



CARDIOLOGY CENTRES INC.

# Heart Health Program

## Prevention – Better Than a Cure

## Features

### Our Goal

To manage the risk of cardiovascular disease and to help improve one's vitality and longevity.

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### Heart Health Program

A multidisciplinary program led by a Cardiologist, Internist and Dieticians, covering all aspects of heart disease prevention. Our program is dedicated to reducing the risk of heart disease and stroke through lifestyle modifications.

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### Who Qualifies

Adults with two or more modifiable risk factors (see reverse).

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### Referrals

Referrals can be made through your Family Physician or Nurse practitioner (referral requisitions can be found on the KMH website)

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### Program Location

KMH Cardiology Centres  
2075 Hadwen Rd., Mississauga, ON

### Program Director

Dr. Arvinder Grover MD, FRCPC, FACC

For further information about the program, contact **KMH Cardiology Centres**

T: 1.877.KMH.LABS (564.5227) | [www.kmhlabs.com](http://www.kmhlabs.com)

## Fixed Risk Factors

i	<b>Age</b>	Male over 45; female over 55
ii	<b>Ethnicity</b>	E.g. South Asian, African American
iii	<b>Family History</b>	Immediate family member identified with heart disease Male under 55 or female under 65

## Modifiable Risk Factors

i	<b>High blood pressure</b> 140/90 non-diabetic or 130/80 with Diabetes
ii	<b>Diabetes/Impaired fasting glucose/Insulin resistance</b>
iii	<b>Hyperlipidemia/Hypercholesterolemia/Dyslipidemia (elevated and/or abnormal cholesterol levels)</b> HDL < 1.03 Triglycerides > 1.7 LDL > 2.00 Total Cholesterol > 5.2
iv	<b>Tobacco Use (or exposure to 2nd hand smoke)</b>
v	<b>Overweight/Obesity/Unhealthy Diet</b>
vi	<b>Physical Inactivity</b>
vii	<b>High Stress</b>
viii	<b>Metabolic Syndrome (3 of the following):</b> Abdominal Obesity, High Triglycerides, Low HDL Cholesterol, Hypertension, Impaired fasting glucose

## Program Highlights

i	<b>Pro active prevention of heart disease which includes:</b> Physical assessment, dietary and exercise plan as well as an on-site gym for instructional purposes.
ii	<b>All test results and consultation reports with the Cardiologist and Internist are communicated to the Family Physician</b>
iii	<b>No cost to join the program (OHIP) and enrollment information is located on the KMH website.</b>
iv	<b>Program consists of approximately 4 visits over a 6 month period. Times may vary.</b>