



WRHN PREVENT CLINIC

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What is the PREVENT Clinic?

The PREVENT (Prevention Not Events) Clinic, powered by Manulife, is a **multidisciplinary, risk factor reduction program for PRIMARY PREVENTION of cardiovascular disease** operated out of the current Waterloo Regional Health Network (WRHN) Cardiac Rehab site at The Boardwalk in Waterloo, Ontario.

Our multidisciplinary team includes nurse practitioners, registered kinesiologists and exercise assistants, registered dietitian, pharmacist, respiratory therapist, social worker, and clerical staff support.

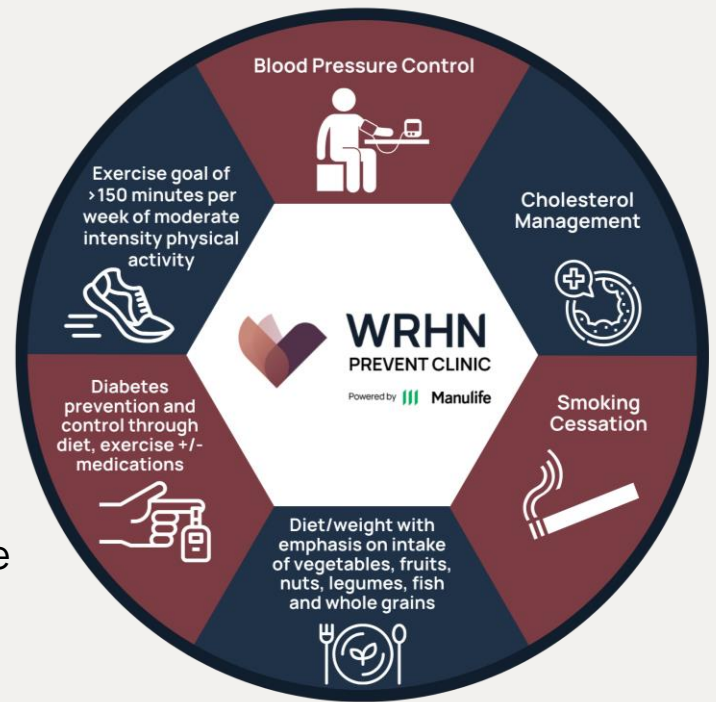
What services are available?

Intake appointment with a cardiac nurse practitioner, who may determine if additional cardiac testing or investigations are required.

Additional visits can be booked with any of the multidisciplinary team members, based on determined goals. This may include individualized exercise prescriptions, heart healthy diet modifications, smoking cessation counselling, and medication optimization.

Refer your patients today!

Diabetes educators can complete and fax the accompanying referral form.



Who can be referred?

Referrals can be sent by health care professionals for people deemed high or at increased risk of developing cardiovascular disease, with **2 or more suboptimally controlled modifiable cardiac risk factors.**

This may include poorly controlled type 2 diabetes, hypertension, dyslipidemia, family history of early onset coronary disease in a first degree relative, or current smoker.

