

## Advanced prevention for heart disease and stroke.

The best way to beat heart and vascular disease is to prevent it. For most people, that means paying attention to warning signs such as high blood pressure and high cholesterol. For others, it may mean getting the special attention you need as a woman, a diabetic, or as a tobacco user.

At the URMV Heart & Vascular Center, we provide the area's leading experts in the prevention of heart and vascular disease. With our help, thousands of people have reduced their risk of heart attack, stroke, kidney disease and other related disorders.



### Highly focused help with prevention.

The URMV Heart & Vascular Center has created four specialized centers to help in the prevention of cardiovascular disease.

### Hypertension Clinic.

Hypertension, or high blood pressure, is one of the surest risk factors for heart disease. At our Hypertension Clinic, we specialize in the most advanced treatments for high blood pressure, provided by some of the few doctors in the area who are specially certified in the treatment of hypertension.

In many cases, our clinic is able to help people control blood pressure with fewer medications. We can also

show you ways to keep the cost of blood pressure medications under control, keeping you on affordable—usually generic—medications.

Our clinic offers the very latest technology, such as the Rheos Blood Pressure Implant, for patients with hypertension that is not easily controlled with medications.



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## Lipid Clinic.

Our Lipid Clinic specializes in helping patients with abnormal blood cholesterol levels and other cardiovascular disease risk factors.

When levels of cholesterol climb too high or other lipid issues are present, the result can be atherosclerosis—a build up of fatty deposits on artery walls that could eventually lead to a heart attack, stroke, kidney disease, or seriously poor blood flow in the legs.

The URMCLipid Clinic is staffed by the area's leading experts in the management of high or unusual cholesterol levels. We offer specialized tests and knowledge that provide a precise understanding of your condition.

## Tobacco Dependence Treatment Clinic.

When a person quits smoking, it is almost always the single biggest factor in reducing the risk of heart disease and stroke. The Tobacco Dependence Treatment Clinic at URMCL is a national leader in the development of highly effective methods for helping people to quit smoking. Over the course of the last 15 years, we have treated thousands of people for tobacco dependence.

The clinic is one of the few in the country whose director is both a medical doctor and a health psychologist. Through the use of our advanced methodologies, we are able to help a high percentage of patient quit smoking permanently.

## Women's Heart Program.

Heart disease presents special challenges to women. So our Women's Heart Program was created to give women the highly specialized heart care they often need.

For women who experience palpitations, this program offers a female electrophysiologist, a cardiologist who specializes in heart rhythms. The URMCL Heart & Vascular Center is recognized as a world leader in the treatment of heart rhythm problems, drawing patients from around the world.

Our program also helps women who feel their health is on the wrong track. By providing medical and lifestyle adjustments, we are able to help women drastically improve their chances of avoiding heart and vascular disease.

## How our multidisciplinary approach works.

The URMCL Heart & Vascular Center uses a true multidisciplinary approach to help patients prevent heart disease.

- We provide all the experts you need under one roof.
- By specializing in particular areas of prevention, our doctors are able to provide deeper knowledge and more customized treatments.
- The specialists in our clinics work closely with one another in order to develop the best treatment plans for patients.

### One number for excellent care.

For more information on preventing heart and vascular disease, or to set up an appointment, please call us today. With just one phone number for every heart and vascular need, we make getting the care you need simple: **call 585-275-2877** or visit us at [heart.urmc.edu](http://heart.urmc.edu).



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