

Rigved Tadwalkar

Education

2006-2010	George Washington University (GWU), M.D., Research Track
2004-2005	Georgetown University, M.S., Physiology & Biophysics
2000-2004	University of Southern California (USC), B.A., Biological Sciences & Sociology
1996-2000	Fairmont Preparatory Academy, International Baccalaureate Diploma, Advanced Placement Scholar

Post-Doctoral Training

2015-2018	Harbor-University of California, Los Angeles (UCLA) Medical Center, Cardiovascular Medicine
2010-2013	Cedars-Sinai Medical Center (CSMC), Internal Medicine

Certifications

2018-Present	Fellow, American College of Cardiology (FACC)
2018-Present	Board Certified in Cardiovascular Disease, American Board of Internal Medicine
2018-Present	Licentiate Fluoroscopy Supervisor & Operator, California Department of Public Health
2018-Present	Diplomate, Certification Board of Nuclear Cardiology
2018-Present	Diplomate, Certification Board of Cardiovascular Computed Tomography
2018-Present	Diplomate, National Board of Echocardiography
2015-Present	Fellow, American College of Physicians (FACP)
2013-Present	Board Certified in Internal Medicine, American Board of Internal Medicine
2012-Present	Physician & Surgeon, Medical Board of California
2012-Present	Controlled Substance Registration Certification, US Drug Enforcement Administration
2008-Present	Provider, Advanced Cardiac Life Support
2008-Present	Provider, Basic Life Support

Academic Positions

2017-2018	Chief Cardiology Fellow, Harbor-UCLA Medical Center
2013-2015	Clinical Instructor, David Geffen School of Medicine at UCLA
2005-2006	Adjunct Professor of Biological Sciences, Santiago Canyon College, Orange County, California

Professional Experience

2025-Present	Lead for Clinical Operations, Pacific Heart Institute, Marina del Rey
2024-Present	Director of Cardiac Rehabilitation, Saint John's Health Center, Santa Monica
2024-Present	Director of Pericardial Disease, Pacific Heart Institute, Santa Monica
2023-Present	Director of Digital Transformation, Pacific Heart Institute, Santa Monica
2023-Present	Director of Media & Relations, Pacific Heart Institute, Santa Monica
2023-Present	Partner, Pacific Heart Institute, Santa Monica
2019-Present	Consultative Cardiologist, Cedars-Sinai Medical Center, Los Angeles
2018-Present	Consultative Cardiologist, Saint John's Health Center, Santa Monica
2018-Present	Consultative Cardiologist, Pacific Heart Institute, Santa Monica
2013-2015	Hospitalist, Ronald Reagan-UCLA Medical Center, Westwood
2013-2015	Hospitalist, UCLA Medical Center, Santa Monica
2013-2015	Hospitalist, Saint John's Health Center, Santa Monica
2012-2013	Urgent Care Physician, Concentra Medical Center, Los Angeles International Airport (LAX)

Leadership

2026-Present	Planning Committee, Hawaii Cardiovascular Symposium
2024-Present	Advisor, Addressing Recurrent Pericarditis Initiative, American Heart Association
2023-Present	Advisor, Heart Failure Care Redesign Team, Providence Saint John's Medical Center
2022-Present	Member, Forbes Health Advisory Board
2022-Present	Medical Review Board, Prevention
2022-Present	Medical Review Board, Good Housekeeping
2022-Present	Medical Reviewer, Insider
2022-Present	Quality Improvement Lead, Echocardiography Laboratory, Providence Saint John's Medical Center
2022-Present	Advisor, High-Sensitivity Troponin Workgroup, Providence Saint John's Medical Center
2022-2023	Member, CardioSurve Research Panel, American College of Cardiology
2021-Present	Provider, Enhanced Access/Concierge Care, Pacific Heart Institute
2021-Present	Executive Committee on Candidate Selection, Pacific Heart Institute
2020-Present	Advisor & Content Writer, Providence Saint John's Physician Partners Website
2018-Present	Advisor, Pharmacy & Therapeutics Committee, Providence Saint John's Medical Center
2017-2018	Board of Directors, American College of Cardiology, California Chapter
2017-2018	Rank Selection Committee, Harbor-UCLA Medical Center
2016-2018	Co-Chair, Committee on Technology, American College of Cardiology, California Chapter
2014-2015	Committee, Risk Management Review, UCLA Medical Center, Santa Monica
2014-2015	Floor Champion, Physician-Nursing Communication, UCLA Medical Center, Santa Monica
2014-2015	Committee, Code Blue Review, UC Center for Health Quality and Innovation
2012-2013	Committee, CSMC Duty Hour & Learning Environment Committee
2012-2013	Co-Chair, CSMC Housestaff Executive Committee
2012-2013	Housestaff Representative, CSMC Medical Executive Committee
2012-2013	Housestaff Representative, CSMC Graduate Medical Education Committee
2012-2013	Internal Program Review Board, CSMC Program Evaluation & Review Committee
2012-2013	Senior Resident Advisor, CSMC Journal Club
2012-2013	Committee, CSMC Morbidity & Mortality Conference
2012-2013	Committee, Residency Events, CSMC Department of Internal Medicine
2007-2008	Interviewer, GWU School of Medicine Committee on Admissions

Achievements

2026	Awarded Program of the Year, California Society of Cardiac Rehabilitation
2026-Present	Featured in Amgen Media Campaigns
2025-Present	Elected to Top Doctors, Castle Connolly
2023-Present	Ambassador, World Heart Day, World Heart Federation
2023	Invited panelist, Biological Sciences Career Panel, USC College of Letters, Arts & Sciences
2023	Featured in Forbes Health Monthly Newsletter
2022-Present	Elected annually to Top Doctors in Los Angeles Magazine
2021	Featured as Healthcare Hero in LAX Coastal Magazine
2021	Heart Team for first MitraClip case at Providence Saint John's Medical Center
2020-Present	Elected annually to Super Doctors Southern California "Rising Stars" list
2018-2019	Top Downloaded Publication, Catheterization & Cardiovascular Interventions
2018	Invited speaker, Pre-Medical Student Program Conference, Cedars-Sinai Medical Center
2017-2018	Organized & fundraised - 2 nd & 3 rd annual Tech Conference, American College of Cardiology
2017	Recipient, Excellence in Cardiology Fellowship Award, Cardiovascular Research Foundation
2017	Invited panelist, Dornsife Career Pathways, USC College of Letters, Arts & Sciences
2016	Recipient, Outstanding Cardiology Fellow Award, Harbor-UCLA Medical Center
2016	Organized & fundraised for the first-ever Tech Conference, American College of Cardiology

2014	Abstract reviewer, annual SGIM California-Hawaii Regional Meeting
2013	Invited participant, CSMC Graduate Medical Education Strategic Planning Retreat
2012	Invited panelist, Pre-Health Week, USC Office of College Advising
2008	Awarded 1 st place for medical student research, 13 th GWU Health Sciences Research Day
2007	Awarded W.T. Gill Research Fellowship, GWU School of Medicine
2007	Acknowledged in GW Minute, “In & Of the District of Columbia”
2006-2007	Acknowledged for revisions in Human Physiology Laboratory Manual, 2 nd & 3 rd editions
2005	Invited panelist, Pre-Health Admissions Seminar, USC Office of College Advising

Clinical Trials

2026- Present	Principal Investigator, MAVERIC Clinical Trial – A Phase 3, Randomized, Double-Blind, Placebo-Controlled Study Evaluating the Efficacy and Safety of CardiolRx™ in Participants with Recurrent Pericarditis Following Interleukin-1 Blocker Cessation
2025-Present	Principal Investigator, Transition to KPL-387 Monotherapy Dosing and Administration Study – A Phase 2 Study Evaluating the Efficacy, Safety, and Dosing Regimens for Transitioning Participants with Well-Controlled Recurrent Pericarditis from Standard Therapies to KPL-387 Monotherapy
2025-Present	Principal Investigator, KPL-387 Recurrent Pericarditis Study – A Phase 2/3 Efficacy and Safety Study of KPL-387 Treatment in Participants with Recurrent Pericarditis.
2025-Present	Echocardiographer/Imager, SIMPLAAFY Clinical Trial – A Prospective, Randomized, Open-Label, Triple-Arm, Multi-Center Trial demonstrating the Safety and Effectiveness of Two Monotherapy Regimens versus Dual Antiplatelet (DAPT) Therapy following Post-Implant with the WATCHMAN FLX Pro Device in a Commercial Clinical Setting
2024-Present	Echocardiographer/Imager, Laminar Left Atrial Appendage Elimination (LAAX) Pivotal IDE Study – Prospective, Randomized, Controlled, Multicenter, Open-label Pivotal Clinical Study Evaluating the Safety and Effectiveness of the Laminar Left Atrial Appendage Closure System for Left Atrial Appendage Occlusion
2022-2026	Echocardiographer/Imager, CHAMPION-AF Clinical Trial – WATCHMAN FLX Versus NOAC for Embolic Protection in the Management of Patients With Non-Valvular Atrial Fibrillation Presented as a Late-Breaking Clinical Trial at ACC.26 and Published in the New England Journal of Medicine (NEJM)
2020-Present	Echocardiographer/Imager, CONFORM Pivotal Trial – An Evaluation of the Safety and Effectiveness of the Conformal CLAAS System for Left Atrial Appendage Occlusion (2020–Present).

Industry Relationships

2026-Present	Speaker, Boehringer Ingelheim
2025-Present	Speaker, Esperion
2025-Present	Consultant, Vector Remote Care
2025-Present	Consultant, iRhythm
2024-Present	Consultant & Speaker, Allelica
2024-Present	Speaker, Amgen
2024-Present	Speaker, Kiniksa
2023-Present	Speaker, MannKind Corporation
2023-Present	Key Opinion Leader, Henry Schein
2023-Present	Consultant & Speaker, Novartis
2023-2024	Consultant, GENinCode

Manuscripts

Lee MS, Tadwalkar RV, Fearon W, Alejos JC, Levi D, Patel C, Rao S. Cardiac Allograft Vasculopathy: A Review. *Catheter Cardiovasc Interv* 2018 Dec 1;92(7):E527-E536. PMID: 30265435.

Pursnani S, Khandwalla R, Tadwalkar R. Leading the Way: Cardiology and the Future of HealthTech Innovation. *Rev Cardiovasc Med* 2016;17(1-2):67-68. PMID: 27667383.

Rafique AM, Zarrini P, Singh N, Beigel R, Tadwalkar R, Chonde M, Slipczuk L, Cercek B, Kar S, Siegel RJ. Echo-Doppler determinants of outcomes in patients with unoperated significant mitral regurgitation in current era. *Open Heart* 2016 Aug 1;3(2):e000378. PMID: 27547425.

Tadwalkar RV, Lee MS. The Current State of Endovascular Intervention in Peripheral Arterial Disease. *Vascular Disease Management* 2015;12(10):E190-E203.

Tadwalkar RV, Lee MS. Unprotected Left Main Coronary Artery Percutaneous Coronary Intervention in a Pediatric Patient With Cardiac Allograft Vasculopathy. *J Invasive Cardiol* 2014;26(11):E156-E160. PMID: 25364007.

Shah D, Tadwalkar RV, Hua J. Sjogren's Syndrome-associated Neuropathy and Cirrhosis. *Proceedings of UCLA Healthcare* 2014;18:1-5.

Tadwalkar R, Udeoji DU, Weiner RJ, Avestruz FL, LaChance D, Phan A, Nguyen D, Bharadwaj P, Schwarz ER. The Beneficial Role of Spiritual Counseling in Heart Failure Patients. *J Relig Health* 2014;53(5):1575-85. PMID: 24760268.

Tadwalkar RV, Rapelyea JA, Torrente J, Rechtman LR, Teal CB, McSwain AP, Donnelly C, Kidwell AB, Coffey CM, Brem RF. Breast-Specific Gamma Imaging as an Adjunct Modality for the Diagnosis of Invasive Breast Cancer with Correlation to Tumour Size and Grade. *Br J Radiol* 2012;85(1014):e212-6. PMID: 21712429.

Abstracts

Tadwalkar R, Kittleson M, Patel J, Moriguchi J, Rafiei M, Osborne A, Chang D, Czer L, Esmailian F, Reinsmoen N, Kobashigawa J. Establishing a Panel Reactive Antibody Threshold to Treat Sensitized Patients Awaiting Heart Transplant in the Era of the Virtual Crossmatch. *J Am Coll of Cardiol* 2013;61(10) Suppl A:163

Tadwalkar R, Patel J, Kittleson M, Czer L, Kobashigawa J. Consequences of First-Year Rejection after Heart Transplantation: Is the Worse Yet to Come? *J Am Coll of Cardiol* 2012;59(13s1):E992

Posters

Klein A, Wang TKM, Weber B, Abbate A, Salik J, Kohnstamm S, Luis SA, Cremer P, Al-Kazaz M, Shah D, Wang L, Sabet A, Tadwalkar R. Addressing Recurrent Pericarditis: Assessing Patient and Professional Education Needs. Poster presentation at: European Society of Cardiology Congress. 2025 Aug 29–Sep 1; Madrid, Spain.

Salik J, Weber B, Abbate A, Klein AL, Kohnstamm S, Luis A, Cremer P, Al-Kazaz M, Kerrigan J, Zurick AO, Shah DJ, Wang L, Sabet A, Tadwalkar RV, German DM, Jimenez J, Garshick MS, Wang TKM, Mallas-Serdynski L, Cleary K, Lavender K, Bruns M, Wehrly D. Addressing Recurrent Pericarditis: An Initiative to Improve the Patient Care Journey. Poster presentation at: Global Quality Showcase, 2024 American Heart Association Scientific Sessions. 2024 Nov 16; Chicago, Illinois.

Tadwalkar RV. Consequences of First-Year Rejection after Heart Transplantation: Is the Worse Yet to Come? Poster presentation at: Cardiac Transplantation: Support, Sensitization, and Rejection Session, 61st Annual American College of Cardiology Scientific Session. 2012 Mar 24-26; Chicago, Illinois. Poster presentation at: 2012 UCLA Solomon Scholars. 2012 Jun 5; Los Angeles, California.

Tadwalkar RV. Successful Orthotopic Cardiac Transplantation in a Patient with Glycogen Storage Disease Type III. Poster presentation at: 2011 American College of Physicians Southern California Regions I / III Meeting Oct 29; Huntington Beach, California. Poster presentation at: 2011 UCLA Solomon Scholars. 2011 Jun 14; Los Angeles, California.

Presentations

Klein AL, Garshick M, Tadwalkar RV. Evidence-Based Strategy for the Treatment of Recurrent Pericarditis: Panel Case Study with Question and Answer. American College of Cardiology Annual Scientific Sessions. 2025 Mar 30; Chicago, Illinois.

Tadwalkar RV. Addressing Recurrent Pericarditis: An American Heart Association Quality Improvement Initiative. Mini Lecture at Quality, Outcomes, Research and Analytics Theatre, 2024 American Heart Association Scientific Sessions. 2024 Nov 17; Chicago, Illinois.

Tadwalkar RV. Establishing a Panel Reactive Antibody Threshold to Treat Sensitized Patients Awaiting Heart Transplant in the Era of the Virtual Crossmatch. Podium presentation at: Cardiac Transplantation and Mechanical Support Session, 62nd Annual American College of Cardiology Scientific Sessions. 2013 Mar 9-11; San Francisco, California. Poster presentation at: 2013 UCLA Solomon Scholars. 2013 Jun 11; Los Angeles, California.

Tadwalkar RV. Breast-Specific Gamma Imaging as an Adjunct Modality for the Diagnosis of Invasive Breast Cancer. Oral presentation at: GWU Medical Center Research and Discovery Day. 2008 Mar 15; Washington, District of Columbia.

Lectures

Tadwalkar RV. Cardiac Rehabilitation in Practice: Evidence, Exercise Physiology, and Functional Recovery. Providence Morning Report Continuing Medical Education. 2026 Jun 2; Santa Monica, California

Tadwalkar RV. The Inflamed Pericardium: From Classic Teaching to Targeted Treatment. MLK Community Hospital Internal Medicine Grand Rounds. 2026 Apr 22; South Los Angeles, California.

Tadwalkar RV. Beyond Diet: Food as an Environmental Exposure in Cardiovascular Risk. 13th Annual Women's Heart Symposium of the Pacific Heart Institute – Have a Heart, Save a Heart Charity. 2026 Feb 7; Santa Monica, California.

Tadwalkar RV. Cortisol & Aldosterone: Evil Twins. 24th Hawaii Cardiovascular Symposium. 2025 Oct 8; Kahuku, Oahu, Hawaii.

Tadwalkar RV. Pericarditis: Understanding, Managing Recurrence, and Navigating Recovery. 38th Annual California Society for Cardiac Rehabilitation Conference. 2025 Apr 25; San Diego, California

Tadwalkar RV. RNA Therapeutics: A Revolution in Cardiology. 23rd Maui Cardiovascular Symposium. 2024 Nov 10; Wailea, Maui, Hawaii

Tadwalkar RV. Sonographic Assessment of Diastolic Dysfunction. Pacific Heart Institute Echocardiography Conference. 2024 Apr 15; Santa Monica, California.

Tadwalkar RV. Wearable vs. Implantable Cardiac Devices in Atrial Fibrillation. 22nd Maui Cardiovascular Symposium. 2023 Oct 21; Wailea, Maui, Hawaii

Tadwalkar RV. Mind Your Heart: The Connections Between Cardiovascular & Brain Health. Pacific Neuroscience Institute Grand Rounds. 2023 May 9; Santa Monica, California.

- Tadwalkar RV. Appropriate Use of Inpatient Telemetry. MDSJ Hospitalist Group Quality Meeting. 2023 Jan 20; Santa Monica, California.
- Tadwalkar RV. SGLT2 Inhibition in Heart Failure. MDSJ Hospitalist Group Quality Meeting. 2022 Dec 2; Santa Monica, California.
- Tadwalkar RV. Appropriate Use of Inpatient Telemetry. MDSJ Hospitalist Group Quality Meeting. 2022 Dec 2; Santa Monica, California.
- Tadwalkar RV. The Digital Revolution in Cardiology: Wearables in Arrhythmia and Heart Failure Management. 21st Maui Cardiovascular Symposium. 2022 Oct 13; Wailea, Maui, Hawaii.
- Tadwalkar RV. Wearables & The Heart: What You Need To Know. 9th Annual Women's Heart Symposium of the Pacific Heart Institute – Have a Heart, Save a Heart Charity. 2022 Feb 5; Santa Monica, California.
- Tadwalkar RV. Evaluating Arrhythmia in the Ambulatory Setting. One Medical Grand Rounds. 2021 Aug 11; Los Angeles, California.
- Tadwalkar RV. Artificial Intelligence in Cardiology. 7th Annual Women's Heart Symposium of the Pacific Heart Institute – Have a Heart, Save a Heart Charity. 2020 Feb 8; Santa Monica, California.
- Tadwalkar RV. Arrhythmia Detection with Wearable Devices. 19th Annual Maui Cardiovascular Symposium. 2019 Oct 25; Wailea, Maui, Hawaii.
- Tadwalkar RV. Evaluating Chest Pain in the Ambulatory Setting. St. John's Primary Care Alliance Continuing Medical Education Conference. 2019 Mar 6; Santa Monica, California.
- Tadwalkar RV. Wearables & Your Heart Health. 6th Annual Women's Heart Symposium of the Pacific Heart Institute – Have a Heart, Save a Heart Charity. 2019 Feb 2; Santa Monica, California.
- Tadwalkar RV. From Confusion to Clarity: The Progressive Relevance of Social Media in Healthcare. Technology Symposium of the American College of Cardiology, California Chapter. 2018 Jun 9; Santa Monica, California.
- Tadwalkar RV. Update on Transcatheter Mitral Valve Interventions. Good Samaritan Hospital Cardiology Grand Rounds. 2018 Mar 2; Los Angeles, California. Harbor-UCLA Medical Center Cardiology Grand Rounds. 2018 Apr 3; Los Angeles, California.
- Tadwalkar RV. Acute Valvular Disease Echocardiography Case Review. Los Angeles Society of Echocardiography Conference. 2018 Feb 18; West Los Angeles, California.
- Tadwalkar RV. Together We Rise: The Future of Cardiology. Technology Symposium of the American College of Cardiology, California Chapter. 2017 Jun 10; San Francisco, California.
- Tadwalkar RV. Digital Cardiology. Harbor-UCLA Medical Center Cardiology Grand Rounds. 2017 Jun 5; Los Angeles, California.
- Tadwalkar RV. An Analysis of Novel Pacing Algorithms for Neuromediated Syncope. Good Samaritan Hospital Electrophysiology Grand Rounds. 2017 Mar 30; Los Angeles, California.
- Tadwalkar RV. Transcatheter Closure of Patent Foramen Ovale. Good Samaritan Hospital Cardiology Grand Rounds. 2016 Jul 22; Los Angeles, California.

Tadwalkar RV. Non-Invasive Assessment of the Right Heart. Harbor-UCLA Echocardiography Conference. 2016 Jun 28; Los Angeles, California.

Tadwalkar RV. Evaluating Financial Incentive Programs for Smoking Cessation. UCLA Hospitalist Service Monthly Meeting. 2015 Jun 4; Los Angeles, California.

Tadwalkar RV. Atrial Fibrillation: Translating Guidelines into Practice. UCLA Faculty Lecture Series. 2015 Jan 5; Los Angeles, California.

Tadwalkar RV. Acute Heart Failure for the Hospitalist. UCLA Faculty Lecture Series. 2014 Oct 2; Los Angeles, California.

Tadwalkar RV. Integrating Systems-Based Practice in Medical Education and Beyond. UCLA Hospitalist Service Monthly Meeting. 2014 Apr 17; Los Angeles, California.

Tadwalkar RV. Heart Transplantation: Advances through History. Senior Grand Rounds, Cedars-Sinai Medical Center. 2012 Oct 15; Los Angeles, California. Senior Grand Rounds, West Los Angeles VA Medical Center. 2012 Oct 12; Los Angeles, California.

Digital Communication

- 2026-Present Digital Platform & Editorial Development
 Founder and lead developer of a centralized professional platform integrating clinical resources, medical education, and online content
 Editorial oversight of a recurring newsletter, [Second Opinions](#), focused on cardiovascular innovation, clinical insights, and real-world application
- 2018-Present Digital Health, Education & Scientific Communication
 Multi-channel presence (7+ platforms; > 39,000 followers) focused on cardiovascular education
 Translate complex data into accessible, high-impact content for both professional and public audiences
 Facilitate peer-to-peer physician education and interdisciplinary knowledge exchange
 Develop evidence-based patient education content emphasizing cardiovascular wellness
 Advance community health literacy through scalable digital communication strategies

Link Directory

[LinkedIn](#) | [Instagram](#) | [TikTok](#) | [Threads](#) | [Facebook](#) | [YouTube](#) | [X](#)

Broadcast Media

2026

Medical News Today. [5 Things You Need To Know Before You Stop Taking Blood Pressure Meds](#)

Healthline. [Just 2 Hours of Strength Training May Lower Heart Disease Risk in Women](#)

MDLinx. [2026's Biggest Health Trends That Doctors Should Actually Encourage](#)

Medical News Today. [Beta-Blockers: One Year of Treatment May Be Enough After Heart Attack](#)

Healthline. [New Cholesterol Guidelines Emphasize Earlier Screening, Treatment](#)

HeartLife Foundation. [Beating the Odds: Conference Conversations \(AHA Interview\)](#)

Healthline. [Most Statin Side Effects Are Not Caused by the Drug, Major Review Finds](#)

Healthline. [Low Dose Aspirin Not Tied to Cancer, but May Raise Cancer-Related Death Risk](#)

KNX News. [Cardiologist Explains Aspirin Dosing](#). Aired January 3rd, 2026.

Inside Edition. [President Trump Says He Takes 4 Times Recommended Aspirin Dosage](#). Aired January 2nd, 2026.

2025

KNX News. [How Oral Health Affects Heart Health](#). Aired December 23rd, 2025.

Healthline. [Taking Melatonin Could Raise Your Risk of Heart Failure, Study Finds](#).

Medical News Today. [AHA's 'Life's Essential 8' May Reduce Dementia Risk in Type 2 Diabetes](#).

Healthgrades. [7 Ways Physicians Say They Learned to Build Resilience](#).

HuffPost. [7 Sneaky Habits That Can Cause Heart Problems](#)

Times of India. [Doctors Say Men and Women Must Treat Heart Health Differently as They Age – here's why](#).

Medical News Today. [Why Men and Women May Need Different Approaches to Heart Health as they Age](#).

Forbes. [Normal Blood Pressure By Age And Gender](#).

HealthCentral. [You've Been Diagnosed With ATTR-CM, What Now?](#)

Medical News Today. [Free online tool may help calculate biological heart age and disease risk](#).

Healthline. [Wrestling Icon Hulk Hogan Dies at 71 After Cardiac Arrest](#).

KNX News. [5 Minute CPR Lesson Can Save Lives](#). Aired June 3rd, 2025.

KNX News. [Mobile Kiosk for Hands-Only CPR Lessons](#). Aired June 3rd, 2025.

Santa Monica Daily Press. [Hands-only CPR training kiosk debuts in Santa Monica, aiming to turn bystanders into lifesavers](#).

ABC News. [Mobile CPR Kiosk Unveiled at Hospital in Santa Monica; Hands-on Machine Teaches Proper Technique](#).

Medical News Today. [Novel Treatment May Help Treat Hard-To-Control Hypertension, Global Trial Shows](#).

Women's Health Magazine. [A Few Minutes of Daily Exercise May Slash Heart Disease Risk By Almost Half](#).

Healthgrades. [AI Algorithm Can Help Doctors Identify High Risk Heart Patients and Improve Care](#).

People Magazine. [Man's 'Widow-Maker' Heart Attack Caught on Camera at Home: See How His Wife Saved Him](#).

Inside Edition. [Man Survives 'Widow-Maker' Heart Attack After Wife Calls 911](#).

Women's Health Magazine. [Prolonged Sitting Harms Your Heart Health Even If You Exercise, Study Shows—Here's What To Do About It](#).

Parade. [Cardiologists Warn That This Is the #1 Worst Habit for Your Heart \(And What to Do Instead\)](#).

Healthgrades. [4 AI Tools That Can Ease Your Workload as a Healthcare Professional](#).

Forbes. [Normal Resting Heart Rate By Age \(Chart\)](#).

Healthgrades. [Health Misinformation on TikTok: 5 Ways Physicians Are Helping Gen Z Patients](#).

Parade. [Cardiologists Are Begging You to Break This Super-Common After-Work Habit ASAP](#).

SingleCare. [Is Repatha a Statin?](#)

2024

Healthline. [Occasional Wine With Mediterranean Diet May Lower Cardiovascular Disease Risk](#).

Medical News Today. [4 or 5-minute bouts of intense exercise may slash cardiovascular risk](#).

Parade. [The One Thing Cardiologists Are Begging You to Do for Your Heart Health This Fall and Winter](#).

Veg News. [New Research Confirms The Mediterranean Diet Can Help Multiple Conditions, From Erectile Dysfunction to PTSD](#).

Medical News Today. [Mediterranean Diet May Lower Risk of Heart Diseases, Diabetes](#).

Rolling Out. [How Exercise On Weekends Can Boost Your Health](#).

PhillyVoice. [Exercise Helps Reduce the Risk of Disease, and it Doesn't Matter When you Work Out](#).

People Magazine. ['Weekend Warriors' Get Same Benefits as Those Who Exercise Daily, New Study Finds](#).

Parade. [I'm a Cardiologist—Here's How Worried You Should Actually Be About What Microplastics Are Doing to Your Heart'](#).

Medical News Today. ['Weekend Warrior' Physical Activity May Help Prevent Diabetes and 200+ Diseases](#).

GoodRx. [Is Xylitol Bad for You? Here's What to Know About This Sweetener](#).

Inside Edition. [35-Year-Old Runner Dies After Suffering Cardiac Arrest at Disneyland's Half Marathon](#).

Parade. [The 1 Strange Thing That Can Help With Heart Attack Risk, According to Cardiologists](#).

Medical News Today. [Making Cellphone Calls May Increase Heart Disease Risk, Study Finds](#).

Parade. [Is a Blood Pressure of 130/70 Too High?](#)

United Press International. [Blood Test Can Predict Women's Risk for Cardiovascular Disease in 30 years, Study Says](#).

Parade. [The #1 Health Myth Longevity Experts Are Begging People Over 50 To Ignore](#).

Medical News Today. [Sleeping More on Weekends May Cut Heart Disease Risk by Up To 20%, Study Finds.](#)

Healthline. [Sleeping in on Weekends May Lower Your Heart Disease Risk By 20%.](#)

Parade. [The 4 'Non-Negotiables' Everyone Should Adopt for Optimal Health, According to a Cardiologist.](#)

Medical News Today. [Alcohol Use May Cause Atrial Fibrillation, Other Heart Problems.](#)

Medical News Today. [Leading a Healthier Lifestyle Can Help Offset Genetic Heart Disease Risk.](#)

Prevention. [Is Drinking Alcohol on Airplanes Bad for You? Study Finds Surprising Side Effects.](#)

Medical News Today. [Daily Aspirin Use Among Older Adults Remains Prevalent Despite Potential Risks.](#)

Medical News Today. [Sugar substitute xylitol linked to higher risk of heart attack, stroke.](#)

Food & Wine. [A Common Low-Calorie Sweetener Could Be Linked to an Increased Risk of Heart Attack and Stroke.](#)

Healthline. [Artificial Sweetener Xylitol Linked to Increased Stroke, Heart Attack Risk.](#)

Parade. [A Startling New Study Found That 75% of Past COVID Patients May Suffer From This Heart Condition.](#)

BuzzFeed. [7 Everyday Habits That Could Cause Heart Problems Down the Line.](#)

Microsoft Network. [10 Missable Signs of Heart Disease That Don't Include Chest Pain.](#)

Manchester Journal. [Food For Thought with Kat | 'Fat joy'.](#)

Medical News Today. [Semaglutide May Improve Heart Failure Symptoms, Reduce Need For Diuretics.](#)

Medical News Today. [How Quality Sleep Can Reduce the Risk of Heart Disease and Stroke.](#)

Parade. [This Tiny Facial Feature Could Be Indicative of Heart Disease, According to Research.](#)

Bestlife. [Drugs Like Tylenol May Alter Heart Function, Study Says—How Much Is Safe.](#)

KNX News 97.1 FM. [Feeling Older Could Be Due To A Lack Of Sleep.](#) Aired April 7th, 2024.

Medical News Today. [Acetaminophen May Not Be As Safe For Heart Health As Previously Thought.](#)

Medical News Today. [Getting Too Little Sleep Linked to High Blood Pressure.](#)

Parade. [The Best Side to Sleep on for Heart Health, According to Cardiologists.](#)

Parade. [The One Thing That Actually Reduces Plaque Buildup In Your Arteries, According to Cardiologists.](#)

Healthline. [Finasteride Hair Loss Drug May Also Help Lower Cholesterol.](#)

Medical News Today. [Hair Loss Drug Finasteride May Also Help Reduce Heart Disease Risk.](#)

Medical News Today. [Acupuncture May Help Reduce Stroke Risk in People with Rheumatoid Arthritis.](#)

Medical News Today. [Tai Chi May Be More Effective Than Aerobic Exercise at Lowering Blood Pressure.](#)

Parade. [This Is the Absolute Best Workout for Heart Health if You're Over 50, According to Cardiologists.](#)

Forbes. [U.S. States With The Healthiest Hearts, According To A Forbes Health Analysis.](#)

Medical News Today. [Combining cardio with resistance training may reduce cardiovascular disease risk.](#)

Medical News Today. [Could dark chocolate have a blood pressure-lowering effect?](#)

Medical News Today. [Lack of exercise in free time may increase risk of cardiovascular death.](#)

Parade. [This Is the #1 New Year's Resolution Cardiologists Always Make—and How They Stick to It.](#)

HealthCentral. [Top Myths About Heart Disease.](#)

HealthCentral. [Top Metrics to Track for Your Heart Health.](#)

2023

Medical News Today. [What is a Fasting-Mimicking Diet, and How Does it Benefit Cardiovascular Health?](#)

Inside Edition. What is the Secret to Living to 100? Aired November 30th, 2023, Season 36, Episode 59.

Express Healthcare Management. [Long-Term Use of Blood Pressure Medications May Carry Health Risks.](#)

Medical News Today. [Do Common Medications for High Blood Pressure Carry Long-Term Risk?](#)

Healthline. [How 3 Types of Blood Pressure Medication Compare.](#)

Medical News Today. [Researchers Find New Way that Cholesterol is Absorbed in the Gut.](#)

Health. [Study: People with Dairy Sensitivities May Have a Higher Risk of Cardiovascular Disease.](#)

Medical News Today. [How High Cholesterol and Hypertension Increase Heart Disease Risks in Younger Adults.](#)

Healthline. ['Silent Atherosclerosis' Can Be Especially Deadly For Young People, Study Finds.](#)

Medical News Today. [High Cholesterol: Genetic Testing Can Help People with Family History Reduce Cardiovascular Risks.](#)

Medical News Today. [Could 1 Dose of a Gene-Editing Therapeutic Lower Hereditary Bad Cholesterol?](#)

Inside Edition. [Matthew Perry Reportedly 'Fatigued' Hours Before Death.](#)

HealthCentral. [Is Sleeping on your Left Side Bad for Your Heart?](#)

Medical News Today. [How Nightly Use of CPAP Devices for Sleep Apnea Can Help Lower Cardiovascular Risks.](#)

Forbes. [A Guide To The Best Blood Pressure Monitor Watches.](#)

Medical News Today. [Synthetic Thyroid Hormone May Lower Cholesterol, Treat Obesity.](#)

Mirror UK. [Easy-to-miss signs of silent killer that 2.3 MILLION people in the UK suffer with.](#)

The Sun UK. [Red Alert: The easy-to-miss signs of deadly heart problems that have NOTHING to do with your chest.](#)

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2019

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2018

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2017

Marketers Media. [Cardiology: Tech Symposium in June aimed to shape the future to 2050 and beyond.](#)

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YouTube (2022). [Your Healthy Dose - All About Your Heart.](#) 2022 Nov 19; Recorded Podcast.

Patient Education

Tadwalkar RV. [Beyond Blood Sugar: Understanding the Diabetes-Heart Health Link.](#) Cedars-Sinai Health & Wellness Talks. 2026 Jul 8; Santa Monica, California

Tolentino J, Tadwalkar RV, Schaeffler C, Kedan I. [Love.Life Longevity Learnings: Cardiovascular Wellness.](#) Live Panel. 2026 Feb 25; El Segundo, California.

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Tadwalkar RV, Weatherly BJ. [Your Health Gone Digital.](#) 2022 Jul 22; Live online webinar.

Tadwalkar RV, Tang SA, Pelican PCD. [Doctor Talk, Community Webinar: Cardiac Care at Pacific Heart Institute & Providence St. John's Health Center.](#) 2022 Feb 28; Santa Monica, California.

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Teaching

2025-Present	Clinical Supervisor/Preceptor, Pre-Medical Students in Scribe-Integrated Practice
2014-2015	Preceptor, Journal Club, Internal Medicine Residency Program, UCLA School of Medicine
2014	HBD 409, Foundations of Medicine II, Problem Based Learning, UCLA School of Medicine
2014	HBD 400, Clinical Preceptorship for Medical Students, UCLA School of Medicine
2013-2014	HBD 402, Foundations of Medicine I, Physical Examination, UCLA School of Medicine
2013-2014	HBD 401, Foundations of Medicine I, Clinical Skills, UCLA School of Medicine
2005-2006	BIOL 249(L), Human Physiology, Lecture & Laboratory, Santiago Canyon College
2005-2006	BIOL 109(L), Fundamentals of Biology, Lecture & Laboratory, Santiago Canyon College

Memberships

2024-Present	American Society of Echocardiography
2017-Present	American Society of Nuclear Cardiology
2017-Present	Society of Cardiovascular Computed Tomography
2015-Present	American College of Cardiology
2015-Present	American Heart Association
2014-2016	Society of General Internal Medicine
2010-Present	American College of Physicians
2010-2016	California Medical Association
2010-2016	Los Angeles County Medical Association
2008-2010	American Medical Association

Languages

Spanish (Medical)
Marathi (Basic)

Electronic Proficiency

Epic Systems
Cupid Module
Philips Xcelera
Cerner Powerchart
Cerner SkyVue
MEDITECH

Interests

Clinical research
Medical education
Practice management
Healthcare technology
Social media
Marketing strategy
Quality improvement
Hospital administration