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He received his medical degree from the Aga Khan University and then completed residency training at Yale University, cardiology fellowship and advanced heart failure and transplant fellowships at Vanderbilt University, and cardiac imaging fellowship at the Massachusetts General Hospital at the Harvard Medical School. He has completed Master of Public Health degree from Harvard University and Master in Business Administration from Emory University.

Dr. Butler is board certified in cardiovascular medicine and advanced heart failure and transplant medicine. His research interests focus on clinical trials in patients with heart failure. He serves on several national committees for the American College of Cardiology, American Heart Association, National Institutes of Health, and the Heart Failure Society of America. He is the recipient of the Simon Dack Award by the American College of Cardiology as well as the Time, Feeling, and Focus Award by the American Heart Association.

Dr. Butler has authored more than 500 peer-reviewed publications. He serves on the editorial board of several peer reviewed cardiovascular journals. He has been cited numerous times in America's Best Doctors list.