

What is the Healthy Heart Clinic?

Prairie View's Healthy Heart Clinic is a group-based, disease-management program designed specifically to address emotional and lifestyle issues that impact heart disease. This clinic provides a unique adjunct to traditional cardiac rehabilitation programs through its comprehensive focus on mind, body, spirit and community.

Why is it important to treat emotional and lifestyle issues in cardiac care?

Depression, stress, anxiety, lifestyle habits and certain personality factors such as hostility are some of the most significant modifiable risk factors for cardiac disease and stroke. In fact, depression is as strong a predictor of coronary artery disease as is obesity (*American Psychiatric Association, May, 2000*). In patients who have experienced a myocardial infarction, major depression increases the risk of death over the next year almost four-fold over and above other risk factors such as smoking, drinking or diabetes (*American Journal of Cardiology, Vol. 78, 1996*). Depression can decrease adherence to medication regimens as well as self-management and health-maintenance strategies. Mental stress also has direct physiological influences on cardiac disease by increasing blood pressure, increasing atherogenic lipid levels, decreasing endothelial-dependent vasodilation, increasing risk of thrombosis and disposing patients to risky habits such as smoking or drinking (*Cleveland Clinic Journal of Medicine, February, 1999*).

Adding a behavioral health component to cardiac care improves adherence to treatment, reduces disability and risk of death, improves quality of life and can even reverse heart disease in some patients.

How can the Healthy Heart Clinic make a difference?

- Behavioral health clinicians can help patients make and maintain important lifestyle changes.
- Cognitive-behavioral and supportive interventions can be used to treat depression, one of the largest modifiable risk factors for cardiac disease.
- Training patients in stress management provides them with lifelong skills to cope with stress in their lives.
- Group treatment facilitates social support, increases coping skills within a patient's family support network and offers an efficient way to provide education on self-care for cardiac disease.
- Behavioral health clinicians work to improve collaborative care and continuity with other healthcare services the patient may be using.

What can I expect at the Healthy Heart Clinic?

- Group therapy and education to facilitate positive emotional and lifestyle changes.
- Training in self-assessment and self-monitoring of thoughts, emotions and behaviors.
- Assistance in improving social support.
- Careful assessment of outcomes such as use of medical services, daily functioning and quality of life.

Is the Healthy Heart Clinic right for me?

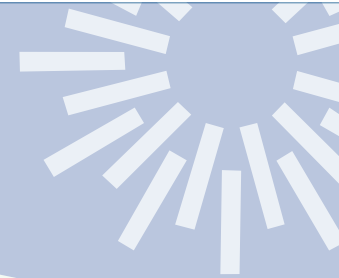
Paying attention to emotional and lifestyle factors can reduce risk and improve recovery from heart disease. If any of the following describe you, the Healthy Heart Clinic could be an important addition to your medical treatment:

- Post myocardial infarction, or diagnosis of any cardiac or cardiovascular condition.
- At risk for developing cardiac or cardiovascular disease.
- Problems with depression or anxiety (see self-assessment on back of flyer).
- Facing lifestyle changes because of a cardiac condition.

Ask your doctor about the Healthy Heart Clinic. The self-assessment on the back of this flyer can help you determine if depression or anxiety is something you should have evaluated further.

How do I sign up?

Talk to your family doctor or cardiologist about enrolling in the Healthy Heart Clinic, or you may call us for more information. When you are referred, your doctor may give you a referral packet or one can be mailed to you. You will then be scheduled for a free 15-minute introductory screening session. During this interview one of our therapists will meet with you to determine whether the clinic could benefit you. If so, you can begin immediately, and you will be asked to complete admission forms.



Payment and Referrals

The Healthy Heart Clinic may be billed to most insurance health plans as group therapy. Check your health plan about coverage. Some health plans require a physician referral. For more information about coverage and benefits contact our financial counselor at **316-283-8300**.

Symptoms of Depression

- Feeling persistently sad, blue or down in the dumps
- Loss of interest in things you used to enjoy
- Feeling anxious, worried, irritable, tearful or hopeless
- Feeling extremely guilty, worthless or helpless
- Difficulty concentrating, remembering or making decisions
- Feeling tired all the time for no apparent reason
- Appetite or weight changes
- Problems sleeping or sleeping too much
- Frequent aches and pains
- Thoughts of suicide or death *

Symptoms of Anxiety

- Anxious feelings
- Shakiness or tremors
- Numbness or tingling
- Heart pounding
- Nausea
- Sweating
- Sensations of choking or smothering
- Dizziness

If you checked any of the above symptoms, please ask your doctor about a complete evaluation.

* If you are thinking of harming yourself, get help **immediately**. Make your feelings known to someone who can help you – contact your doctor, family members, friends or the nearest emergency room.

Times and Location

The Healthy Heart Clinic is conducted at Prairie View's Medical Office Plaza, 700 Medical Center Dr., Suite 102, Newton, Kansas, 67114. The office is located west of Wichita Clinic on the Newton Medical Center campus (see map below). The clinic is held on Friday mornings according to the following schedule:

- 8:00 - 9:00 a.m. Introductory patient screening sessions
- 9:00 - 11:00 a.m. Healthy Heart Clinic

How to contact us

Call Prairie View Medical Office Plaza at **316-283-8300**. For more information about Prairie View services, visit our website at www.prairieview.org

Prairie View
MIND ♦ BODY ♦ SPIRIT ♦ COMMUNITY



Healthy Heart Clinic

