

HEARTBEAT 2007 – PATIENT INCLUSION CRITERIA

Patients who reside in the following postcodes area

6100 to 6109, 6110, 6111, 6112, 6122, 6124, 6125, 6147, 6151, 6152, 6155, 6201, 6203, 6205.

DIAGNOSES

Patients with any one of the following

- Angina
- I.H.D.
- M.I.
- Atrial Fibrillation
- Cardiac Arrest

PROCEDURES

Patients with any one of the following

- Stent
- CABG
- Angioplasty
- Valve Replacement
- Pacemaker
- Angiogram

RISK FACTORS

Patients with at least two of the following

- Total Cholesterol > 5.5
- BP > 140 / 90
- BMI > 30
- Age > 35 males, post menopausal females
- Smoker / ex smoker
- Diabetes
- Family History < 65 years of age
- Sedentary Lifestyle

EXCLUSION FACTORS

Exercise contraindicated....as deemed by G.P. or specialist.