

The Heart Program at Women's Health Centre:

The Nurse Practitioner will spend approximately 60 minutes doing the following:

- ▶ Risk Factor Screening
- ▶ Comprehensive medical history and physical assessment
- ▶ Individual treatment plan based on individual goals and barriers



How It Works:

- ▶ Fax referral form to clinic at 604-875-3009 or call 604-875-3290
- ▶ Appointment time will be given to you
- ▶ In preparation for first appointment, some questionnaires will be mailed to you as well as a requisition for blood work
- ▶ At first appointment, your risk for heart disease will be assessed
- ▶ The Nurse Practitioner will spend the time that is needed to review your personal risk factors, your goals, your barriers to getting to your goals and help you develop a plan
- ▶ A follow-up appointment will be made for you
- ▶ A letter will go to all of your health care providers outlining your plan and any medication changes made during the visit

The Heart Program for Women
Preventing Heart Disease One Step at a Time

BC Women's Hospital & Health Centre
4500 Oak Street, Vancouver, BC V6H 3N1
604-875-3290 to book an appointment

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The Heart Program for Women

Preventing Heart Disease One Step at a Time

- ♥ Have things gotten out of control?
- ♥ Is it time to re-group and think about your health and how your life has gotten out of control?
- ♥ Are you stressed, feel like you don't have enough time in the day and are always tired?
- ♥ Are you motivated to get healthy for your kids?
- ♥ Are you tired of yo-yo dieting?
- ♥ Are you ready to change all of that?

Women's
BC WOMEN'S HOSPITAL
& HEALTH CENTRE
*An agency of the Provincial
Health Services Authority*

Do you have any of the following?

- ♥ High Cholesterol
- ♥ Smoker
- ♥ Depression
- ♥ Obesity / Overweight
- ♥ High Blood Pressure
- ♥ Sleep Apnea
- ♥ Pre-Diabetes / Diabetes
- ♥ Physical Inactivity
- ♥ Metabolic Syndrome
- ♥ Family history of Vascular disease
- ♥ History of Gestational Diabetes
- ♥ History of High Blood Pressure in Pregnancy

***If the answer is yes,
then you could be at risk
for heart disease.***

So call us at
604-875-3290
and make an appointment!

What we know about Heart Disease in Women:

- ▶ Heart Disease is the major cause of death and disability among Canadian women
- ▶ Two in three women have at least one of the major risk factors for heart disease
- ▶ Eight times as many women die from heart disease and stroke than from breast cancer
- ▶ A woman's risk of heart disease increases 4 times after menopause
- ▶ Women with diabetes are 3 times more likely to have a heart attack
- ▶ Heart Disease kills a woman every minute
- ▶ Heart disease is 87% preventable



Our Philosophy:

- ▶ Women need a supportive, encouraging environment in which to work on plans to improve their health



Guiding Principles:

- ▶ No judgment allowed!
- ▶ No nagging!
- ▶ Work on one risk factor at a time or what you want to work on
- ▶ Understand that every woman is different in terms of goals, barriers and success
- ▶ Create individual goals and treatment plans that are attainable
- ▶ Provide comprehensive care including counseling and dietary advice
- ▶ Promote total lifestyle change - no diets allowed!