



**CHARLES & BARBARA DUBOC
CARDIO HEALTH & WELLNESS CENTER**

Welcome to Cardio Wellness Clinic

The ***Charles and Barbara Duboc Cardio Health & Wellness Center*** (CWC) is a Preventive Cardiology Program within Saint Luke's Cardiovascular Consultants (SLCC). The goal of the CWC Program is designed to optimize your health and assist you in managing risk factors for heart disease. Studies have shown that by addressing risk factors, you can significantly decrease the chance of having serious cardiovascular problems.

Clients without a history of cardiovascular disease are encouraged to participate for early detection and prevention strategies. Additionally, clients with known coronary artery disease, post angioplasty, post bypass, atherosclerotic disease, multiple cardiovascular risk factors, strong family history of vascular disease, and clients with a positive Calcium Score (*demonstrating calcified coronary plaques*), are all prime candidates for CWC resources. We screen for all types of vascular disease including: blockages in the legs, neck, heart, kidney, and screening for aneurysms as deemed necessary.

The CWC is a program individually designed for each client in a three step process.

Each client is **ASSESSED** for their risk of heart disease by: blood screenings, measurements to calculate body mass index (BMI), Framingham or Reynolds Risk Score, review of family history, review of current lifestyle and medications. Coronary artery calcium scoring, a non-invasive 15 minute procedure may be obtained. You will then have a consultation with a Nurse Practitioner. This one-on-one consultation and immediate feedback regarding your risks will improve your understanding, compliance, and future results.

A personalized **PLAN AND GOAL** is developed. This may include altering lifestyle habits that put you at risk, diet counseling to help you lower your risk of heart disease through healthy eating, improving your level of fitness, supplements, and/or prescription medication. Plans may also include an exercise program, smoking cessation, and stress management.

A typical **FOLLOW-UP** appointment involves a 30 minute visit every 3-4 months. Your progress will be checked by fasting blood work, one-on-one consultation with a Provider to discuss your cholesterol, triglycerides, vitamin D levels, blood sugar, weight, BMI, blood pressure, medications, exercise program, and lifestyle habits.

The CWC Program is offered at each of our SLCC locations and is covered by most insurance programs. To make an appointment to optimize your health, please call 816-751-8327.