
*Further help and
information:*

British Heart Foundation

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(calls charged at local rate)

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THE HEDON GROUP PRACTICE

At

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And

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THE HEDON GROUP PRACTICE

A BRIEF GUIDE TO

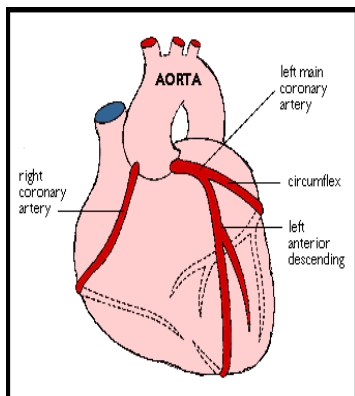
**ISCHAEMIC
HEART
DISEASE**



*This leaflet has been produced
for the patients of The Hedon
Group Practice*

What is I.H.D?

Ischaemic Heart Disease is the name given when the blood supply to the heart is compromised. There are three blood vessels that supply blood to the coronary arteries. When someone has had a heart attack, or myocardial infarction (M.I.), one or more of these coronary arteries has been blocked which means that part of the heart is starved of O² which is carried in the blood. In angina these coronary arteries are “clogged” up so the heart does not get as much oxygen as it needs.



If you have IHD our aim is to maximise the blood flow to your heart and stop the arteries getting “clogged up”. This can be done by operations which bypass the blockage (CABG) or clear the arteries (angioplasty) or by using tablets which help maximise blood flow to the heart.

Your IHD check-up

This is an annual review. Our aim is to check that you are on the best combination of tablets and to address any factors that may increase your chance of having a heart attack or your angina worsening.

To ensure that all patients with Ischaemic Heart Disease are reviewed properly we have a dedicated clinic run by our Nurse, Janet Suddaby, who has special training in this area. You should receive a letter each year inviting you to attend this clinic, with a blood test the week before, so that Janet can review all your results when she sees you.





What you can expect

At least once a year you should have:

- Cholesterol blood test (after fasting from midnight before).
- Glucose test—to exclude Diabetes.
- Blood test to check kidney function.
- BMI (weight and height).
- BP check.

You may be asked to come in more regularly than this if any of your results are abnormal. The Nurse or Doctor will let you know when you next need to be seen.

Your Responsibilities:

1. *Stop smoking.* If you smoke, stopping smoking is often the single most effective thing you can do to reduce your risk of future illness. 
2. *Eat a healthy low fat diet.* Briefly this means at least five portions of a variety of fruit and vegetables per day, not much fatty foods such as fatty meats, cheeses, full cream milk, fried food, butter etc. Include 2-3 portions of fish per week. Try not to add salt to food.
3. *Exercise.* Anything that gets you mildly out of breath and a little sweaty is fine. For example: jogging, gardening, swimming, cycling etc. A brisk walk each day is good. To gain most benefit you should do at least 30 minutes of exercise 
4. *Take your medication*