

Shyla Thomas High, M.D.

Cardiologist, Cardiology Consultants of Texas

Full name: Shyla Thomas High, M.D.

Job title: Cardiologist, Cardiology Consultants of Texas

How long you've been that: Nine years

Favorite part of your job: Being an encouragement to my patients and easing fear and anxiety about their heart condition.

Favorite part of your day: My first cup of coffee of the morning with my husband, Don

What time do you wake up in the

morning: 6 a.m.

What time do you go to sleep: 10 p.m.

Name five things that are in your purse: Billfold, reading glasses (ugh), lipstick, nitroglycerin, Altoids

Name the shade of lipstick you wear, if you can: The latest Juicy Tube lip gloss

Birthday: May 12 (born on Mother's Day that year)

Your philosophy on age: If you are blessed with good health, age does not matter.

Place born: Hereford, Texas

Are you a youngest, middle or oldest child: Middle child (two brothers)

College or university attended: University of Texas, Austin

Favorite home-cooked meal: Pot roast and scalloped potatoes

Favorite dessert: Chocolate molten cake at Chili's

Vegetable that you won't touch: Beets

The last time that you got all dressed up in evening wear: Dallas Summer Musicals "Curtain Call Gala" with Dolly Parton

Favorite band when you were 20: Eagles

Favorite band now: Brooks & Dunn

Something almost nobody knows about me: Tried out for Dallas Cowboys cheerleader (unsuccessfully!)

Something I'm known for: Being a diehard Longhorn fan

Why did you choose cardiology as your focus? Because a diagnosis and a difference can usually both be accomplished.

You were recently recognized by your peers as a Texas Super Doctor in Texas Monthly. How do you feel about receiving this distinction, especially from other health care professionals? I love what I do and am honored to be recognized by my peers.

What qualities do you strive to possess in your work? Consistency and staying current with the recent developments in cardiology

In the past decade, there has been a lot of focus on heart health, specifically in women. With an ever-increasing variety of heart health education opportunities available, do you think we will start to see a healthier America? Yes, due to cholesterol lowering agents coupled with education and awareness.

What do you think is our nation's biggest challenge in that area? Obesity

What is the best advice you can offer people who think they may be at risk for heart disease? Know your "numbers:" fasting cholesterol, blood pressure and blood glucose

What are the most important steps to take to reverse the risk factor? Maintain ideal body weight, stop smoking, exercise and employ medical therapy as needed.

