

DR. SHONE ALMEIDA MEDIA KIT

CARDIOLOGIST | ADVANCED IMAGING SPECIALIST | PREVENTIVE
HEART HEALTH EDUCATOR



ABOUT DR. SHONE ALMEIDA

Dr. Shone Almeida, MD, FACC, FSCCT, is a modern preventive cardiologist and advanced imaging specialist with more than a decade of experience. He is dedicated to pioneering imaging techniques that enhance the early diagnosis and precision management of cardiovascular disease.

Serving as an Assistant Professor in the Division of Cardiovascular Sciences at the Department of Internal Medicine (USF Health), Dr. Almeida also holds leadership roles as the Director of Cardiac CT and the Medical Director of Cardiometabolic Disease at the Heart and Vascular Institute. He earned his medical degree from UCLA and completed his cardiovascular diseases fellowship at UC San Diego.

A Fellow of the American College of Cardiology and a frequent presenter at national and international conferences, Dr. Almeida is a leading voice in evidence-based prevention. He leverages advanced CT-derived plaque analysis to identify individualized risk, empowering patients to address cardiometabolic health long before symptoms appear.

AT A GLANCE

- **Assistant Professor**
USF Health
- **Director, Cardiac CT**
Heart & Vascular Institute
- **Medical Director**
Cardiometabolic Disease
- **MD: UCLA Fellowship:** UC San Diego
- **Credentials:**
FACC, FSCCT

FEATURED EXPERTISE

- Advanced Cardiovascular Imaging
- Cardiac CT & Coronary CTA
- CT-Derived Plaque Analysis
- FFR-CT & Cardiac MRI
- Cardiometabolic Prevention
- Complex PCI Planning

CORE SPEAKING TOPICS

- **Early Detection:** Catching heart disease before symptoms appear.
- **Precision Prevention:** Why standard risk factors aren't enough.
- **The Cardiometabolic Web:** The interplay of lifestyle, diabetes, blood pressure, and cholesterol.
- **Know Your Numbers:** Demystifying calcium scoring, ApoB, and lipoprotein(a).

Science. Innovation. Prevention. | Elevating Cardiovascular Care & Early Detection.



Dr. Shone Almeida
Portrait Secondary

IDEAL PODCAST ANGLES

- ✓ **The truth about cardiometabolic risk:** Why standard blood panels may miss the full picture of your cardiovascular health.
- ✓ **Seeing the invisible:** How advanced plaque analysis and coronary CTA are revolutionizing early heart disease detection.

- ✓ **Prevention-first cardiology:** Practical, evidence-based steps to optimize cardiovascular wellness without the hype.
- ✓ **Demystifying the markers:** A clear explanation of ApoB, Lipoprotein(a), and coronary artery calcium (CAC) scoring.
- ✓ **Individualized risk prediction:** How imaging biomarkers like pericoronary fat inflammation help personalize heart health plans.



Suggested Host Intro

"Today we are joined by Dr. Shone Almeida, a preventive cardiologist and advanced cardiovascular imaging specialist based at USF Health in Tampa, Florida. He serves as the Director of Cardiac CT and the Medical Director of Cardiometabolic Disease at the Heart and Vascular Institute. With medical training from UCLA and UC San Diego, Dr. Almeida has spent more than a decade pioneering imaging techniques—like CT-derived plaque analysis—to detect heart disease long before symptoms appear. He is here to help us cut through the hype, understand our true cardiometabolic risk, and learn how to prioritize evidence-based prevention."

SAMPLE INTERVIEW QUESTIONS

- 1 What exactly is "cardiometabolic disease," and how do lifestyle, diabetes, and cholesterol intersect to drive it?
- 2 How does a coronary artery calcium (CAC) score differ from a coronary CTA, and how should a patient know which one they need?
- 3 Why are specialized markers like ApoB and Lipoprotein(a) becoming so critical in cardiovascular screening today?
- 4 Can you explain what pericoronary fat inflammation is, and how it helps doctors individualize a patient's risk?

- 5 What are the biggest misconceptions people have about statins and early plaque detection?
- 6 For listeners who want to be proactive, what are the most effective, evidence-based steps they can take today to optimize their heart health?

WHY AUDIENCES CONNECT

- ✓ Translates complex imaging science and plaque biology into clear, accessible, and actionable concepts.
- ✓ Provides evidence-based, hype-free prevention strategies tailored for health, wellness, and longevity enthusiasts.
- ✓ Empowers listeners to advocate for early detection, appropriate screening, and individualized risk assessment.
- ✓ Brings more than a decade of cutting-edge clinical and academic expertise in a warm, producer-friendly format.

Booking & Contact

Email:

Clinical Base: Tampa, FL

Affiliation: USF Health / Heart and Vascular
Institute

*Precision.
Prevention.*

Source Notes: All facts derived strictly from USF Health faculty profile, shonealmeidamd.com, PubMed (PMID 35942620), and public clinical Q&A sessions. Prepared as a format demonstration.