

OHSU revamps its Heart Disease & Diabetes Clinic

OHSU CARDIOVASCULAR MEDICINE AND THE HAROLD SCHNITZER DIABETES HEALTH CENTER COLLABORATE TO OPEN CLINIC

A Word from the Directors

Dear colleague, OHSU is proud to introduce a newly revamped Heart Disease and Diabetes Clinic. It is our mission to prevent the onset of diabetes in high risk patients and to reduce the risk of cardiovascular events in patients with metabolic syndrome, pre-diabetes, and those already living with type 2 diabetes.

This new multi-disciplinary collaboration with providers from the Harold Schnitzer Diabetes Health Center and the Division of Cardiovascular Medicine is pleased to offer a comprehensive lifestyle and medical management program for patients with metabolic syndrome, pre-diabetes, and type 2 diabetes with or without known heart disease. For more information about our physician team, please see reverse side.

Sincerely,
Scott Chadderdon, M.D.
and Farahnaz Joarder, M.D.

Heart disease and stroke are the top enemies of those suffering from type 2 diabetes. Research shows that adherence to a comprehensive medical and lifestyle management program provides the largest benefit for reduction of cardiovascular events. As such, this consultative and collaborative clinic, in addition to continued primary care management, has been designed to meet these goals.

What to expect at each visit

- An entrance small group session will review the clinic mission and introduce the benefits of a comprehensive lifestyle management program.
- Patients will have separate evaluations by a cardiologist and endocrinologist with a collaborative treatment plan developed.

What to expect following each clinic visit

- All patients will be directed to the most appropriate nutrition and diabetes education courses offered through the Harold Schnitzer Diabetes Health Center.
- All patients will have a one-on-one evaluation with an exercise physiologist to develop a personalized exercise program that fits their current abilities.
- All patients will be instructed to follow-up with their primary care physician between each clinic visit to facilitate adherence and further collaboration.

Entrance criteria

Referred patients must have metabolic syndrome, pre-diabetes (HbA1c \geq 5.7%), or type 2 diabetes. Patients with and without known heart disease or previous cardiovascular event are appropriate for referral.

Three or more of the following constitute the criteria for metabolic syndrome:

- Abdominal obesity (> 40 inches men, 35 inches women)
- Elevated triglycerides (\geq 150mg/dL)
- Low HDL (< 40 men, < 50 women)
- Elevated blood pressure (\geq 130/85) or on anti-hypertensive agents
- Impaired fasting glucose (\geq 100 mg/dL)

(Continued on back)



OHSU revamps its Heart Disease & Diabetes Clinic

OHSU CARDIOVASCULAR MEDICINE AND THE HAROLD SCHNITZER DIABETES HEALTH CENTER COLLABORATE TO OPEN CLINIC

To refer a patient, contact the Physician Consult & Referral Line at **503 494-4567** or **800 245-6478**.

Clinic Location

OHSU Cardiovascular Medicine
Center for Health & Healing
9th Floor

Exclusion Criteria

Currently, this multi-disciplinary clinic will be closed to patients with type I diabetes or patients with an insulin pump, severe heart failure (EF \leq 35%), severe valvular heart disease, and chronic kidney disease (creatinine \geq 2.0 mg/dL). Please consider separate referrals to the Harold Schnitzer Diabetes Health Center or the General Cardiology Clinic for these patients.

Follow up

After each clinic visit, the evaluating cardiologist and endocrinologist will work together to define the best treatment plan for each patient and send a letter to both patient and PCP about the treatment goals and plan. Patients will be re-evaluated in our Center in 4-6 months (dependent on their risk) with a required PCP visit in the interim to facilitate communication, medical and life-style adherence, and further management and cross collaboration to meet our clinic's mission.

Clinic Team



Scott Chadderdon, M.D.
Cardiovascular Medicine



Farahnaz S. Joarder, M.D.
Diabetes Specialist



Sanjiv Kaul, M.D.
Cardiovascular Medicine



Andrew J. Ahmann, M.D.
Diabetes Specialist



Tina Kaufman, PhD, PA-C
Exercise Physiology



Don Kain, RD, CDE
Nutrition/Diabetes
Education

