



News & Views

IHI High Risk Clinic

...Comprehensive Care Towards Wellness

You know the statistics...cardiovascular disease, Canada's leading cause of morbidity and mortality, annually accounts for more than 50% of all deaths, 19% of total disability claimants, and 21% of total healthcare costs. In the next decade, the population with the highest prevalence of cardiovascular disease is expected to increase by 35%.

Women or men at risk for cardiovascular events are identified based on the presence of **at least one** of the following criteria:

1. Coronary Artery Disease (CAD), including previous myocardial infarction (MI), coronary artery bypass surgery (CABG), percutaneous coronary intervention (PCI), unstable angina, or stable angina (with an angiogram demonstrating >50% stenosis in at least 1 major artery or a positive stress test);
2. Evidence of Peripheral Vascular Disease (PAD), including a history of intermittent claudication, or documented decrease in pulses or bruits supported by an ankle-brachial index (ABI) <0.9 or duplex ultrasound diagnosis (demonstrating >50% stenosis in at least 1 major artery);
3. History of Cerebrovascular Disease (CVD), including a history of stroke or transient ischemic attack (TIA);
4. Diabetic patients with at least one risk factor for CAD, including hypertension (systolic blood pressure >160 mmHg or diastolic blood pressure >90 mmHg or on treatment), total cholesterol >5.2 mmol/L, HDL cholesterol <0.9 mmol/L, current cigarette smoker, known microalbuminuria, or any evidence of previous vascular disease; or,
5. Three or more Coronary risk factors being present.

Add to this the rise in diabetes and the increasing need for secondary, as well as primary prevention management, and more of your patients than ever before, will need efficient access to quality care and lifestyle education programs.

Comprehensive Assessment, Prevention and Rehabilitation Services at One Clinic

For more than a decade, KMH has been a leading provider of cardiology diagnostic tests and has developed the International Heart Institute (IHI), directed by Arvinder Grover, M.D., F.R.C.P., (C), F.A.C.C.. This **High Risk Clinic** is specifically designed for patients who either suffer from Coronary Artery Disease or who are not yet diagnosed with cardiac disease but have multiple cardiac risk factors, placing them at risk for vascular events. Referred patients will be genuinely **motivated to make the lifestyle changes** necessary to gain control of their cardiac risk profile.

Through a multi-disciplinary approach, **Cardiologists** and **Internal Medicine Specialists**, as well as other health care professionals, help empower your patients with **knowledge** about their health risks and provide non-pharmacological and pharmacological **strategies to implement** day-to-day.

The IHI Program begins with a **comprehensive risk assessment** that includes:

- a history and risk factor review,
- ECG review,
- bloodwork analysis,
- physical examination, and
- diagnostic testing.

Physician specialists review the results and create a **management plan** that may include:

- pharmacotherapy,
- dietary counseling,
- stress assessments,
- kinesiology therapy, and
- regular monitoring and follow-up every three months.

A progress report is provided to the referring physician every three months and at one year.

Services are **customized for each individual client's needs** and include case reviews, specialist consultations, in-clinic counseling, and training seminars to effectively implement lifestyle changes and to foster return-to-work and life-long wellness behaviours.

To schedule an appointment for your patient at KMH's Mississauga location at 2075 Hadwen Road, call (905) 855-1860 or 1-877-564-5227

