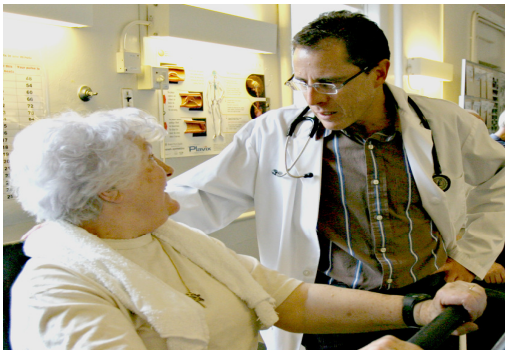


Your Path to a Healthier Life

The VGH Centre for Cardiovascular Health is a comprehensive risk reduction program for individuals who have had a heart attack, coronary angioplasty, open heart surgery, angina, and for those at risk for developing heart disease.

The centre offers these services:

- ♥ Medical examination by a cardiologist
- ♥ Test your ability to exercise and carry out activities
- ♥ Exercise prescription—supervised and monitored
- ♥ Education sessions about heart disease and healthy living
- ♥ Cholesterol testing
- ♥ Aggressive treatments and support to reduce heart disease risks, including smoking cessation
- ♥ Blood pressure monitoring
- ♥ Diabetes management
- ♥ Support groups for depression and stress management
- ♥ Dietary counseling with a registered dietitian
- ♥ Specialty workshops including Yin Yoga, Heart Healthy Cooking & Mindful Living (additional fees may apply)



The Centre for Cardiovascular Health consists of two clinics that are held at the Vancouver General Hospital location:

Leslie Diamond Women's Heart Health Clinic:

This clinic consists of women-only exercise classes and instruction. Education sessions include women's health issues.

Syd and Joanne Belzberg Cardiac Rehab Clinic

This is the main offering of an exercise and education program for both men and women.

- ♥ Health care professionals who give guidance during the program are exercise specialists, cardiac nurses, a registered dietitian and fitness instructors.
- ♥ After an initial interview and examination by a cardiologist, participants attend a one-hour exercise class each week, plus a 20-25 minute education session. The program consists of 24 weekly sessions.

Open Gym

Participants may drop in to exercise in the gym any time during open hours Monday to Saturday.

Clinic Fee: \$100 / month

♥ Financial assistance is available for those who cannot afford the program fee.

Your Program Closer to Home: Happy Hearts Plus

Community cardiac exercise & education program operated in alliance with community partners (Vancouver Parks Board, Jewish Community Centre, Robert Lee YMCA). After a medical exam with a cardiologist, participants attend exercises twice per week plus weekly one-hour education workshop. Program length is 6 months (48 exercise sessions). Cost varies depending on facility.

♥ *The clinic physicians are for consultation purposes only and do not substitute for regular follow-up care of the participants' cardiologist or family physician. Referring physicians will receive reports of participants' progress.*

Referral Information:

Please check the clinic of this referral:

- Syd and Joanne Belzberg Cardiac Rehab Clinic
- Leslie Diamond Women's Heart Health Clinic
- Happy Hearts Plus Community

Note to physicians:

Please submit the following information:

- Patient demographics
- Recent hospital discharge summaries
- Recent office visit dictations
- Recent surgical and procedure reports
- Recent blood work and other test results

Only if the above information is not available, complete and submit the form below:

Date: _____

Name: _____

Date of Birth: _____

Address: _____

Postal Code: _____

Telephone: _____

Personal Health Number: _____

Referring Physician: _____

Diagnosis & Medical Information: _____



Location

6th Floor

Gordon and Leslie

Diamond Health Care Centre

Vancouver General Hospital

2775 Laurel Street,

Vancouver, BC V5Z1M9

Tel: 604-875-5389

Fax: 604-875-5794

For more copies, go online at <http://vch.eduhealth.ca>
or email phem@vch.ca and quote Catalogue No.
FD.127.C333

Vancouver Coastal Health, November 2013

The information in this document is intended solely for
the person to whom it was given by the health
care team. www.vch.ca

Vancouver Coastal Health
Promoting wellness. Ensuring care.



Syd and Joanne Belzberg
Cardiac Rehab Clinic

Leslie Diamond
Women's Heart
Health Clinic



Happy Hearts
Alliance

