



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 treatment includes a **12-week in-house program involving 24 sessions**. Heart rate and blood pressure are frequently monitored throughout the sessions. The total cost of the program is \$750.00 of which \$75 is for the blood test, and \$675 is for kinesiology and kinesiotherapy treatment.

Our centre is equipped with emergency resuscitation equipment including a defibrillator.

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.

Our kinesiology and kinesiotherapy treatments are supervised by Deborah Chan, BSc, Sabrina Pillay, BSc, and Lisa Masse MSc. They are accredited Kinesiologists of *La Fédération des Kinésiologues du Québec*. Membership numbers are #5529-05-A, #5048-01-A, and # 5714-06-A and 5313-03A respectively.

All CHIP staff is certified in Automated External Defibrillator (AED) use.

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

Regards,

Marla Gold
Director

