



The CardioClinic
a window on the heart

The Clock is Ticking...

...on the development of Heart Failure for your patients





It's Time to Act

Did you know?

- More than 1,500,000 people in Ireland have cardiovascular risk factors.
- Approximately 2% of the population, or 100,000 people in Ireland, have asymptomatic left ventricular dysfunction or “silent heart dysfunction”. This is usually caused by multiple cardiovascular risk factors, long standing hypertension, prior myocardial infarction and arrhythmia.
- When “silent heart dysfunction” sets in, the clock is ticking on the development of heart failure.
- When heart failure begins, for approximately 10,000 of these each year, the opportunity to prevent this serious illness has passed.

There is now a new test available for your patients

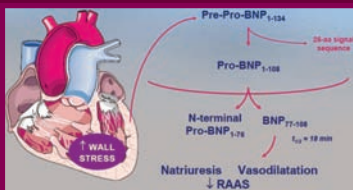
BNP (B-Type Natriuretic Peptide)

It only takes a few minutes but could add years to your patients lives

What is BNP?



- BNP is a protein secreted by the ventricles of the heart when they are stretched or are under strain.
- It can be used to identify those patients with cardiovascular risk factors who are more likely to have “silent heart dysfunction”.
- This can allow targeted use of echo and the initiation of preventative programmes.



Benefits of BNP?



- BNP is a simple point of care test which can be interpreted here at The Cardio Clinic.
- A report is provided quickly back to the GP.
- A low BNP value, the majority of cases, eliminates the risk of “silent heart dysfunction”.
- A high BNP value means that echocardiography is needed.

Who should you refer?

- 1 Long standing hypertension
- 2 Diabetes Mellitus
- 3 Multiple risk factors, including the “metabolic syndrome” (usually comprising central obesity, impaired lipids and fasting glucose, hypertension)
- 4 Documented arrhythmia (atrial fibrillation, supraventricular tachycardia, ventricular arrhythmia)
- 5 Prior myocardial infarction

More about The Cardio Clinic

The Cardio Clinic is a dedicated heart clinic run by a multi-disciplinary team of cardiac professionals, including consultant cardiologists, clinical physiologists, nursing and administrative staff; and appointment is by GP referral only.



The services on offer at the clinic include:



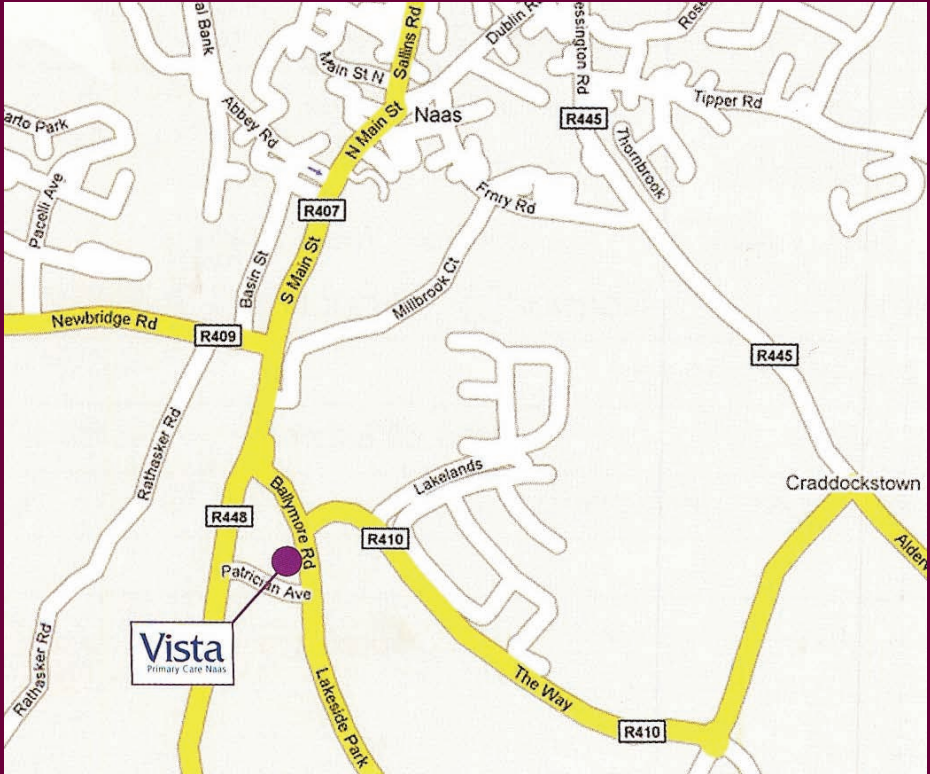
- **Echocardiography**
- **Electrocardiography**
- **ECG Stress Testing**
- **24 Hour Blood Pressure Monitoring (ABPM)**
- **Holter Monitoring**
- **Triage BNP (B-Type Natriuretic Peptide) Test**





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The Cardio Clinic
Vista Primary Care Campus
Ballymore Road
Naas
Co. Kildare

Tel: 045 983 118
Fax: 045 876 896
E-Mail: info@thecardioclinic.ie
Web: www.thecardioclinic.ie

Opening hours: 9:00am - 5:00pm