



Richard Collins MD

WELCOA MEDICAL DIRECTOR

South Denver Heart Center

Dr. Collins, also known as “The Cooking Cardiologist”, is nationally recognized as an expert in heart disease prevention, cholesterol management and weight management. He is known for his devotion to creating culinary dishes using only ingredients known to promote good health.

He is a Nebraska native, graduating from the University of Nebraska College of Medicine in 1968 and completed his training at the Mayo Clinic, Rochester, MN. He is Board Certified and is a fellow in the American College of Cardiology. Dr. Collins has been recognized by his peers as one of the Top Physicians in America in 2012 and 2013.

His practice is with South Denver Cardiology Associates in Littleton, CO. He currently is the Medical Director of Heart Disease Prevention and Wellness at South Denver. Dr. Collins has appeared nationally on TV and conducts cooking classes across America. He is the author of three nationally known heart healthy books. He is a firm believer in “looking on the light side” of life, and has conducted many programs on humor and how it can positively affect the heart.

