



Phil Ades, MD
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Philip Ades, MD is the Endowed Professor of Cardiovascular Disease Prevention and the director of the Cardiac Rehabilitation program at the University of Vermont, Larner College of Medicine. He has been the associate director of the UVM COBRE at the Vermont Center on Behavior and Health since its inception and serves as mentor to several project directors. His world-class research program has been oriented to the therapeutic use of exercise, specifically on the important role exercise can play in rehabilitation after a heart attack and the benefits of weight loss in obese coronary heart disease patients. He is the author of more than 230 publications and is the past editor of the Journal of Cardiopulmonary Rehabilitation and Prevention. Dr. Ades received his MD from the University of Maryland School of Medicine and completed an internship and residency in internal medicine at McGill University in Montreal, Canada, and a fellowship in cardiovascular disease at University of Colorado Health Sciences.