

## A Comprehensive Cardiovascular Diseases(CVD)Preventive Clinic: Is effective in CVD primary prevention area?

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**Background:** Cardiovascular disease has as a leading cause of death in world can be prevented about 70% with lifestyle modification and CVD risk factors modification.

A Comprehensive cardiovascular prevention clinics with physician consultation in lifestyle modification and CVD risk factors screening and control, nurse care, diet advices, stress management educations and smoke cession consultation can huge impact on CVD risk factors profiles and prevent CVD incidence.

To assess possibility and efficacy of comprehensive cardiovascular preventive clinics with goal driven protocols and operated by physician, nurse, dietitian, psychology consultant providers in CVD risk factors control.

**Methods:** We implemented the Preventive Cardiology Clinic at Afshar Hospital using a multi-disciplinary approach with evidence based protocols and standard operating procedures in a patient-centered design enhanced patient participation and optimized success in preventive care in a high-risk population.

The Preventive Cardiology Clinic resulted in improved identification and screening of cardiovascular patients at risk, improved implementation of preventive therapies and achievement of target goals, significantly affected tobacco cessation success rates that surpasses nationally reported success rates, and improved quality of life.

**Results:** We found 41.2% women seek to clinic with 39+ 15 years old, 29.4% hypertension, 47.1% hyperlipidemia, 11.8% diabetes mellitus, 35% positive CVD family history. According to risk factor changes before and after receive comprehensive preventive consultation we saw vitamin D3 significantly improved( 11.98+7.2 VS. 27.1+13 P=0.017), LDL cholesterol, triglyceride, total cholesterol and HbA1c also improved respectively; 125±40 VS. 114±29 , 195.8±18 VS. 158±81, 6±0.01 VS. 5±0.1.

**conclusion :** We concluded that implementation of Comprehensive Cardiovascular prevention clinic is possible and effective on CVD risk factors control.

**Keywords:**Comprehensive Cardiovascular prevention clinic, Cardiovascular disease , risk factors.