

# Rolando L. deGoma, M.D., F.A.C.C., F.N.L.A.

NJ Preventive Cardiology & Cholesterol Clinic, PC dba Princeton Preventive Cardiology  
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## PROFESSIONAL EXPERIENCE

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### **2004 – present New Jersey Preventive Cardiology and Cholesterol Clinic**

Founder and Medical Director - First lipid clinic and preventive cardiology practice in Central NJ. Developer of PaKS Method and ACCEPT clinical system that help treat at 85% of high risk patients to recommended treatment goals. Active supporter and promoter of the CMS Million Hearts Initiative since 2012. Participant in the Million Hearts Model Trial – Intervention Group. Million Hearts Model Champion.

### **2005 – 2007 Northeast Lipid Association, a chapter of National Lipid Association**

Member, Board of Directors

### **1996 – 2004 Mercer Regional Cardiology, P.C. Trenton, NJ**

Founder, CEO & President - First full-service cardiology group in Central NJ providing a complete range of inpatient and outpatient cardiac services including EP and interventional cardiology.

Successful solo private practice, 1978 -1996

### **1996 - 1998 Mercer Medical Center Trenton, NJ**

Chairman, Department of Medicine

Facilitated and supervised the merger of the 9 sections with over 100 physicians under the Department of Medicine of two merging hospitals – Mercer Medical Center and Helene Fuld Hospital, now called the Capital Health System

### **1994 - 1996 Mercer Medical Center Trenton, NJ**

Chief, Section of Cardiology

Oversaw the expansion of cardiac services of the hospital

Cardiologist of the Year Award 1995, American Heart Association, Mercer County Chapter, NJ

### **1986 - 1994 Mercer Medical Center Trenton, NJ**

Director, Progressive Cardiac Unit

Presented a plan and convinced the hospital Board of Directors to fund the construction of a special wing, Progressive Cardiac Unit, dedicated to the care of patients recovering from a heart attack.

### **1978 - 1994 Mercer Medical Center Trenton, NJ**

Director, Cardiac Rehab Program

Started the program, nurtured from start-up to the largest and most successful program in Mercer County

### **1978 – present Mercer Medical Center – Capital Health System**

Attending Cardiologist

## BOARD CERTIFICATION

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SHAPE Certified Provider 2013

Diplomate, American Board of Clinical Lipidology 2006

Diplomate, American Board of Cardiovascular Disease 1979

Diplomate, American Board of Internal Medicine 1977

## **EDUCATION AND POST GRADUATE TRAINING**

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1975 - 1978	UMDNJ- Robert Wood Johnson Medical Center	New Jersey
	Cardiology Fellowship	
1974 - 1975	St. Agnes Hospital	Baltimore, MD
	Internal Medicine Residency	
1973 - 1973	Greater Baltimore Medical Center	Baltimore, MD
	Medical Internship	
1967 - 1972	University of Santo Tomas	Manila, Phil
	MD, cum laude, Meritissimus, University Founder - Father Benavides Award 1972 (Highest Award)	

## **PUBLICATIONS**

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deGoma RL, deGoma EM. A practical, office-based cholesterol management system. From closing the treatment gap to turning off the faucet instead of just mopping the floor – A ten-year user experience. Abstract and ePoster. National Lipid Association Annual Scientific Meeting May 2017

deGoma RL, deGoma EM. A practical, office-based cholesterol management system. Journal of General Internal Medicine 2006 Apr; 21(S4)

deGoma EM, deGoma RL, Rader DJ. Beyond HDL-C Levels: Evaluating HDL function as influenced by pharmacotherapy. J Am Coll Cardiol 2008

## **BIOGRAPHICAL SKETCH, EXPERTISE AND SPECIAL INTEREST**

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Dr. R. deGoma is a triple board certified preventive cardiologist with a total of 35 years of busy and dynamic clinical private practice experience. For the first 20 years, he practiced traditional non-invasive cardiology but as he matures as a practicing cardiologist, he became unsatisfied seeing that some of his patients are caught in a revolving door of recurring cardiovascular events. He wanted to do more - stopping atherosclerosis and the cycle of recurring cardiovascular events. That became his mission next 15 years which led him to a pro-active lipid-centered aggressive medical therapy in high risk patients.

The L-TAP study in 2001 uncovered a wide treatment gap nationwide with only 18% of established CHD patients treated to the recommended LDLc goal of less than 100 mg/dL. That was the beginning of his personal and professional journey to prevention which was featured in an article in a National Lipid Association journal. It was a difficult journey with unexpected challenges. He developed the PaKS approach and ACCEPT clinical management system to close the wide treatment gap in his practice. In 2006, he published his first performance data and gave a poster presentation with 85% of high risk patients reaching LDLc <100 mg/dL; 33% were < 70 mg/dL and there were more patients with LDLc <50 mg/dL than over 130 mg/dL. Events started to decline and eventually what used to be common and expected events became rare and unexpected occurrences.

In 2015, the ACC president, Dr. Kim Williams, Sr. talked about the Million Hearts Cardiovascular Risk Reduction Model and said "It is time to turn off the faucet instead of just mopping the floor." That became the inspiration for the abstract and the eposter for the 2017 NLA scientific meeting in Philadelphia - "A practical, office-based cholesterol management system. From closing the treatment gap to turning off the faucet instead of just mopping the floor – A ten-year user experience". Compared to 2006, 89% of high risk patients reached LDL-c <100 mg/dL; 51% reached LDL-c <70 mg/dL and 16% reached LDL-c < 50 mg/dL.

His practice was selected by CMS (Centers for Medicare and Medicaid Services) to participate in the Million Hearts Cardiovascular Risk Reduction Model and himself was designated a Million Hearts Champion.