

# Preventive Cardiology

## *Expanded Locations and Services!*

UW Health Preventive Cardiology offers a complete range of services to assess and manage heart and vascular disease risk. We focus on primary and secondary prevention of cardiopulmonary disease through technologically advanced screening and assessment, as well as complete, understandable management and education delivered by a coordinated team of physicians, nurse specialists, exercise physiologists and nutrition experts.

### **Heart and Vascular Disease Risk Assessment**

***Ambulatory Blood Pressure Monitoring***  
Provides 24-hour blood pressure monitoring, including an in-depth report and analysis. UW Health Research Park Clinic.

***Exercise Testing***  
Includes monitored non-imaging stress testing, interpretation of results, and individualized recommendations to reduce heart and vascular disease risk. UW Health Research Park Clinic.

***Peripheral Vascular Screening***  
Uses the Ankle Brachial Index (ABI), a non-invasive ultrasound assessment of arterial flow in the legs. Exercise, nutrition and risk factor counseling are provided for patients with impaired blood flow. UW Health Research Park Clinic.

***Vascular Health Screening***  
Uses ultrasound to measure the thickness of the carotid artery walls to establish a patient's "vascular age" and help physicians identify atherosclerosis before it can be detected with blood or stress tests. The screening includes a private counseling session with a preventive cardiology specialist to interpret test results. UW Hospital.

***Women's Heart Risk Screening***  
This assessment is just for women and includes a computerized risk assessment, a personal heart health report and counseling by a preventive cardiology specialist. UW Health Research Park Clinic.

### **Heart and Vascular Disease Risk Management**

***Preventive Cardiology Clinic***  
Provides assessment and management of traditional and emerging heart and vascular disease risk factors through nutrition, exercise and medications. Experts in this clinic specialize in managing premature heart disease, strong family history, complex dyslipidemias and resistant hypertension. UW Health East Clinic, UW Health West Clinic and UW Hospital.

***Nutrition Counseling***  
Registered dietitians with specialized knowledge of heart and vascular disease risk provide individualized nutrition therapy for lipid management, hypertension, weight loss and diabetes mellitus. UW Health Research Park Clinic.

***Exercise Prescription***  
Includes individualized exercise evaluation, prescription and monitored exercise sessions based on overall cardiovascular status. UW Health Research Park Clinic.

***Cardiac Rehabilitation***  
Patients with heart and vascular disease receive exercise, stress management, and nutrition programs tailored to their individual risk profile. Inpatient services at UW Hospital and outpatient services at UW Health Research Park Clinic and UW Health East Clinic.

***Pulmonary Rehabilitation***  
Helps people learn lung disease management skills and improve their physical functioning. Patients receive one-on-one, personalized education to manage shortness of breath and increase activity tolerance. UW Health Research Park Clinic.

***Smoking Cessation***  
A preventive cardiology specialist provides counseling and follow-up for smoking cessation, including development of a plan for quitting, setting a quit date and support during the process of quitting. UW Health Research Park Clinic.

***Active Living and Learning for Diabetes Prevention***  
A year-long program for people who are overweight and have heart disease risk factors (called metabolic syndrome). This program helps reduce their risk of developing diabetes through exercise and weight loss. The group program includes evaluation and education regarding nutrition, exercise and behavior change. UW Health Research Park Clinic.

**UW Health**

University of Wisconsin  
Heart and Vascular Care



[uwhealth.org/heartandvascular](http://uwhealth.org/heartandvascular)

**To refer a patient for any of these services, please call (608) 263-1530.  
For a listing of Preventive Cardiology physicians, please visit [uwhealth.org](http://uwhealth.org).**