HEART FIT CLINIC

Cardiac Rehabilitation, Maintenance, & Heart Attack and Stroke Prevention

- Cardiovascular Disease is the number one killer in Canada.
- Every seven minutes, someone dies from heart disease or stroke in Canada.
- By knowing your risk factors for Cardiovascular Disease, you can avoid becoming a statistic.

Cardiovascular Disease is the build up of fatty plaque in the blood vessels which can block blood flow to the heart muscle or brain, resulting in heart attacks or strokes.

Risk Factors for Cardiovascular Disease include:

- Age (> 40)
- Family history of heart disease or stroke
- Weight
- High blood pressure
- Diabetes
- Abnormal cholesterol
- Previous cardiac arrest
- Smoking
- Stress
- Physical inactivity

Heart Fit Clinic combines traditional screening with the Carotid Intima Media Thickness (C-IMT) test – the most accurate non-invasive method of screening for cardiovascular disease – to develop your personal Coronary Risk Profile. This profile analyses your risk factors for cardiovascular disease and forms the foundation from which we can develop a treatment program customized to you.

Carotid Intima Media Thickness (C-IMT)

C-IMT is a screening test that uses the latest technology to detect evidence and progression of cardiovascular disease. C-IMT determines your vascular age to help you understand your risk for cardiovascular disease and prevent it from becoming life threatening.

State-of-the-art technology and software measure the thickness of the first two layers of the carotid arteries located in the neck, where blood flow-blocking plaque first develops.

The carotid arteries provide a "window" to the coronary (heart) arteries, so hardening of the carotid arteries is directly related to the hardening of the coronary arteries. As the carotid artery is closer to the surface of the skin, it is easier to access than the coronary artery, and provides equally valuable information.

Carotid IMT measurements can detect the minute thickness changes in the layers of the arterial wall lining and accurately assess your vascular age. The thicker the arterial wall, the greater the risk for heart attack or stroke.

This safe, painless and radiation-free test is the most accurate, non-invasive screening method available for predicting the risk of heart attack or stroke.

"Heart Fit helped me discover that I had an unknown risk factor to heart disease. Using the advice and recommendations made by The Heart Fit Clinic's program, in 6 weeks I lowered my blood sugar level from 13.5 mmol/L to 5 mmol/L."
Rick Hebert

Live happier, healthier …longer.

www.heartfitclinic.com