

# Mahfouz El Shahawy, M.D., M.S., F.A.C.C.

Medical Director, Cardiovascular Health Assessment Center



*“One ounce of early cardiovascular prevention is better than pounds of cure.”*

Sarasota is home to many people who have achieved world renown in their professions from music and sports to business, and also in medicine. Dr. Mahfouz El Shahawy, Medical Director of the Cardiovascular Health Assessment Center at the Cardiovascular Center of Sarasota and Clinical Professor of Medicine at the Universities of Florida and South Florida, has practiced in Sarasota while earning an international reputation for advancing the field of cardiovascular medicine. This year, he celebrates his 40th anniversary here. Throughout his career, he has earned many awards, and most recently, received the Golden Doctor Diploma from his alma mater, the University of Vienna, Austria, for his achievements in early cardiovascular disease prevention. Those achievements include more than 100 discoveries, publications, and lectures. He also is only one of eight recipients, and the first non-Austrian in the university's history, to receive the Ring of Honor from Austria's President upon his graduation.

Dr. Shahawy maintains a busy cardiology practice, and also works tirelessly on his passion to promote early detection and prevention of cardiovascular disease. “Why is early detection so important?” he asks. “For those suffering heart attacks, 50 percent don't make it to the hospital.” To aid in early detection, he has adopted an 18 point Heart Inspection, which goes beyond the usual assessments to determine cardiovascular disease risk. He also hosts an annual cardiology symposium in Sarasota, which is being held on Feb. 7 at Sarasota Memorial Hospital Auditorium.

With a career-long interest in research, nurtured during his fellowship at the renowned Mayo Clinic, Dr. Shahawy has participated in more than 95 clinical cardiovascular trials involving multinational centers. Currently, he is conducting research and clinical trials on drugs to aid those with metabolic syndrome, diabetic heart disease, heart failure, hypertension, atrial fibrillation, and stroke prevention. “In this era of evidence-based medicine, our treatments should be based on facts, results, and personalized patient-based care by qualified specialists and state of the art tools,” Dr. Shahawy says, “but it still comes down to people taking that first step to get assessed.”



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For more information about  
Dr. Shahawy and upcoming events,  
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