Amparo Villablanca, M.D.

Philosophy of Care

My philosophy of care is woman-centered and culturally sensitive, with respect for each patient, and a goal of empowering women.

Clinical Interests

Dr. Villablanca is a preventive cardiologist who focuses on treating heart disease in women with the explicit goals of improving health-care outcomes and reducing gender-based health disparities. Her areas of expertise include all aspects of heart disease in women with specific interest in ischemic heart disease, chest pain syndromes with nonobstructive coronary artery disease (microvascular), preventive cardiology and the use of evidence-based guidelines for heart disease prevention in women, cardiac risk assessment including cardiac conditions associated with pregnancy (hypertension, diabetes, pre-eclampsia), cholesterol and lipid disorders, autonomic dysfunction including POTS, heart failure and peripartum cardiomyopathy, valvular heart disease, and arrhythmias in women.

Research/Academic Interests

Dr. Villablanca is professor of cardiovascular medicine, a physician-scientist with over 25 years experience in academic medicine, and a pioneering clinician in the field of women and heart disease. She is interested in the study of cardiovascular disease and prevention, with a focus on gender and sex differences and conditions that are unique to women or have female predominance. In 1994, she founded and became director of the UC Davis Women's Cardiovascular Medicine Program, the first women's heart program in the nation, that focuses on addressing the under-recognition, under-treatment and under-study of heart disease in women with the primary goal of improving outcomes and enhancing prevention.

Her translational research program focuses on understanding the molecular and cellular determinants of atherosclerosis, the mechanisms whereby hormones and their receptors regulate susceptibility to cardiovascular disease in males and females, and the vascular determinants that may contribute to dementia in males and females. She is also a leader in community-based participatory research, and has developed and assessed efficacy of heart disease prevention models for improving heart disease outcomes in women in community settings who are at high-risk for cardiovascular disease. Dr. Villablanca's research has been funded by several NIH Institutes, including the National Heart, Lung, and Blood Institute (NHLBI), the National Institute on Aging (NIA), and the National Institute of General Medical Sciences (NIGMS); as well as by the U. S. Dpt of Health and Human Services, Office of Women's Health; and the NIH Office of Research on Women's Health where she was profiled as a 'woman scientist in action'.

Additionally, Dr. Villablanca is a mentor, champion and scholar for women in science careers. Her research team was the recipient of one of 14 NIH grants addressing issues posing barriers to women in the academic biomedical workforce, with a focus on career flexibility and family friendly

Amparo Villablanca, M.D.

practices. She helped to establish the School of Medicine's faculty development, diversity, mentoring, and women in medicine programs at the UC Davis School of Medicine and currently serves as director of the Women in Medicine and Health Sciences Program. She is also a co-chair of the national Research Partnership for Women in Science Careers to provide leadership and new insights into the key factors that promote the inclusion, retention, success, and advancement of women in academia.

Title
Professor and Lazda Endowed Chair, Women's Cardiovascular Medicine
Director and Founder, UC Davis Women's Cardiovascular Medicine Program
Director, Women in Medicine and Health Sciences, UC Davis School of Medicine

Specialty
Cardiology, Cardiovascular Medicine, Internal Medicine, Women's Health

Department
Internal Medicine

Division
Cardiovascular Medicine

Center/Program Affiliation
Cardiovascular Services
UC Davis Medical Group
Women's Center for Health

Address/Phone
Lawrence J. Ellison Ambulatory Care Center, Cardiology Clinic, 4860 Y St. Suite 0200 Sacramento, CA 95817
Phone: 800-282-3284

Additional Phone
Phone: 530-752-0718
Fax: 916-734-6474
Physician Referrals: 916-734-5678

Languages
Spanish

Education
M.D., UC Davis School of Medicine, Sacramento CA 1983
B.S., UCLA, Los Angeles CA 1979

Internships
Internal Medicine, UC Davis Medical Center, Sacramento CA 1983-1984

Residency
Internal Medicine, UC Davis Medical Center, Sacramento CA 1984-1986

Fellowships
Cardiovascular Medicine, UC Davis Medical Center, Sacramento CA 1987-1990

UCDAVIS HEALTH

Amparo Villablanca, M.D.

Board Certifications

American Board of Internal Medicine, 1987

American Board of Internal Medicine, Cardiovascular Disease, 1993

Professional Memberships

American College of Cardiology

American Heart Association, Golden Heart Member

Mouse Biology Program (UC Davis)

National Institute's of Health

National Institute's of Health, Permanent Member Grant Peer Review Panel

Research Partnership on Women in Science Careers - Co-Chair

Research Partnership on Women in Science Careers, Co-chair

The National Coalition for Women with Heart Disease

Honors and Awards

Health Care Hero, 2013

Distinguished Scholarly Public Service Award, 2011

Helen Rodriguez-Trias Award for Excellence in Community-based Women?s Health Leadership, 2009

UC Davis School of Medicine, 2008

Heart of Gold Award, 2008

Red Dress Award, 2004

Select Recent Publications

Villablanca, A. C., Beckett, L.A., Li ,Y., Leatherwood, S., Gill, S.K., Giardina, E.V., Barron, C., Foody, J.M., Haynes, S., D'Onofrio, G. Outcomes of comprehensive heart care programs in high-risk women. Journal of Women's Health, 2010;19(7): 1313-1325.

Villablanca, A. C., Pinkerton, K.E., Rutledge, J.C. Maternal and neonatal exposure to environmental tobacco smoke increases pro-inflammatory genes in neonatal arteries. Journal Cardiovascular Translational Research, 2010 Oct 2(Epub: ahead of print).

Villablanca, A.C., Muthuvel, J., Banka, C. Atherosclerosis and sex hormones: Current concepts. Invited Review. Clinical Science, 2010;119(12): 495-513.

Villablanca, A.C., Arline, S., Lewis, J., Raju, S., Sanders, S., Carrow, S. Outcomes of national community organization cardiovascular prevention programs for high-risk women. Journal of Cardiovascular Translational Research, 2009;2(3), p306.

Villablanca, A. C., Tenwolde, A., Lee, M., Huck, M., Mumenthaler, S., Rutledge, J.C. 17? estradiol prevents early stage atherosclerosis in estrogen receptor-alpha deficient female mice. Journal of Cardiovascular Translational Research, 2009;2: 289-299.

UCDAVIS HEALTH

Amparo Villablanca, M.D.

Villablanca, A.C., Baxi, H., and Anderson, K. Novel Data Interface for Evaluating Cardiovascular Outcomes in Women. Handbook of Research on Information Technology Management and Clinical Administration in Healthcare. Dwivedi, A. (ed). IGI Publishing 1,142 pp; May 2009.

Bukkapatnam, R.N., Berglund, L., Anuurad, E., Devaraj, S., Hyson, D., Rafii, F., Malmstein, C., Villablanca, A. C. Postprandial metabolic responses to dietary glycemic index in hypercholesterolemic postmenopausal women. Preventive Cardiology, 2009;13(1): 29-35.

Foody, J.M., Villablanca, A. C., Giardina, E.V., Gill, S., Taylor, A.L., Leatherwood, S., Haynes, S.G., D'Onofrio, G. The office on women's health initiative to improve women's heart health: Program description, site characteristics and lessons learned. Journal of Women's Health, 2009;19(3): 507-516.

Corbacho, AM, Eiserich, JP, Zuniga, LA, Valacchi, G, Cross, CE, and Villablanca, AC. Compromised Aortic Vasoreactivity in Male Estrogen Receptor-Alpha Deficient Mice During Acute Lipopolyssacharide-Induced Inflammation. Encocrinology. Mar;148(3):1403-11, 2007.

Benton, J., Powers, A., Eiselein, L., Fitch, R., Wilson, D., Villablanca, A.C., and Rutledge. J.C. Hyperglycemia and loss of ovarian hormones mediate atheroma formation through endothelial layer disruption and increased permeability. Am J Physiol Regul Integr Comp Physiol. Feb;292(2): R723-30, 2007.

Wang-Polagruto, J.,Villablanca, A.C., Polagruto, J, Lee, L.., Holt, RA., Schrader, H., Ensunsa, J., Steinberg, FM., Schmitz, H., and Keen, CL. Chronic Consumption of Flavanol-rich Cocoa Improves Endothelial Function and Decreases Vascular Cell Adhesion Molecule (VCAM-1) in Hypercholesterolemic Postmenopausal Women J. Cardiovascular Pharmacology, 47[Suppl 2]: S177-S186, 2006.

Villablanca, AC, D Lubhan, L Shelby, K Lloyd and S Barthold. Susceptibility to early atherosclerosis in male mice is mediated by estrogen receptor a (ERa). Atherosclerosis, Thrombosis and Vascular Biology, 24:1055-1061 (with journal editorial). Erratum in: Arterioscler Thromb Vasc Biol, 24(6): 1055-1061.

Nandur, R, K Kumar and AC Villablanca. Cardiovascular actions of selective estrogen receptor modulators (SERMs) and phytoestrogens. Preventive Cardiology, 7:73-79. Invited review.

UCDAVIS HEALTH