



## News release

# February is time for a Heart to Heart

Regional cardiac care program offers heart check-ups at community sites

Feb. 2, 2015 – The Central East Regional Cardiac Care Program for the Scarborough-Durham area is offering its annual Heart to Heart community cardiac clinics as part of Heart Month.

Now in its fourth year, the clinics will be held during February at community locations from Scarborough to Oshawa. Healthcare professionals from the regional cardiac care program — including cardiovascular rehabilitation exercise therapists and cardiac diagnostic technicians — will be on hand to perform blood pressure tests and provide brief consultations on heart disease risk factors. Staff will also be offering information on: what to do if you are having a cardiac emergency (start with calling 911); heart disease prevention; and how to become more heart healthy.

The regional cardiac program provides access to leading state-of-the-art facilities and equipment, and specialized cardiac services — all closer to home for patients in Scarborough and Durham. Regional services include: cardiac catheterization and intervention procedures (for unblocking blood vessels in the heart); arrhythmia (irregular heartbeat) studies, treatment and management; and cardiovascular rehabilitation and education. Rouge Valley Health System (RVHS) is the designated regional cardiac care centre, delivering care in partnership with The Scarborough Hospital, Lakeridge Health, and the Central East Local Health Integration Network.

"Our regional cardiac care program is here for you at all stages of your heart health journey," says Dr. Joe Ricci, program chief of cardiology at RVHS. "Heart Month is a perfect opportunity to learn about the services available in Scarborough and Durham, from life-saving emergency cardiac procedures, to life-changing cardiovascular rehabilitation. If you want to improve the quality of your heart health, our cardiac care team is here to help. This February, you can meet with us just by heading to your local mall or community centre."

### When and where

The community is invited to the Heart to Heart clinics at the following locations:

- Malvern Town Centre, 31 Tapscott Road, Scarborough  
Saturday, Feb. 7, 10 a.m. to 6 p.m.
- Scarborough Town Centre, 300 Borough Drive, Scarborough  
Saturday, Feb. 14, 10 a.m. to 6 p.m.
- Pickering Town Centre, 1355 Kingston Road, Pickering  
Saturday, Feb. 21, 10 a.m. to 6 p.m.
- Oshawa Legends Centre, 1661 Harmony Road North, Oshawa  
Wednesday, Feb. 25, 11 a.m. to 2 p.m.

**About the Central East Regional Cardiac Care Program**

Rouge Valley Health System is home to the Central East Regional Cardiac Care Program - Scarborough-Durham. With a highly qualified and experienced team of more than 20 cardiologists and over 100 health care professionals, the regional program is integrated with the community to ensure excellent, timely care. Each year, more than 6,000 patients are seen by the program for a wide range of cardiac care services, including life-saving emergency and elective interventions to unblock blood vessels in the heart; advanced cardiac imaging to get a better view of what's happening with a patient's heart; pacemaker and ICD implants and electrophysiology procedures to manage and treat arrhythmias (irregular heartbeats); and cardiovascular rehabilitation and education to help patients achieve an optimal heart healthy lifestyle. As the designated cardiac care centre for the regional program, Rouge Valley delivers care in partnership with The Scarborough Hospital, Lakeridge Health, and the Central East Local Health Integration Network.

**Rouge Valley Health System (RVHS) — The best at what we do.**

Rouge Valley Health System is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, surgery, mental health and regional cardiac care. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in Scarborough; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of Scarborough, Pickering, Ajax, Seaton and Whitby.

**For more information please contact –**

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