Jeffrey R. Gladden, MD, FACC, an Interventional Cardiologist with Apex

Get to know Interventional Cardiologist Dr. Jeffrey R. Gladden, who serves patients in Dallas, Texas.



New York City, Jul 20, 2020 (Issuewire.com**)** - As an interventional cardiologist who has treated thousands of patients for cardiovascular disease, Dr. Gladden chose to refocus on heart attack and stroke prevention rather than intervening late in the course of the disease, when stents and bypasses are the only options. He is the Founder and Visionary of Apex in Dallas, Texas.

Apex was born by the coupling of the doctor's approach to cardiovascular disease prevention with age management and integrative medicine. Actively dedicated to every participant's success, this multifaceted and comprehensive approach has led to the effective arrest and reversal of heart disease.

"Apex is a comprehensive concierge medical program individually tailored to optimize your health and human performance. Starting with a deep dive into your underlying genetic, physiological & biochemical makeup, we benchmark neurocognitive function, body composition, cardiovascular performance, hormonal status, and much much more. We then layer in a nutrigenomic and immunologic analysis with a comprehensive understanding of your ethos, lifestyle, performance aspirations, and health concerns. Armed with this comprehensive understanding, we then engage with you on an annualized transformative partnership to optimize your health and performance assets and minimize your liabilities." as stated on the practice's website.

The doctor's acclaimed career in medicine began after he earned his medical degree from the Lewis Katz School of Medicine at Temple University in 1982. He then went on to serve his residency in internal medicine at Case Western Reserve University School of Medicine, followed by his fellowship in interventional cardiology at the University of Colorado Health Sciences Center.

A Fellow of the American College of Cardiology (FACC), Dr. Gladden is board-certified in internal medicine and cardiovascular disease by the American Board of Internal Medicine (ABIM). The ABIM is a physician-led, non-profit, independent evaluation organization driven by doctors who want to achieve higher standards for better care in a rapidly changing world.

Licensed in multiple states, his work is published in multiple medical journals. He also devotes his time to preventative cardiology, elite health optimization, cardiovascular program development at surrounding hospitals, as well as the development of medical devices and services.

Interventional cardiology is the subspecialty of cardiology that deals specifically with the catheter-based treatment of heart diseases. The field includes the diagnosis and treatment of coronary artery disease, vascular disease, and acquired structural heart disease. An interventional cardiologist is a cardiologist with one to two years of additional education and training in diagnosing and treating cardiovascular disease, as well as congenital and structural heart conditions through catheter-based procedures, such as angioplasty and stenting.

In his free time, Dr. Gladden enjoys mountain biking, snowboarding, and living the Apex lifestyle. He continues to explore and push the limits of the human aging complex.

Learn More About Dr. Jeffrey R. Gladden:

Through his findatopdoc profile, https://www.findatopdoc.com/doctor/3292617-Jeffrey-Gladden-Cardiologist or through Apex, https://apexhhplo.com/our-team-2/

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