



Richard M. Ross Heart Hospital
at Ohio State University Medical Center

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The High Risk Family Heart Clinic



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Cardiovascular disease is the number one killer of men and women in the United States. Risk identification and management are a crucial part of living a heart healthy lifestyle. The Ohio State University Medical Center; High Risk Family Heart Clinic is a specialized resource for patients who have been diagnosed with cardiovascular disease at a young age or have a strong family history of cardiovascular disease.

Because many heart attacks, strokes, and even sudden deaths occur without warning, early detection is especially important. Also, patients already diagnosed with cardiovascular disease can help slow its progression by managing risk factors aggressively.

At the High Risk Family Heart Clinic, a team, including a cardiologist, genetic counselor, nurses and nurse practitioners, performs an extensive evaluation to create a personalized prevention and/or treatment plan for cardiovascular health.

An appointment with Ohio State's High Risk Family Heart Clinic begins with a consultation with a genetic counselor who takes an extensive family history and performs a genetic risk assessment. Then patients meet with a cardiologist who completes a targeted cardiovascular medical history and physical exam. Lab testing for risk factors and cardiovascular imaging studies may also be ordered. Based on this information, the clinical team then creates a personalized prevention and/or treatment plan for cardiovascular health.

To learn more call **(614) 293-6694** to speak with a genetic counselor, or to schedule an appointment call **(614) 293-6638 (option #3)**.

The Ohio State University Medical Center's High Risk Family Heart Clinic serves various types of patients, including patients with:

- Any form of atherosclerosis (hardening of the arteries) at a relatively young age (under age 55 in men, under age 65 in women). Patients with atherosclerosis may have had a:
 - *Heart attack*
 - *Stroke*
 - *Blockage in an artery outside of the heart, such as in the leg (peripheral arterial disease)*
- A family history of early-onset atherosclerosis in one or more close relatives, including parents, siblings, children, aunts, uncles or grandparents
- A family history of two or more close relatives on the same side of the family with heart disease, stroke, diabetes, high cholesterol or high blood pressure at any age
- Both parents diagnosed with atherosclerosis
- A family history of sudden death due to heart attack or stroke in a close relative
- Abnormal laboratory test results of novel (recently discovered) risk factors for cardiovascular disease including:
 - *Small LDL particle size*
 - *High lipoprotein (a)*
 - *High homocysteine*
 - *High fibrinogen*
 - *High C-reactive protein (CRP)*