Office Hours
By appointment only

Monday – Friday
8:30 am – 4:00 pm

Our Medical Staff:
Heather Jefferson, MA
Nurse Practitioner: Andrew Tagle, MSN, NP-C, CLS
Medical Director: Christopher Simek, MD

Cholesterol/Lipid Clinic
1600 Lakeland Hills Blvd.
Lakeland, FL 33805
863-680-7490

Patient Information

Watson Clinic LLP
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Why a Cholesterol/Lipid Clinic?

High cholesterol and high triglycerides have been recognized as important factors in the development of coronary artery disease and vascular disease. With proper diagnosis and treatment, many lipid disorders can be controlled. With this in mind, the goals of the Watson Clinic Cholesterol/Lipid Clinic are to:

- Prevent arteriosclerotic vascular disease and its complications in patients who have not yet developed evidence of the disease.
- Aggressively prevent progression and try to induce regression in patients who are already being treated for arteriosclerotic coronary disease or other vascular disease.

Each patient is evaluated and an individual plan is developed for the patient's unique needs. Progress is closely monitored by the Clinic's specially trained Advanced Registered Nurse Practitioner who will make detailed recommendations and coordinate ongoing treatment.

On-Site Laboratory Services

Watson Clinic offers a licensed, on-site laboratory providing comprehensive, routine cholesterol testing as necessary for each patient. All required testing can be completed within the Watson Clinic facility. Results are available promptly for physician evaluation.

Watson Clinic - A Leader in Research

Serving Lakeland since 1941, Watson Clinic LLP is a full-service multi-specialty medical group with more than 200 physicians in more than 40 specialties. Watson Clinic participates in numerous clinical research studies with new medications and procedures, allowing them to offer patients state-of-the-art treatment options.

Cholesterol/Lipid Clinic Staff

The Watson Clinic Cholesterol/Lipid Clinic is staffed by a team of experienced and caring professionals who are eager to see you meet your healthcare goals. Working together are:

- An Advanced Registered Nurse Practitioner specially trained in lipid disorders.
- Board-certified cardiovascular specialists with experience in managing complex lipid disorders.
- Registered Dietitians specializing in the treatment of lipid disorders.
- Exercise Specialists - available for exercise consultation.

About Andrew Tagle, MSN, NP-C, CLS

Andrew Tagle is an Advanced Registered Nurse Practitioner and ACCL board-certified as a Clinical Lipid specialist. He worked as an RN for five years before graduating from the University of South Florida with a Masters in Nursing in May 2000. He worked as a nurse practitioner in cardiology for three years in the Tampa area prior to coming to Watson Clinic.

For Appointments

The Watson Clinic Cholesterol/Lipid Clinic is located at Watson Clinic’s Main location, 1600 Lakeland Hills Boulevard, Lakeland, Florida. Please call 863-680-7490 to make an appointment. For additional information, please call 863-680-7829 to speak with a nurse.