

**How To Fire Your Doctor:  
The Ultimate Guide to Assessing Your  
Doctor's Fit for Your Heart Healthy Future**

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**I FIX**  
  
**HEARTS**

**BY DR. OVADIA**



# How To Fire Your Doctor:

## The Ultimate Guide to Assessing Your Doctor's Fit for Your Heart-Healthy Future

### Welcome to a Heart-Healthier Chapter in Your Life

February, Heart Health Month, isn't just a time to focus on your heart's well-being — it's the perfect moment to reflect on the past year of medical care and consider the dynamics of your healthcare partnerships.

Is your doctor truly invested in your heart health journey?

Here's how to tell:

## Step 1: Prioritizing Heart Health Metrics: Do They Understand More Than Just Numbers?

- **Vital Heart Health Indicators:** Understanding and monitoring key health metrics like blood pressure, blood sugar, and cholesterol is essential.
- **Beyond Basic Lipid Profiles:** Your doctor must be willing to refer you for comprehensive heart health assessments, like CRP and CAC tests, to provide a fuller picture of your heart's condition.





## Step #2: Aligning with Your Heart Health Goals: Does your Doctor Have A Shared Mission?

- **Actively Engaged In Goals:** The role of a doctor extends far beyond the prescription pad. If your doctor isn't engaged in setting and achieving your heart health goals, you're better off finding a new provider.
- **Current and Well-Informed:** Is your doctor referring to outdated medical advice? Are they unwilling to read more current findings? It may be time to find a new practitioner.

## Step #3: Effective Communication: Does Your Voice Matter?

- **Listening to Your Goals:** You need a doctor who actively listens to your concerns, which includes walking through your heart health history and engaging in meaningful discussions about your care.
- **Addressing Heart Health Concerns:** A responsive doctor should answer your questions in accessible, non-jargony terms. If you're not comfortable with their bedside manner, or if they refuse to answer your questions, they may not be a fit.





## Step #4: Personalized Approach to Heart Health: Is Your Care Customized?

- **Tailoring Your Heart Health Plan:** No two patients are exactly alike, and the best doctors know this — they explore your health history, lifestyle, and specific heart health objectives during your initial visit.
- **Success Stories and Testimonials:** Your doctor should be able to demonstrate or explain how customized strategies can manage and even reverse heart disease risk factors.

## Step #5: Transparency and Trust in Heart Health Care: Are They Clear And Direct?

- **Clear Heart Health Strategies:** Great doctors construct heart care plans that go beyond prescription medications. They clearly understand modern practices and provide actionable guidance rather than cryptic advice.
- **Identifying Genuine Heart Health Advice:** There's a difference between medical advice and personal bias. It may be worth considering a new provider if your doctor discounts your lifestyle or dietary choices without offering studies to back up their claims.





**Next Steps:** Your heart's health is too important to leave in the hands of someone who doesn't fully support your wellness journey.

Schedule a 1:1 call with my team and **get the support you need and deserve.**



ABIGAIL ZELLS  
Metabolic Health Coordinator

**SCHEDULE NOW**

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**Dr. Philip Ovadia**



I am a board-certified Cardiac Surgeon and founder of Ovadia Heart Health. Our mission is to optimize the public's metabolic health and help people like you stay off my operating table.

As a heart surgeon who used to be morbidly obese, I have seen firsthand the failures of mainstream diets and medicine. I realized that what helped me lose over 100 pounds was the same solution that could have prevented thousands of open heart surgeries I've performed — metabolic health.

Through Ovadia Heart Health, I teach individuals and organizations my complete metabolic health system to prevent and reverse disease, avoid early death, and live well for life.

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