



RB&HH  
SPECIALIST CARE

## Royal Brompton Heart Risk Clinic



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*Around one in four men and one in five women under 75 die from cardiovascular disease. It is the most common cause of death for the under 75's in the UK.*

# The Heart Risk Clinic

## Trust our experts to detect the early signs of heart disease

Heart and circulatory disease is the UK's biggest killer. The most recent statistics show that cardiovascular disease (CVD) causes 39 per cent of deaths in the UK.

Diseases of the heart and circulatory system are also the main cause of death in Europe, accounting for over four million deaths each year. Nearly half of all deaths are from CVD.

The main forms of CVD are coronary heart disease (CHD) and stroke. Death rates from CHD in the UK are among the highest in Western Europe.

**Heart disease can be present without symptoms. Our unique heart clinic for men and women, aged 35 and over, can help save lives by detecting the early signs of the disease.**

## What is CHD?

CHD is the most common form of heart disease. It occurs when blood vessels to the heart fail to supply the necessary blood and oxygen to the working muscle of the heart. This is due to a narrowing of the small blood vessels, which normally supply the heart with blood and oxygen. The typical cause of this narrowing is a condition known as atherosclerosis, which is the result of plaque and fatty deposits building up on the artery walls, narrowing the vessels.

Cardiovascular diseases such as CHD can take years to reach a critical stage but early detection and prevention can literally be a lifesaver.

# Who is most at risk?

Certain conditions are considered to put a person at greater risk of developing coronary heart disease. These include:

- Smoking
- High blood pressure
- Diabetes mellitus
- Obesity
- Lack of exercise
- Eating a poor diet
- Age (particularly 50+)
- Low ‘good’ cholesterol (HDL)
- High ‘bad’ cholesterol (LDL)
- Menopause
- Genetics (heredity)
- Increased levels of lipoprotein (a), C-reactive protein, or homocysteine

# How screening can help

Our detailed screening programme at Royal Brompton Hospital includes a range of state-of-the-art specialist tests to detect the early stages of heart disease from blood analyses, ECG, exercise ECG to echocardiogram and cardiovascular magnetic resonance.

The screening takes around two hours\* and includes specialist blood tests which can determine the risk of heart attack or stroke. Other tests carried out include those for liver, renal and endocrine function, as well as an electrocardiogram which checks the electrical activity of the heart. Specialist medical staff are on hand throughout.

# Why early detection saves lives

For many people, the first “symptom” of cardiovascular disease is a heart attack. By then it’s much too late: one third of heart attacks are associated with sudden death. If heart disease is diagnosed at the earliest possible stages, before symptoms develop, it can be successfully treated.

Some patients who visit our heart clinic do not have high risk factors but decide to invest in screening for their peace of mind.

\* more comprehensive screenings may take longer



*“I try hard to follow a healthy lifestyle but it’s not always that easy. Getting a clean bill of health for my heart has given me real peace of mind and encouraged me to consider some small changes which should help me to stay healthy for many more years to come. The advice I was given was helpful and it was particularly good to feel there was time to discuss my health at leisure, without any pressure to fit all my questions into a short time slot.”*

# Test results

You will be contacted by a specialist nurse at the clinic within two weeks of your screening to give you a full analysis and explanation of all the results.

The full final report will also provide you with recommended modifications to your diet, lifestyle and exercise and help guide you towards a healthier life.

# What if I need treatment after my screening?

If there is any cause for concern following your screening you will be referred to a consultant at Royal Brompton Hospital. This can be either as an NHS or a private patient. You may be referred for further diagnostic tests such as a CT scan\*. Our specialist nurse can recommend lifestyle changes and may suggest you seek further advice from some of our other expert teams – such as nutritionists and dietitians.

# A choice of care plans

Five care packages are available and our specialist nurse can discuss them with you to determine which one might suit you best:

- Care package 1:** Extensive personal review, including blood analyses and an ECG\* test, with the specialist cardiac nurse who can offer expert advice on managing any risks identified.
- Care package 2:** As package 1, plus a one-to-one with a consultant.
- Care package 3:** As package 2, plus an Exercise ECG test.
- Care package 4:** As package 2, plus an echocardiogram\*.
- Care package 5:** As package 2, plus a cardiovascular magnetic resonance (CMR\*) scan.

\* ECG – a simple test used to record the rhythm and electrical activity of the heart. Echocardiogram – uses sound waves to build a detailed picture of the heart. CMR scan – a magnetic resonance scanner that provides a detailed picture of the heart function and structure. CT scan – uses X-rays and a computer to create detailed images of the heart.

# Why Royal Brompton Hospital?

Royal Brompton Hospital is known throughout the world for its expertise, standard of care and research success. As a specialist centre, our care is focussed on people with heart and lung disease.

This means our doctors, nurses and other healthcare staff are experts in their chosen field, and many move to our hospital from throughout the UK, Europe and beyond, to develop their skills even further.

We carry out some of the most complicated surgeries and offer some of the most sophisticated treatments that are not available anywhere else in the world.



# Making an appointment

Appointments can be made by telephoning **020 3131 4569**. In advance of your screening appointment, our specialist nurse will discuss the five screening packages in detail, and you will be asked to fill in a detailed questionnaire including your cardiac, family, menstrual (for women) and nutritional history, as well as details about your lifestyle. This will help to identify any cardiac risk factors and will be assessed by the specialist nurse in consultation with the clinical team.

You will then be offered an appointment time to suit you. Opening hours are Monday to Thursday, 9am to 8pm and Friday, 9am to 5pm. We also offer Saturday morning appointments upon request.

# You are in safe hands

Our heart risk clinic is led by some of the UK's leading specialists in cardiology.



## Professor Peter Collins

Professor Peter Collins is a clinical cardiologist with an academic career in cardiovascular research. He has published extensively in many international journals and speaks regularly around the world on heart disease and the influence of hormones on the cardiovascular system.



## Dr John Stevenson

Dr John Stevenson's areas of expertise include metabolic disorders such as cholesterol problems and insulin resistance; coronary heart disease prevention; bone disease and calcium metabolism; general endocrinology and general internal medicine.



## Dr Sam Kaddoura

Dr Sam Kaddoura is a consultant cardiologist at Royal Brompton and Chelsea and Westminster hospitals, an honorary senior lecturer at Imperial College School of Medicine, London and also an honorary consultant cardiologist to the Royal Hospital Chelsea. He specialises in all aspects of general adult cardiology.

## How to get to us

The Royal Brompton Heart Risk Clinic is based at **Royal Brompton's Private Consulting Rooms, Sydney Street, Chelsea, London**. This is a ten minute walk from South Kensington tube station, which is on the Circle, District and Piccadilly lines.

Sydney Street is also served by bus numbers 49 and 211 and numbers 11, 19, 22, 211, 49 and 319 serve the King's Road which is a short walk away.

If you are travelling by car, please note that the hospital is located in a parking meter zone. There is also a public car park close by on Sydney Street, near the King's Road. Royal Brompton Hospital is no longer in a congestion charging zone.

## Paying for your visit

As with all our private patient services, we ask you to pay for your care in advance.

Some patients pay their own account, whilst others are either sponsored by their embassy, or covered by private medical insurance. We have agreements with most UK medical insurance schemes, but you should always check with your insurer before starting treatment.

For patients paying their own account, we accept all major credit cards, a banker's draft and cash.





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