

LISA ZAHAKOS

RPA-C | Clinical and Professional Curriculum Vitae

New Jersey | lisazahakos@gmail.com | heartreserve.blog

Professional Profile

Physician assistant in clinical practice since 2003, with experience in interventional cardiology, executive and preventive medicine, psychiatry, and addiction medicine. Founder of HEART RESERVE, a women's cardiovascular-health education platform that helps women connect their pregnancy history, family history, symptoms and health information into a Heart Story to discuss with their clinicians.

Editorial and Medical Education Work

2026–Present | Associate Editor, HEART RESERVE Project

CardioSmart, American College of Cardiology

Contributing to patient education connecting pregnancy history with long-term cardiovascular health, including practical resources to support conversations between women and their clinicians.

2026–Present | PA Educator and Narrator, HEART RESERVE

Developing case-based continuing medical education on women's cardiovascular and metabolic health. Collaborating with Global Education Group on accreditation and grant planning, and with myCME / Haymarket Medical Education on distribution planning. Work includes educational content, clinical cases, and narration for activities in development.

Clinical Experience

2018–Present | Outpatient Psychiatry and Addiction Medicine, New Jersey

Psychiatric evaluation, medication management, follow-up, patient education and coordination with primary care and specialists.

2014–2018 | Jersey Medical Care, P.C., Matawan, NJ

Outpatient psychiatry and addiction medicine, including treatment monitoring and patient education.

2008–2014 | Path Medical, New York City

Cardiac specialist and physician assistant in executive, preventive and longevity medicine; assessed cardiovascular histories, symptoms and testing alongside hormonal and metabolic concerns.

2003–2008 | Ayman Farid, MD, Interventional Cardiology, New York

Physician assistant conducting exercise and nuclear cardiac stress testing and participating in cardiovascular assessment, follow-up and prevention counseling.

Education and Credentials

Wagner College, Physician Assistant Program, completed 2003. Nationally certified by the National Commission on Certification of Physician Assistants; licensed in New Jersey and New York.

Writing Education and Advocacy

Founder, HEART RESERVE (heartreserve.blog), including the free Heart Story tool and women's cardiovascular-health education. Author of a trade nonfiction manuscript on women's heart health. Founder of Sew Away Corona, a grassroots relief initiative (2020).

Selected Published Writing and Features

The Mother Chapter — “My Twins Were Born at 28 Weeks. I Didn't Know That Was Part of My Medical History, Too” (2026). [Read online](#)

Society for Women's Health Research (SWHR) — “Lisa Zahakos's Women's Health Journey” (2026). [Read online](#)

World Heart Federation — World Heart Day first-person story (2026). [Read online](#)

Healthcare IT Today — “A Better Health Record Should Show What Changed, Not Just What Was Measured” (September 18, 2026). (Link available through HEART RESERVE media kit.)

Women of Wearables — profile (September 14, 2026). (Link available through HEART RESERVE media kit.)

Selected Recorded Interviews

Beyond the Beeps, Episode 27 — “What Does It Really Take to Save Twins With TTTS?” (September 29, 2026). [Read online](#)

Recorded Interviews and Oral History Pending Publication

September 30, 2026 | Graham's Foundation — Recorded interview with Nicholas Hall.

October 6, 2026 | Healthy Mom Healthy Baby Tennessee (TIPQC) — Interview recorded; editing confirmed October 6.

October 6, 2026 | Physician Assistant History Society — Oral history interview recorded; editing underway October 13.

Scheduled Media

October 19, 2026 | Dear NICU Mama — Podcast recording scheduled.