

Cardiac Surgeon Dr. Philip Ovadia and Cardiologist Dr. Aseem Malhotra Join Forces to Revolutionize Cardiac Care

United by a mission to prevent one million heart attacks, two of the world's most outspoken physicians in cardiovascular medicine are joining forces

ST. PETERSBURG, FL, UNITED STATES, August 28, 2026 /EINPresswire.com/ -- [Ovadia Heart Health](#) today announced that Dr. Aseem Malhotra, one of the UK's most prominent consultant cardiologists, has joined the organization as Cardiologist and Metabolic Health Specialist. The appointment is a major step toward Dr. Philip Ovadia's stated mission of preventing one million heart attacks, and brings together two of the most recognizable voices in the global movement to transform how heart disease is understood, prevented, and treated.

Heart disease remains the leading cause of death worldwide. Both physicians have been outspoken about a decades-long public health failure:

official dietary guidelines that demonized saturated fat and red meat, a food environment dominated by ultra-processed products, and a medical system that has too often reached for medication over root-cause solutions. The result has been a steady rise in cardiovascular disease even as treatments have advanced.

Together, Dr. Philip Ovadia and Dr. Aseem Malhotra bring a combined perspective that spans the full spectrum of cardiac intervention: from the operating table to the catheterization lab and,



Dr. Aseem Malhotra

most importantly, to the lifestyle changes that can make both unnecessary.

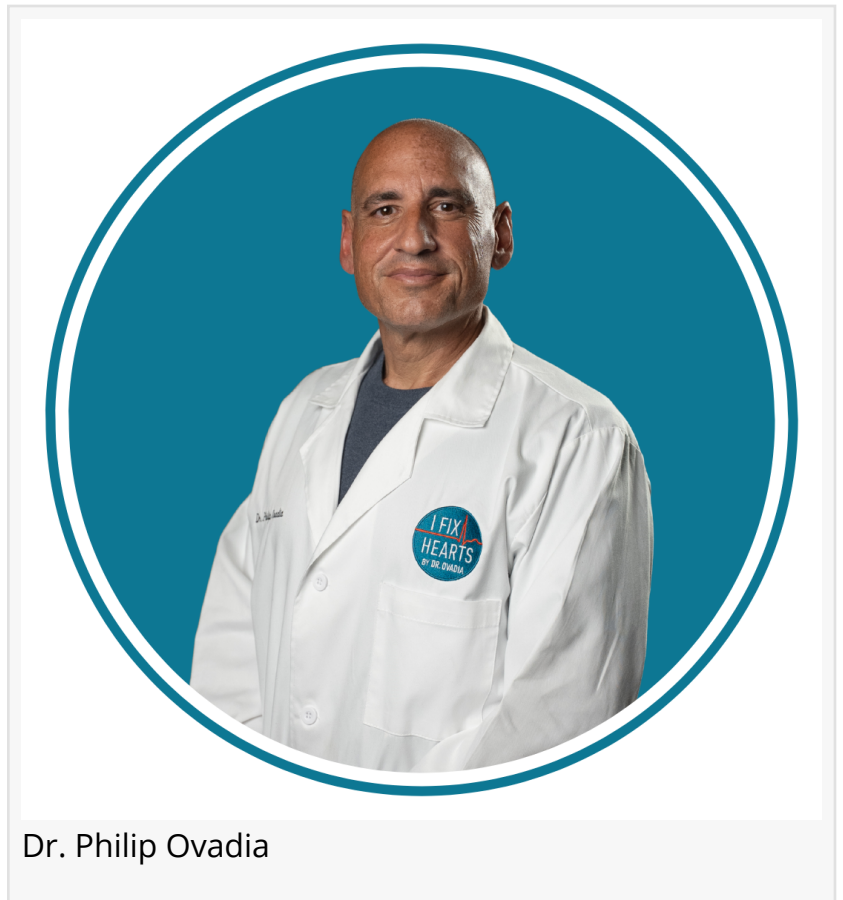
Dr. Robert Lustig, a UCSF endocrinologist, says, “The lipid hypothesis was always inadequate to explain or predict heart disease. Metabolic health is a more encompassing rubric. Drs. Ovadia and Malhotra will operationalize this effort to the benefit of all patients nationwide.”

Dr. Philip Ovadia, founder of Ovadia Heart Health and cardiothoracic surgeon, says: “My goal has always been to save lives. Many years ago, I came to the conclusion that the best way to do that is not with heart surgery, but by helping people stay off my operating table in the first place. Dr. Malhotra shares that conviction. Together, our aim is to prevent a million heart attacks, and this partnership brings us meaningfully closer to that goal.”

Dr. Malhotra is a board-certified interventional cardiologist with 25 years of experience, trained within the NHS, and has spent the past 7 years exclusively working in private practice. He is internationally recognized for his work helping patients address the root causes of cardiovascular disease through evidence-based, individualized care. This includes supporting patients who wish to safely reduce or come off statins, guiding them through that process with care and clinical rigor. He trained in interventional cardiology at Harefield Hospital, London, and graduated in medicine from the University of Edinburgh.

Says Dr. Aseem Malhotra: “The healthcare system is extremely good at keeping people alive once heart disease strikes, and helping them live normal lives. What it has not done well enough is prevent it. The evidence for lifestyle medicine as a first-line intervention is compelling, and patients deserve to understand that evidence fully so they can make informed decisions about their own care. That is exactly what Ovadia Heart Health stands for, and it is an honor to be joining the team.”

The two physicians share a deep commitment to informed consent: the principle that patients must have access to complete, honest information before agreeing to any treatment, procedure, or medication. This shared value sits at the heart of the partnership and will shape the expanded services Ovadia Heart Health offers through its telehealth clinic.



Dr. Philip Ovadia

Ovadia Heart Health was founded on the principle that most heart disease is preventable, and Dr. Ovadia has spent years helping patients optimize their metabolic health to avoid the surgeries he performs. Dr. Malhotra's appointment strengthens that mission by adding cardiology expertise, allowing the organization to guide patients at every stage of their cardiovascular health journey, from preventing a first event to navigating complex treatment decisions, always with a prevention-first lens.

The announcement comes as Dr. Ovadia releases his New York Times bestselling book, *Stay Off My Kitchen Table: A Heart Surgeon's 4-Week Elimination Diet for Gut Repair, Metabolic Health and Longevity*, further cementing his position as one of the most prominent voices in metabolic health. The partnership with Dr. Malhotra represents a natural expansion of the movement both books have helped build.

Ovadia Heart Health offers virtual consultations to patients worldwide, with a focus on optimizing metabolic health, individualized nutrition, and evidence-based strategies to reduce cardiovascular risk.

About Dr. Philip Ovadia: Dr. Philip Ovadia is a board-certified cardiothoracic surgeon and founder of Ovadia Heart Health. After performing thousands of open-heart surgeries, Dr. Ovadia recognized that the vast majority were preventable through metabolic health. His personal transformation — losing over 100 lbs through dietary change — deepened his commitment to keeping patients off the operating table. He is the author of the multi-award-winning and Amazon best seller *Stay Off My Operating Table: A Heart Surgeon's Metabolic Health Guide to Lose Weight, Prevent Disease, and Feel Your Best Every Day*, and the New York Times bestseller *Stay Off My Kitchen Table: A Heart Surgeon's 4-Week Elimination Diet for Gut Repair, Metabolic Health and Longevity*. Dr. Ovadia is licensed in all 50 states and the District of Columbia.

About Dr. Aseem Malhotra: Dr. Aseem Malhotra is a multi-award-winning consultant cardiologist and international best-selling author of *A Statin Free Life*, *The 21-Day Immunity Plan*, and *The Pioppi Diet*. With 25 years of experience, Dr. Malhotra is trained in interventional cardiology at Harefield Hospital and a graduate of the University of Edinburgh. He has held honorary consultant positions across the NHS and has worked in private practice for over a decade. Dr. Malhotra is internationally recognized for his advocacy of evidence-based medicine, patient-centered care, and lifestyle medicine as cornerstones of cardiovascular treatment. He is a prominent voice on informed consent and the role of metabolic health in preventing and reversing heart disease.

About Ovadia Heart Health: Ovadia Heart Health is a telehealth clinic dedicated to optimizing metabolic health and preventing cardiovascular disease. Through personalized care, education, and evidence-based lifestyle medicine, Ovadia Heart Health empowers patients worldwide to take control of their heart health and, wherever possible, reduce their reliance on surgery and

pharmaceuticals. Care is provided to patients throughout the United States and internationally.

Kelly Chung

Ovadia Heart Health

media@ovadiahearthealth.com

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