Taking Good Care of Your Heart

Vanderbilt Heart
Preventive Cardiology
PREVENTIVE CARDIOLOGY CARE

Great strides have been made in heart care. In the case of heart disease and stroke, medical breakthroughs mean that patients today have much better recoveries. But heart disease remains the number one cause of death in men and women worldwide. Closer to home, Tennessee ranks high in the U.S. for death from heart disease and stroke.

The Vanderbilt Heart Preventive Cardiology program was created to bring the best in evidence-based preventive care to our patients. The program is designed to evaluate your risk for heart disease or recurring heart and vascular problems. Using the most advanced techniques, our heart specialists determine what is best for your unique needs. Our personalized approach combines heart healthy lifestyle strategies with appropriate medications, if needed.

The Preventive Cardiology program is located in Nashville at Vanderbilt Heart One Hundred Oaks. Your clinic visit, prevention screening and diagnostic testing will all take place in this one convenient location. Parking is by our entrance and includes handicap parking.
UNDERSTANDING HEART AND VASCULAR PREVENTIVE CARE

The program begins by evaluating your risk factors for heart and vascular diseases such as:

Coronary Heart Disease (CHD) – disease of the heart caused by atherosclerotic narrowing of the coronary arteries which could result in chest pain (angina pectoris), heart attack or sudden death.

Carotid Artery Disease (Carotid artery stenosis) – the carotid arteries in your neck supply blood to your brain. A carotid artery narrowed by atherosclerosis (plaque buildup in the artery walls) increases the risk of stroke.

Peripheral Artery Disease – disease caused by the narrowing of blood vessels carrying blood to the legs and arms. This narrowing is also caused by atherosclerotic plaque within artery walls and can result in debilitating leg pain (claudication).

Risk factors for heart and vascular disease include age, gender, family history of cardiovascular disease, smoking, high blood pressure, high cholesterol, diabetes, obesity, high stress and physical inactivity. Following a comprehensive history, physical examination, laboratory assessment, and noninvasive heart and vascular screening tests, patients meet with members of their heart team to formulate their individualized health plan.
Our prevention screenings include state-of-the-art and traditional tests to identify risks of heart and vascular disease. These include:

**Laboratory Data (Biomarkers)**

- **Comprehensive lab assessment** – includes a complete blood count and comprehensive metabolic profile.
- **Complete fasting lipid profile** – includes total cholesterol, HDL cholesterol, LDL cholesterol and triglycerides, each of which has been strongly linked to cardiovascular disease risk.
- **Lipoprotein (a)** – type of cholesterol that can predict cardiovascular events and is especially useful in younger people.
- **High sensitivity C-reactive protein** – marker of inflammation which is associated with cardiovascular disease risk; lowering of this marker has been shown to decrease risk.
- **Fibrinogen** – marker of thrombosis (blood clotting) which predicts future cardiovascular events.

**Cardiac Screening Tests**

- **Electrocardiogram (ECG)** – screening test that records the electrical activity of the heart; an ECG is the standard tool for diagnosing arrhythmias (abnormal heart rhythms) and can also help determine whether the heart is getting enough blood or if areas of the heart are abnormally thick or enlarged.
- **Exercise treadmill test** – stress test that uses treadmill exercise, heart rate and blood pressure monitoring to determine basic exercise capacity. This test helps identify or rule out the presence of obstructive coronary artery disease or insufficient blood supply to the heart.
- **Coronary artery calcium score** – low radiation CT scan that measures the amount of calcium (atherosclerotic plaque) in the coronary arteries. The presence and degree of coronary calcification have been associated with cardiovascular risk.
PERIPHERAL VASCULAR SCREENING TESTS

- **Ankle brachial index test** – screening test for peripheral artery disease that compares blood pressure in the arms with blood pressure in the legs.
- **Carotid artery ultrasound** – screening test for atherosclerotic plaque blockages within the carotid arteries.
- **Abdominal aorta ultrasound** – screening test for abdominal aortic aneurysm (enlargement) that may lead to rupture of the aorta.

YOUR HEART HEALTHY PLAN

At Vanderbilt Heart, we know that it takes more than appropriate medications to live a heart healthy life. We work with you to create long-term exercise and weight management plans to increase your heart and vascular health, fitness and endurance. Our goal is to help you make these changes a permanent part of your life.

The program also offers complex lipid and metabolic disorder management for coronary heart disease or other heart and vascular conditions.

Your preventive cardiology team includes:

- **Preventive Cardiologist** – assesses your heart risk factors, develops a health plan and monitors your heart health.
- **Registered Dietitian** – provides heart healthy dietary counseling; recommendations are customized and based on your food preferences.
- **Program Coordinator/Registered Nurse** – organizes follow-up communication to monitor your progress in between clinic visits.
Preventive Cardiology Team

Emily G. Kurtz, M.D.
Assistant Professor of Medicine
Director, Preventive Cardiology
M.D.: University of Tennessee
Postgraduate Training: Vanderbilt University Medical Center; Brigham & Women’s Hospital; Massachusetts General Hospital

Jeffrey B. Boord, M.D.
Assistant Professor of Medicine
M.D.: Wake Forest University
Postgraduate Training: Vanderbilt University Medical Center

Sergio Fazio, M.D., Ph.D.
Professor of Medicine and Pathology
Director, Vanderbilt Lipid Laboratory
M.D.: University of Rome, Italy
Postgraduate Training: University of Rome, Italy; University of California, San Francisco

MacRae F. Linton, M.D.
Professor of Medicine and Pharmacology
Director, Vanderbilt Lipid Clinic
M.D.: University of Tennessee
Postgraduate Training: Vanderbilt University Medical Center; University of California, San Francisco

David Maron, M.D.
Associate Professor of Medicine
M.D.: University of Southern California
Postgraduate Training: University of California, Los Angeles; Stanford University
Beth Meador, ACNS-BC, CDE
Clinical Nurse Specialist
Instructor in Clinical Nursing
M.S.N.: Vanderbilt University
Postgraduate Training: Vanderbilt University Medical Center

Holly Pierce, ANP-BC
B.S.N.: University of Tennessee, Knoxville
M.S.N.: Vanderbilt University

Lisa Foust, RN
Program Coordinator, Preventive Cardiology
A.S.N.: Norfolk State University

Cindy Osborn, RD, LDN, CDE
Cardiovascular Dietitian and
Certified Diabetes Educator
B.S.: Mississippi State University
To make an appointment, simply call 615-322-2342 Monday through Friday from 8 am until 5 pm, CST.

Fax: 615-875-0025

**Heart Health Tools**

One of the best ways to monitor your heart and vascular health is to keep track of your numbers.

**Know your numbers:**

<table>
<thead>
<tr>
<th>Cholesterol Levels</th>
<th>Ideal levels:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total</td>
<td>less than 200 mg/dL</td>
</tr>
<tr>
<td>LDL Level</td>
<td>less than 100 mg/dL</td>
</tr>
<tr>
<td>HDL Level</td>
<td>greater than 50 mg/dL</td>
</tr>
<tr>
<td>Ideal</td>
<td>greater than 60 mg/dL</td>
</tr>
</tbody>
</table>

| Protective         | |

| Triglycerides      | less than 150mg/dL |
| Blood Pressure     | below 120/80 mm Hg |
| Fasting Glucose    | 70 – 99 mg/dL |
| BMI (body mass index) | 18.5 – 24.9 |
| Waist Circumference| less than 35 inches for women |
|                    | less than 40 inches for men |
General Driving Directions
I-65 to Exit 79 (Armory Dr.).
Proceed to Powell Ave.