THE HEALTHY HEARTS CLINIC

COMMUNITY SERVICE

› The Healthy Hearts Clinic is a service to the community.
› It helps you identify and address your risk of developing cardiovascular disease and diabetes.
› Results are available at the time of your appointment and are fully discussed with you.

Our objective is to provide a best practice risk reduction service for the community and to use these findings for prevention research. The Healthy Hearts Clinic is one way our expertise in reducing the risk of cardiovascular disease and diabetes is made directly available to you.

RESEARCH

› The information collected during a visit to the Healthy Hearts Clinic can also help researchers potentially identify new links between risk factors and the chances of developing cardiovascular disease and diabetes.
› The Healthy Hearts Clinic is also a good first step if you are interested in being more involved in research. You may wish to volunteer for a research project investigating the cause and optimal treatment of cardiovascular disease and diabetes.
› The use of data from the Healthy Hearts Clinic and any additional research projects must be approved by a Human Research Ethics Committee.

BAKER IDI HEART & DIABETES INSTITUTE
RESEARCH, TRANSLATION, PREVENTION.

Baker IDI Heart and Diabetes Institute is Australia’s leading health and medical research institute dedicated to reducing ill health and mortality caused by the effects of cardiovascular disease and diabetes: two prevalent and complex diseases responsible for the most deaths and the highest costs in the world in terms of treatments and hospitalisation.

Our work extends from the laboratory to wide-scale community studies with a focus on diagnosis, prevention and treatment.

We are proud of our pledge to improve the quality of life for people now and safeguard the health of future generations. This mission drives everything we do.

FOR MORE INFORMATION OR TO MAKE AN APPOINTMENT CONTACT:
The Healthy Hearts Clinic
The Alfred Centre
4th Floor, 99 Commercial Road
Melbourne VIC 3004 Australia
T 03 8532 1999
E HealthyHeartsClinic@bakeridi.edu.au
Clinic hours are 9am-12noon Monday to Friday. No referral is required.

FOR MORE INFORMATION ABOUT THE BIOBANK CONTACT:
T 03 8532 1543
E Biobank@bakeridi.edu.au
www.bakeridi.edu.au
WE'RE ALWAYS LOOKING FOR BLOOD SAMPLES

The Biobank collects and stores blood samples for research. Participation involves a small blood donation (30ml, just over a tablespoon) and consent for your data and blood sample to be used for research. The Biobank needs samples from healthy people, those with risk factors and those with cardiovascular disease or related conditions.

The stored Biobank samples can be analysed for genes and other biological markers associated with cardiovascular disease and diabetes. We hope this type of research will lead to discoveries that improve disease detection and treatment. More information is available in the Biobank brochure (or see contact details over the page).

WHY ASSESS HEALTH RISK?

Cardiovascular disease is associated with ‘risk factors’. These are characteristics of your lifestyle or medical history that can increase your risk of developing cardiovascular disease, including a heart attack or stroke.

You can reduce your risk of cardiovascular disease by altering many of these risk factors, which include:

- Diabetes
- Smoking
- Excess weight
- High blood cholesterol
- High blood pressure
- Physical inactivity

WHAT IS A RISK ASSESSMENT?

Essentially it is a health check, conducted by trained nurses.

As part of your assessment we will:

- Ask a series of questions to assess lifestyle factors and your medical history
- Measure your blood pressure and take some body measurements
- Take a small blood sample (by finger prick) for cholesterol and blood sugar level measurement

The visit, including all paperwork, should take 30 to 45 minutes.

WHAT WILL THE HEALTHY HEARTS CLINIC DO WITH THE INFORMATION COLLECTED?

Based on your results we will calculate your cardiovascular and diabetes risk score. Your risk will be compared to that of another person with ideal risk factors levels who is the same age and gender.

A trained nurse will provide you with expert dietary and physical activity advice to help you reduce any risk.

Your health information will be stored in a secure database so scientists at Baker IDI can research the causes of cardiovascular disease and diabetes.

If you do not wish to make the information collected about you available for research, you just need to let the Healthy Hearts Clinic nurse know.

Individuals at increased risk of cardiovascular disease or diabetes who require further follow-up may be referred back to their GP or to our Clinical Services Department which is staffed by medical specialists in the following areas:

- Cardiology
- Hypertension
- Lipids
- Endocrinology
- Exercise Testing

AN APPOINTMENT AT THE HEALTHY HEARTS CLINIC MAY BE THE BEST INVESTMENT OF TIME THAT YOU EVER MAKE

GETTING MORE INVOLVED IN RESEARCH

Participating in research at Baker IDI has proved to be a rewarding experience for many of our visitors. We always need volunteers and it’s how you can contribute to improving the health of Australia!

Participation varies from a simple blood donation and questionnaires, through routine cardiovascular tests like an ECG to more involved procedures. You control your level of involvement by choosing a project that matches the time you have to give and the tests you’re prepared to have.

All research projects must be approved by a Human Research Ethics Committee. Each project will provide you with detailed information and you will be asked to sign a consent form. Your personal information will remain confidential and you can withdraw at any time.

WE'RE ALWAYS LOOKING FOR BLOOD SAMPLES

Cardiovascular disease (including heart attack, stroke and vascular diseases) kills more Australians than any other disease. It causes over 50,000 deaths each year. In future, the burden of disease is expected to increase due to our ageing population.