



Virginia Cardiovascular Specialists

January 2015

A 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!**

Heart Palpitations - Causes, Symptoms and When to Seek Help

by Dr. David Gilligan

A heart palpitation is the awareness of your heart beating in your chest. When you can feel or hear your heart racing or pounding, you are experiencing a heart palpitation.

**Learn more about the major causes of heart palpitations and when to seek
help>>**

Reasons for Chest Tightness and What You Can Do About It

by Dr. William Coble, Jr.

Chest tightness is typically associated with a heaviness or achy feeling that can be caused by coronary disease, congestive heart failure or pericarditis.

**Learn more about these conditions and what to do if you are experiencing
chest tightness>>**

Tips to be a Prepared Patient

by Paula Furcron, lead nurse

Being a prepared patient will help your doctor diagnose and treat you more accurately; and it will help you get the most out of your visit as well.

Learn more helpful hints here>>

Meet Our New Doctor **Ashwani Kumar, MD**

Dr. Ashwani Kumar recently joined Virginia Cardiovascular Specialists and sees patients at our Waterside Office (Prince George), Boulders Office and Vascular Center. He is an expert in complex peripheral vascular including limb salvage interventions.



Contact

**Virginia Cardiovascular
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