

Dear Patient of the Prevention Clinic,

On behalf of South Denver Cardiology Associates we would like to welcome you to the Prevention Clinic. Our goal is to identify and lower your individual risk of developing and/or progressing heart disease to prevent heart attacks and strokes.

You will meet with a medical provider specializing in preventative cardiology and together will review your personal risk factors that contribute to developing or progressing existing heart disease. We make a plan that is individualized to you. We adhere to medical guidelines for testing and medication recommendations to ensure we are providing you with the most up to date evidence-based care.

**In preventive cardiology we:**

* **Assess your individual risk for heart disease**
* **Blood Tests-** Some tests may be recommended to identify risk factors for heart disease. We will request a lipid panel bloodwork about 2-3 months after any cholesterol medication change. Results from your blood test take about 24-48 hours. We will notify you by our portal messaging for all stable results.

Patient Portal Enrollment: Go to [MyCenturaHealth - Login Page](https://epic.mycenturahealth.org/MCH/Authentication/Login?)

* **Encourage Heart Healthy Lifestyle-** This is the foundation of heart health. What we eat, drink, and our physical activity has a direct impact on our health.
* **Medication Changes-** We may make medication changes depending on your blood work, or if you have side effects to medications. We will take time to explain each medication and why the change is recommended.
* **Insurance Authorizations**- Some medications require preapproval before picking them up at the pharmacy. Our team will assist you with this process and keep you informed, making sure you receive your medications. If you have any problems, please call us directly at 303-715-2208.
* **Education-** We love questions. We have a passion for educating patients, families and our community on steps to prevent heart attacks and strokes.
* **Research-** New medications and technologies are developed daily as we search for better ways to prevent and care for heart disease. We may ask you if you would be interested in research. We have a research department at SDCA who then may contact you if qualify for a study.

We look forward to partnering with you.

Sincerely,

Your Prevention Team