An email newsletter provided by your
doctors at Virginia Cardiovascular Specialists

Take a look at some of the recent blog posts published
by our VCS doctors and staff!

**Echocardiogram vs. Stress Echo: Discerning The Differences**
by Dr. Bunda

Cardiologist often order diagnostic tests to better understand the interworkings of your heart. Two tests that are often ordered but misunderstood are the Echocardiogram (or echo) and the Stress Echocardiogram (commonly called a stress echo or stress test).

[Learn more »](#)

**What is Peripheral Vascular Disease (PVD)?**
by Dr. Appleton

Peripheral vascular disease (PVD) is a blood vessel disease that impacts the blood flow outside of the brain or heart. We usually use this term to talk about diseases affecting the arterial circulation, which are the vessels that carry oxygen rich blood from the heart to the tissues of the body.

[Learn more »](#)

**Ideal Protein Success Story**

Ideal Protein, a doctor derived weight loss protocol that transforms the body's ability to metabolize sugar, is now offered through our practice.

We are excited to share our first success story! This patient has lost 50 pounds in 19 weeks and has cut her blood pressure medicine in half!

[Learn more »](#)
Welcome to Dr. Stephen Abramson

We are pleased to announce the addition of Dr. Stephen Abramson to our practice. Dr. Abramson joins VCS after 29 years of private practice with Heart Specialists of Richmond. Starting July 1st, he will provide comprehensive cardiovascular services at our St. Mary's Office located at 5875 Bremo Road. Dr. Abramson attended Amherst College and Howard University School of Medicine. He is boarded in internal medicine and cardiovascular medicine.

Welcome Dr. Abramson!

Goodbye to Dr. John Onufer

We wish Dr. John Onufer the best as relocates to Chicago to join his wife who was recently named the American Academy of Pediatrics executive director. Dr. Onufer joined Virginia Cardiovascular Specialists in 2011 as an Electrophysiologist and was instrumental in building our Heart Rhythm program with the support of Dr. David Gilligan, Dr. Saumil Shah, Dr. Charles Joyner, Dr. Dan Schneider and Dr. Robert Sperry.

Dr. Onufer will be transitioning care of his patients to Dr. Saumil Shah. Dr. Shah joined VCS in 2012 following a fellowship in Cardiac Electrophysiology at the clinically acclaimed Lahey Clinic, an affiliate of Tufts University School of Medicine, in Burlington, Massachusetts. Like Dr. Onufer, Dr. Shah is credentialed to perform complex electrophysiology studies and procedures, including atrial fibrillation ablations. Dr. Shah's complete biography can be found at www.vacardio.com.

Heart to Heart contains educational content and news about Virginia Cardiovascular Specialists. If you are a patient with VCS you should receive a copy automatically. Be sure to set your email filters to accept email from vacardio.com.

Virginia Cardiovascular Specialists

www.vacardio.com * (804) 288-4827

Stay Connected