

## Blood Pressure, Blood Glucose & Cholesterol Screening Clinics

### Preamble

Heart disease is one of Canada's leading causes of mortality and morbidity.

Eight in ten Canadians have at least one risk factor for heart disease, and 11% have three risk factors or more, according to *The Growing Burden of Heart Disease and Stroke in Canada 2003* (Heart and Stroke Foundation of Canada). These risk factors include smoking, lack of exercise, obesity and high blood sugar, blood pressure and cholesterol.

Heart disease in Canada causes great impact on the health system, the individual's home life and more surprisingly, their work-life. Research over the past two decades has shown that people with heart disease are more likely to suffer from depression than otherwise healthy people (1). According to the Conference Board of Canada's *Survey of Canadian Workers on Work-Life Balance*, when work/life balance issues become too great Canadians cut back on sleep, have poorer health; all of which impacts work absenteeism, and lost productivity (1999).

To improve the health of Canadians by preventing and reducing disability and death from heart disease, health promotion and health education is vital.

### Mandate:

Spectrum Health Care is dedicated to working with community partners in providing cardiovascular health information that will enhance Canadian's health and lifestyle, and minimize their rates of mortality and morbidity related to heart disease. Through its efforts, Spectrum Health Care has created mobile Corporate Wellness Clinics. These clinics are staffed with Spectrum Health Care nurses who are skilled in monitoring blood sugar, blood pressure and cholesterol and in providing heart health education.

<sup>1</sup>Nemeroff CB, Musselman DL, Evans DL. Depression and cardiac disease. *Depression and Anxiety*, 1998; 8(Suppl 1): 71-9.

## **Blood Pressure, Blood Glucose & Cholesterol Screening Clinics**

### **Wellness Clinic**

The Clinic is intended to provide information and support for all members of the community who wish to monitor their blood sugar, blood pressure and/or cholesterol.

### **Objectives:**

- Identify risk factors for high blood sugar, blood pressure and cholesterol
- Assist community members in interpreting their readings
- Increase community members' awareness of the various risk factors for cardiovascular disease
- Provide clients with information and encourage them to take responsibility for their cardiovascular health
- Teach proper techniques for monitoring and evaluating their blood sugar, blood pressure and cholesterol
- Provide support required to help community members adjust their lifestyles.

### **Our services:**

- Blood sugar, blood pressure and cholesterol screening by a nurse and monitoring according to the client's needs
- Personalized assessment of risk factors for high blood sugar, blood pressure and cholesterol
- Advice on prevention and referral to appropriate resources.

### **Who is eligible for our service?**

- This service is open to anyone wishing to enhance their cardiovascular health through monitoring and education.