

# **Meet Howard Elkin, MD, FACC: The Medical Advocate Transforming Cardiology in Los Angeles**

Revolutionizing Heart Health Through Innovative Fusion of Traditional Cardiology and Preventative Strategies



**New York City, New York Jun 6, 2024 ([IssueWire.com](https://www.IssueWire.com))** - Dr. Howard Elkin MD, FACC, a distinguished integrative cardiologist, has been a pillar in the medical community of Whittier, California since 1986. His illustrious career began with his graduation with highest honors from the Medical College of Virginia in 1979. His expertise was further honed through his residency and fellowship training at renowned medical institutions such as Michael Reese Hospital, Northwestern University, and the Los Angeles Heart Institute.

In the early 90s, Dr. Elkin recognized the limitations of traditional cardiology practices that focused solely on treating existing conditions. This realization led him to establish the HeartWise Fitness Institute in 1994, a groundbreaking program that emphasizes preventive measures through holistic approaches like nutrition, exercise, and stress management. With a vision to empower individuals to lead healthier and more fulfilling lives, the institute quickly garnered community recognition for its innovative approach to total wellness.

As the 21st century unfolded, Dr. Elkin's commitment to comprehensive well-being led to the creation of the HeartWise Fitness & Longevity Center. This pioneering program sought to address the physical, nutritional, and hormonal aspects of aging with a focus on rejuvenating vitality and quality of life. By introducing cutting-edge treatments like External Enhanced Counterpulsation (EECP) and fostering collaboration between allopathic and holistic healers, Dr. Elkin continued to push boundaries in the pursuit of holistic health solutions.

His journey from doctor to patient sparked a transformative mission that led to the creation of his debut book, "From Both Sides of the Table: When Dr. Becomes Patient." Through poignant storytelling and firsthand accounts of his own medical challenges—hospitalized twice within a 19-month period for unrelated conditions—Dr. Elkin emerged not only as a survivor but as a passionate advocate for patient empowerment.

Dubbed "The Medical Advocate," Dr. Elkin shares profound insights gleaned from his personal odyssey, offering readers a roadmap to navigate the complexities of the healthcare system with confidence and resilience. His book serves as a beacon of hope, empowering individuals to become proactive stewards of their own well-being, transforming from passive patients into informed advocates for their health.

In February 2018, Dr. Elkin expanded his practice to offer concierge medical services in Santa Monica, California. Focusing on total body wellness and vibrant living, this new venture reflects Dr. Elkin's unwavering dedication to advancing personalized and comprehensive healthcare solutions for his patients.

Leading by example, Dr. Elkin exemplifies his commitment to holistic well-being not only in his professional endeavors but also in his personal pursuits. As an avid reader and prolific writer, he finds solace and inspiration in the written word, enriching his understanding of the world around him. His quest for inner peace leads him to participate in wellness and emotional release retreats, where he embraces transformative experiences that elevate his spiritual and emotional well-being.

A competitive athlete, Dr. Elkin has run the proverbial gamut from mid and long-distance running, cycling and triathlons to gymnastics and bodybuilding. Yet, his interests transcend the realm of

competition, as he finds joy and fulfillment in activities like hiking, dancing, and singing.

Amidst his many passions, Dr. Elkin's greatest source of pride and fulfillment lies in his role as a devoted family man. His unwavering love and support for his daughters, DeAnna and Marisa, reflect the depth of his commitment to nurturing meaningful connections. And as a doting grandparent, he finds immeasurable joy in witnessing the beauty of life unfold through the eyes of the next generation.

In summary, Dr. Howard Elkin MD, FACC, stands as a beacon of innovation and compassion in the field of cardiology, championing total wellness and empowerment for all.

### **Learn More about Dr. Howard Elkin:**

Through his findatopdoc profile, <https://www.findatopdoc.com/doctor/2266662-Howard-Elkin-Cardiologist> or through HeartWise Fitness & Longevity Center, <https://www.heartwise.com/dr-elkin>

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