

Norma Melchor Heart & Vascular Institute

Director, Lifestyle Medicine

Catherine A. Collings, MD, MS, FACC



Cardiovascular Disease

Phone: 408-871-5050

Hospital Affiliation: El Camino Health

El Camino Health Medical Network

Sobrato Pavilion, 2495 Hospital Drive, Suite 450, Mountain View, CA 94040

4150 North First Street, San Jose, CA 95134

Clinical Specialties

Lifestyle Medicine and Preventive Cardiology

Cardiac Rehabilitation and Exercise Physiology

General Cardiology and Vascular Disorders

Medical Board Certification

American Board of Internal Medicine, Cardiovascular Disease

American Board of Internal Medicine, Nuclear Cardiology

American Board of Lifestyle Medicine

Education

Cardiology Fellowship (Dean's List)

Internal Medicine Residency

Medical Degree

Master's Degree, Exercise Physiology

Bachelor's Degree, Exercise Physiology

Stanford University Medical Center, 1993

Stanford University Medical Center, 1990

University of Wisconsin, Madison, 1987

University of Wisconsin, Madison, 1980

University of California Davis, 1977

Additional Information

President, American Board of Lifestyle Medicine

Professional Culinary Certification, Rouxbe Culinary School

Professional Coaching Certification, Wellcoaches School

Fellow, American College of Cardiology

Member, National Medical Honor Society Alpha Omega Alpha

Board Member, American Board of Lifestyle Medicine

Board Member, True Health Initiative

Board Member, Physical Activity Alliance

Culinary Medicine Curriculum Development

Research Interests

Cardiovascular Lifestyle Behavioral Change

Digital Health

Remote Patient Monitoring



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2500 Grant Road | Mountain View, CA 94040 | 650-940-7000

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