



HEART SMART PROGRAM

Mercy Heart & Vascular Institute offers a complete program to manage your heart disease through cholesterol medication and lifestyle changes. Understanding the causes of CVD allow the Heart Smart nurse and your doctor to help you and your family make adjustments in your daily life to reduce your chances of recurring symptoms and the possibility of stroke, heart attack and even death.

WHO MAKES UP THE HEART SMART TEAM?

Cardiologists, primary care physicians, registered nurses (RN, BSN), clinical pharmacists, registered dietitians, and other healthcare professionals. This team of experts will help you manage proper dietary habits, cholesterol medication(s), exercise, weight management and smoking cessation to reduce your risk of cardiovascular disease (CVD).

HOW DO I GET INTO THE PROGRAM?

You are referred to the program by your physician.

HOW WILL I BENEFIT FROM HEART SMART?

The Heart Smart RNs and pharmacists will work with you to reduce your specific risk factors. The most important are high cholesterol, smoking, diabetes, high blood pressure, obesity and inactivity.

HOW DOES IT WORK?

An introductory class is offered when you enroll. All interactions thereafter are by phone with your RN or pharmacist in intervals based on your individual needs. The calls monitor your diet and exercise progression, your cholesterol reduction medication effectiveness or current lab results.



Heart Smart has earned the Gold Seal of Approval Certification for disease-specific care from the Joint Commission on Accreditation of Healthcare Organizations.

FOR MORE INFORMATION, CALL
MERCY HEART & VASCULAR INSTITUTE
AT 916.564.2880 OR 866.775.7791

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