

What happens in the clinic?

Once the referral is made, the office will contact you for an appointment.

On your first appointment the Cardiovascular nurse will complete a history and physical exam and focus on risk factors for further prevention and management of cardiovascular disease. Together you will discuss and make a plan to work on specific areas to improve your cardiovascular health. After each visit, a progress letter will be sent to your family physician.

Referrals can also be made to other members of the team such as the family doctor, speech and language pathologist, dietitian, physiotherapy, occupational therapy, pharmacist, recreational therapy and social work to ensure that you are monitored carefully to manage and reduce risk of a cardiovascular event.

Usually there is a series of 4 visits over the year to help you track and monitor your progress.

Who can come to the Clinic?

Anyone who has had a stroke, heart attack, angina or TIA and lives in the areas of Digby, Shelburne, or Yarmouth. The health event may be recent or could have occurred many months or years ago.

How can I book an appointment?

You can refer yourself, or your family physician and other health care providers can also refer you to the Clinic.

If you have questions or would like to speak with the staff about how the clinic might help you, please contact:

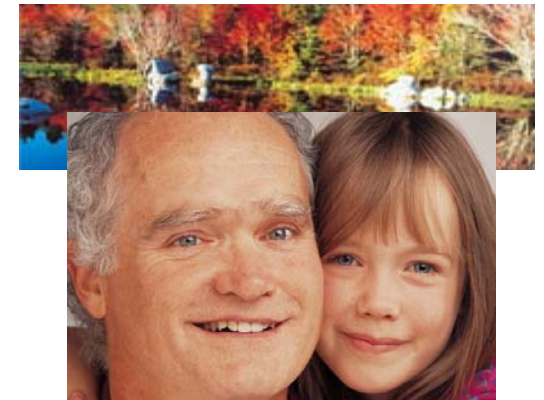
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Scenic Photos courtesy of Linda Ross, LinArt Photo.

South West Health Cardiovascular Clinic



What is cardiovascular health?

Cardiovascular health is about keeping blood vessels leading to your heart and your head open and healthy. There are many risk factors slowing down the flow of blood through blood vessels. The Clinic helps people understand their risk factors, identify lifestyle changes and support their efforts in meeting healthy goals.



South West Health
Working Together for Better Health
Shelburne • Yarmouth • Digby

Warning Signs: Stroke



Weakness—
Sudden loss of strength or sudden numbness in the face, arm, or leg, even if temporary.



Trouble speaking—
Sudden difficulty speaking or understanding or sudden confusion, even if temporary.



Vision problems—
Sudden trouble with vision, even if temporary.



Headache—
Sudden severe and unusual headache.



Dizziness—
Sudden loss of balance, especially with any of the above signs.

If you experience any of these symptoms, get medical attention immediately by calling 911!

Caring about people living with risk factors and effects of cardiovascular disease is important to South West Health.

What are risk factors?

A risk factor increases the chance that you will develop a condition such as a stroke or heart attack.

The Clinic can provide links to services within South West Health for those people who have health problems related to heart attack, angina, stroke or transient ischemic attack (TIA).

The staff work together with you and your family doctor to manage and lower the risk of cardiovascular disease.

Which risk factors do you have?

- High blood pressure
- High blood cholesterol
- Diabetes
- Smoking
- Physical inactivity
- Being overweight
- Stress
- Excessive alcohol
- Family history
- Prior stroke, heart attack, angina, or TIA

Warning Signs: Heart Attack



Pain—
Sudden discomfort or pain in chest, neck, jaw that does not go away with rest



Shortness of breath—
Difficulty breathing



Nausea—
Indigestion, vomiting



Sweating—
Cool, clammy, skin



Fear—
Anxiety, Denial

If you experience any of these symptoms, get medical attention immediately by calling 911!