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Neighbor Spotlight: Shyla Thomas High

A West Plano cardiologist Shyla Thomas High was born and raised in Herford, Texas. She attended the University of Texas at Austin and received a bachelor's degree in pharmacology. She later attended medical school at Texas Tech. She recently was named to the *Texas Monthly* list of Texas Super Doctors. She has lived in Plano for 11 years.

— *Katy Moore*



Staff photo: Chris McGathey

Dr. High was named a Texas Super Doctor by *Texas Monthly* magazine.

What does it mean to be selected for this best doctor list? I am honored to have been selected. My selection by these publications shows that my peers recognize the level of professionalism and high-quality care that all of the cardiologists at Cardiology Consultants of Texas provide to our patients.

What do you enjoy about living West Plano? I enjoy living in Plano because of the great opportunity for community involvement, especially with the arts. I definitely enjoy the public service coupled with the friendly people. Plano still has the small community feeling that makes it a nice place to live and be with family.

What is the best part about your practice? What I enjoy most about my practice is helping

people, not only those with heart disease, but helping people prevent heart disease and establish a healthy lifestyle. This is very rewarding to me.

What's unique about you as a doctor that contributed to you being named to this list? I, along with all of my colleagues at Cardiology Consultants of Texas, strive to provide patients with the most advanced, thorough, and compassionate care available. In addition, I am dedicated to educate patients and the public about the dangers of heart disease and the importance of maintaining a healthy lifestyle.

How are the doctors for this list chosen? According to *Texas Monthly*, Texas Super Doctors are chosen through a poll of doctors and nurses across the state as well as through independent research.