

# Smart Heart Clinic



## **Why do we need this clinic?**

If you have heart or blood pressure problems then you probably already know that there are lots of regular checks and monitoring that need to be done. This includes blood pressure checks, blood tests etc. There have been so many advances in medicine over the past few years that looking after these conditions has become quite complicated; the idea of this clinic is that everything can be done under one clinic so it is easier for you to understand and easier for us to make sure everybody is getting the right treatment.

The clinic also allows more time for advice about diet, exercise, help with stopping smoking and other things you can do to look after your health.

## **When do I go?**

If you have had a heart attack or stroke, have angina, high blood pressure or are receiving treatment for high cholesterol then you will need an annual 'MOT' including blood tests. You will be sent a letter with an appointment automatically when this is due. If you can't make this appointment it can be changed by phoning or asking at reception.

You may need more frequent blood pressure checks or blood tests and we will make arrangements for this when you come to clinic if needed.

## **Who will I see?**

Fran sees everybody in the clinic. If you need to see a doctor she will refer you back, usually to your regular doctor. She may also discuss any queries about your care with the doctors.

## **Does this mean I can't see my doctor about any of these problems?**

Of course you can still see a doctor if you need to, but the idea is that most of the necessary monitoring, medication reviews and advice about these particular problems can be done in the Smart Heart Clinic allowing the doctors more time to deal with any other things you need us to.

## **Sounds good. How do I make an appointment?**

Just ask at reception if you're not a regular attender who we are sending reminder letters to. If you don't have any particular problems but would like to get some advice about looking after your heart, please feel free to make an appointment in the clinic.

### **Did You Know?**

There are nearly 900 people who have high blood pressure and nearly 250 people who've had heart attacks or angina registered at Combe Down Surgery!!

This clinic is to help us help you all stay healthy. We aim to make it a good service for everyone; please let us know if you have any ideas, comments or suggestions about how it works.