

“I’m too young to  
worry about heart  
disease.”

**AND OTHER MYTHS  
ABOUT HEART DISEASE  
AND STROKE**

EXETER  HEART  
TOTAL CARDIAC CARE





“I’ll know when there’s something wrong with my heart.”

“Not necessarily.” reports Professor Nick Bellenger. Although it is common to have chest pain on exercise with heart disease, many heart problems cause no pain, shortness of breath, or even just palpitations that are all too easily ignored.

“Recognising and tackling problems early can dramatically improve how your heart works and therefore your future.”

Dr Andrew Ludman confirms “It is all too easy to accept subtle symptoms as a normal part of ageing. Often it is not. These symptoms may be due to heart problems which, if addressed, can resolve leading to improved quality and quantity of life.”

“I’m too young to worry about heart disease.”

“One in 10 of those who suffer a life threatening heart attack are under the age of 50...” says Dr Andrew Sharp, “and importantly a quarter of these patients have no symptoms before hand.”

Unrecognised treatable risk factors can cause heart attacks. “Tackling these risk factors early can dramatically reduce the risk of suffering an unexpected heart attack.” says Dr David Smith.





“Heart disease runs in my family, so there’s nothing I can do to prevent it.”

Although people with a family history of heart disease are at higher risk, this is only one of many risk factors and you can take steps to dramatically reduce your risk.

Profile your personal risk and create an action plan with us to keep your heart healthy.

Dr Phillip Spurrell points out “Many people just don’t know they have high blood pressure, which is why it is sometimes called ‘the silent killer’.

Dr Sharp confirms “You may never experience symptoms, so don’t wait for your body to alert you that there’s a problem. Early treatment of risk factors such as high blood pressure is critical to reduce the risk of heart attack, stroke, kidney damage and other serious health problems.”

# “Everyone gets a jumpy heart.”

Some variation in your heart rate is normal; it speeds up during exercise or when you're excited, and slows down when you're sleeping. Most of the time, a change in your heartbeat is nothing to worry about, but sometimes it can be abnormal especially if irregular. Some changes in rhythm (such as atrial fibrillation) actually increase the risk of stroke by up to five times.

Dr Matt Lovell points out that “Many patients with atrial fibrillation are under the impression that aspirin will reduce the risk of stroke. Unfortunately the effect of reducing stroke is minimal and equal to the risk of stomach bleeding.”

Professor Nick Bellenger agrees and comments “Depending on the individual's personal risk profile, their risk of stroke can be dramatically reduced by the use of drugs such as warfarin or the newer oral anticoagulants (so called NOACs).”





“Getting checked out  
takes too much time  
and hassle.”

There are a wealth of suggested models of health risk, and a confusing spectrum of long-winded low value 'tests' available from commercial companies.

“Professional medical bodies in the US, Europe and UK have only endorsed a limited number of scientifically robust cardiovascular risk profile parameters and simple investigations.” comments Dr Manish Gandhi.

For patients with no symptoms, Exeter Heart offers evidence based assessment by consultant cardiologists in a single appointment, including an immediate full results and personal advice package.

For patients with symptoms, Exeter Heart also offers comprehensive total cardiac care.

## Why have an Exeter Heart check up?

Cardiovascular disease (heart disease and stroke) remains the number one cause of premature death in the United Kingdom<sup>1</sup>.

These serious diseases can be prevented if risk factors are picked up early enough and treated according to current evidence-based guidelines.<sup>2</sup> Unfortunately, the first symptom of heart disease in a significant proportion of patients is a sudden, unexpected heart attack or stroke. That is why its vital to check out and help patients before they even develop symptoms.

The Exeter Heart screening program has been specifically designed by Consultant Cardiologists to pick up unrecognised risks for or early signs of heart disease and stroke, thereby allowing appropriate reduction of this risk.



*“Now that I’ve seen Exeter Heart it is a relief to know my risk of Heart attack and how to reduce it.”*

**Mr MW. East Devon 56.**  
.....

*“Great service. My chest pain was diagnosed and treated within a week. Thank you.”*

**Mrs AT. Exeter 62.**  
.....

*Get in touch to see how we can help you.*

[t] 01392 262175

[e] info@exeterheart.com

## Who should have an Exeter Heart check up?

If you are concerned about the possibility of heart disease or stroke and wish to find out if there is anything you or the medical profession can do to reduce this risk, then the Exeter Heart check-up is designed for you. This is particularly important if there is a family history of problems.

## What if I already have symptoms that concern me?

If you already suffer from chest pain, shortness of breath, palpitations or are known to have heart problems, it would be better for you to spend time assessing your specific needs with a cardiologist at Exeter Heart, rather than having a general check-up.

These separate appointments are also provided by Exeter Heart and can be booked through the same telephone number 01392 262175.

If you are not sure which appointment is best for you, ring Exeter Heart and we will advise.

<sup>1</sup>UK health performance: findings of the Global Burden of Disease Study 2010. Lancet.

<sup>2</sup>Effect of potentially modifiable risk factors associated with myocardial infarction in 52 countries (the INTERHEART study). Yusuf et al. Lancet 2004.



## What is Exeter Heart

Exeter Heart is a partnership of Consultant Cardiologists (who also work in the NHS), and Specialist Cardiac Physiologists, who have come together to provide high quality cardiac care.

As a partnership, they are able to combine resources and skills to provide rapid, responsive and personalised care.

If required, the team has access to comprehensive state of the art resources including exercise testing, echocardiography, cardiac monitoring, coronary CT, cardiac MRI, coronary angiography or invasive electrophysiology to aid accurate diagnosis and appropriate management.

This partnership of cardiac specialists are able to combine a wealth of skills and experience encompassing the whole spectrum of cardiac disease to ensure the best possible care at all times.

## Where is Exeter Heart based

Exeter Heart has a suite of consultation rooms at The Nuffield Hospital, Exeter. Here, the team offer next-day appointments and state-of-the-art cardiac investigations for patients with heart problems, or who are at risk of heart problems. Appointments can be booked by contacting Exeter Heart.

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EXETER HEART *at the* NUFFIELD  
WONFORD ROAD • EXETER • EX2 4UG • [t] 01392 262175 • [f] 01392 262153  
[e] [info@exeterheart.com](mailto:info@exeterheart.com) • [www.exeterheart.com](http://www.exeterheart.com)

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 **Nuffield  
Health**