

How to get started

To schedule an appointment:

- Ask your **primary care provider** or **treating physician** for a referral to our clinic.



Contact us

 984-974-7244



Eastowne

100 Eastowne Drive
Chapel Hill, NC 27514

UNC Cardiology at Panther Creek

6715 McCrimmon Parkway
Suite 300, Third Floor
Cary, NC 27519

Hillsborough

430 Waterstone Drive
Hillsborough, NC 27278

Rockingham

518 S. Van Buren Rd, Suite 3
Eden, NC 27288

unhealth.org

Welcome to the UNC Cardiovascular Prevention Clinic

UNC
HEALTH®

At our UNC Cardiovascular Prevention Clinic, we help you take control of your heart health—especially if you're at an increased risk for cardiovascular disease. Whether you're concerned about your family history, past medical treatments, or early signs of risk, our team is here to support your journey toward lifelong wellness.

unhealth.org

Who we help

We specialize in caring for individuals who:

- Have a **strong family history of early heart disease**
- Have **moderately high cholesterol, blood pressure, or blood sugar** and want to get back on track
- Are interested in **preventive strategies** like diet and exercise management
- Want to explore **advanced cardiovascular testing**, including:
 - **Coronary Artery Calcium (CAC) scoring**
 - **Advanced lipid and inflammatory blood tests**
 - **Cardiorespiratory fitness testing**
- Seek **prevention prescription** to maintain heart health after a prior heart attack or high-risk exposure (i.e., chemotherapy for cancer)

What we offer

Our clinic provides a comprehensive, personalized approach to prevention:

- **Risk assessment:** We evaluate your personal and family history, lifestyle, and lab results to determine your cardiovascular risk.
- **Advanced testing:** Including CAC scoring and specialized blood panels.
- **Medication management:** Optimization of blood pressure and cholesterol medication with use of newly approved therapies as needed



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Credit: Thicha Satapitanon

Meet our team

Program Director

Susan C. Gilchrist, MD, MS

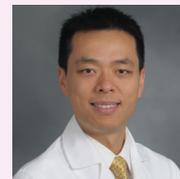
Professor of Medicine,
Division of Cardiology



Dr. Gilchrist is a preventive cardiologist and cardio-oncologist with over 20 years of experience in treating and preventing heart disease. Her research focuses on fitness and lifestyle modification to improve health and longevity.

Siyuan Peter Sheng, MD, MPH

Assistant Professor of
Medicine
Division of Cardiology



Dr. Sheng is a preventive cardiologist with a particular interest in lipid management. He has earned board certification from the American Board of Clinical Lipidology.