Heart disease is one of the leading causes of death in the United States and one of the most complex diseases. However, life-threatening cardiac events often can be prevented through early diagnosis, risk assessment, treatment and lifestyle changes.

UC Irvine Healthcare’s Preventive Cardiology Program focuses on strategies aimed at both primary and secondary prevention of cardiovascular disease.

The Preventive Cardiology Program’s multidisciplinary team includes:

- Cardiologists
- Exercise physiologist
- Registered dietitian
- Prevention researchers / specialists

Potential patients for the Preventive Cardiology Program have been diagnosed with at least one risk factor for cardiovascular disease, including hypertension, hypercholesterolemia / dyslipidemia, metabolic syndrome, diabetes, and/or cigarette smoking. Patients with pre-existing cardiovascular disease who need more guidance with risk factor modification to prevent disease progression or recurrence are also ideal candidates.

Our comprehensive risk reduction program uses the latest evidence-based guidelines for cardiovascular disease prevention. Services include:

- Initial evaluation by cardiologist, plus follow-up to track progress
- Comprehensive laboratory measures for cardiac risk factors and biomarkers, plus further evaluation with imaging tests
- Computerized cardiovascular risk profiles and risk scoring
- Comprehensive dietitian consultation with a specific focus on cardiovascular risk factors management incorporating computerized nutritional evaluations
- Physical activity prescriptions and consultations with an exercise specialist

To make an appointment call the Cardiovascular Center at 714.456.6699
www.ucihealth.com