one-beat electron beam CT (EBCT), the most modern ablation therapies and clinical trials, which allow for precise and efficient cardiac assessment.

Equally important is our commitment to access. With cardiac care locations in Dalton, Calhoun, Ringgold, and Cleveland, patients can receive high-quality heart care close to home. Our system is built on a strong foundation of both hospital-based and outpatient cardiology, allowing for

seamless transitions across care settings.

Prevention and Community Outreach

Prevention is central to our vision for cardiovascular health. Many heart conditions are preventable or manageable when identified early. We emphasize primary prevention strategies such as blood pressure and cholesterol management, smoking cessation, healthy nutrition, and physical activity.

Vitruvian Health also prioritizes community outreach through screenings, educational programs, and partnerships that encourage individuals to stay engaged with their health. Annual physicals with a primary care provider are a critical first step, helping identify risk factors early and connect patients with the right resources.

Advanced noninvasive imaging, including calcium scoring and cardiac CT, allows us to detect disease earlier and intervene sooner. We are also expanding the use of digital tools and telehealth to extend care beyond the walls of our hospitals and clinics.

The Importance of Cardiac Rehabilitation

Cardiac rehabilitation is a vital part of recovery and long-term heart health. Following a cardiac event or procedure, rehab helps improve outcomes, reduce the risk of recurrence, and support patients as they return to daily life. Our programs emphasize lifestyle changes, medication adherence, exercise, and education—while maintaining continuity between hospital care, outpatient follow-up, rehabilitation, and primary care.

A Message to Our Community

My advice to patients is straightforward: don't delay your care. Schedule your annual physical, address health concerns early, and stay engaged in preventive care—especially when it comes to blood pressure, cholesterol, and weight management. It is also critical to recognize the symptoms of a heart attack and act quickly. Call 911 immediately if you experience chest discomfort, shortness of breath, or discomfort in the arms, back, neck, jaw, or stomach. Other warning signs may include cold sweats, nausea, rapid or irregular heartbeat, unusual fatigue, or feeling lightheaded.

At Vitruvian Health Care System, our mission is to deliver exceptional cardiovascular care with expertise, innovation, and heart—right here where our patients live. We are building a future where advanced heart care is accessible, coordinated, and focused on helping our communities live longer, healthier lives.

Sidebars:

Award-winning Care

Hamilton Medical Center was recently recognized as Number One Hospital in the market

for Major Cardiac Surgery. Hamilton Medical Center was also recognized for excellence by the American College of Cardiology. Hamilton was awarded Cycle VII Chest Pain Center with Percutaneous Coronary Intervention Accreditation and Electrophysiology Accreditation.

Committed to Excellence

Hamilton cardiology and vascular care physicians and staff members are committed to helping patients by providing compassionate, patient-centered care and management to preserve health and quality of life. Our pledge is Excellence. Every Person. Every Time.

Hamilton Medical Center's Market Includes

GA- Calhoun, Chatsworth, Dalton, and Fort Oglethorpe

TN- Athens, Chattanooga, Cleveland, and Dayton