



Programme d'amélioration de la santé cardiovasculaire McGill McGill Cardiovascular Health Improvement Program

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To whom it may concern:

A physician has referred this individual to the **Cardiovascular Health Improvement Program (CHIP)** due to documented coronary heart disease or multiple cardiovascular risk factors.

The CHIP program is a rehabilitation and treatment program designed primarily for those recovering from myocardial infarction or coronary revascularization procedures as well as individuals with multiple risk factors. It is designed to assist individuals in the modification of cardiovascular risk factors including hypercholesterolemia, hypertension, obesity, etc. All participants receive a complete medical evaluation (under Medicare), a lipid profile, psychosocial assessment and a symptom-limited graded electrocardiogram (EST) exercise stress test at entry and upon completion of the program.

The **Home exercise program** treatment includes 3.5 hours with the Kinesiologist as well as an individualized exercise package. Individualized exercise prescription is tailored to address needs for risk factor management. Follow-up appointments are scheduled over a three month period to upgrade exercise programs. Participants receive four follow-up phone calls to assist with compliance. The total cost of the program is \$690 of which \$190 is for the stress test, \$285 is for the kinesiology and kinesiotherapy sessions & \$215 is for the blood tests.

The objectives of the program are to:

- help prepare patients for a return to work as soon as possible
- reduce the need for medications
- prevent future cardiovascular events and minimize the complications of this disease

Participants are provided with continuous supervision based on standards and guidelines for the exercise testing and training of individuals with known cardiovascular disease. These standards and guidelines are provided by the American Heart Association, the American Association of Cardiovascular and Pulmonary Rehabilitation, the Canadian Association of Cardiac Rehabilitation, and the American College of Sports Medicine.

The Home program is supervised by Ilka Lowensteyn, PhD. She is an Exercise Physiologist/Kinesiologist specialising in cardiac prevention & rehabilitation. She is a member of *La Fédération des Kinésiologues du Québec*.

Membership number is #5317-03-A

Ilka Lowensteyn is certified in Automated External Defibrillator (AED) use. Our centre is equipped with emergency resuscitation equipment including a defibrillator.

Please do not hesitate to contact us if we can provide you with any additional information.

Regards,

Marla Gold
Director

