

FOR IMMEDIATE RELEASE

**Pharmacists stepping up efforts to aid in the prevention of heart disease, providing critical screening tests conveniently in the pharmacy**

*London Drugs now offering critical heart disease screening in 68 pharmacies*

**March 5, 2018 – Richmond, BC** – The statistics are staggering: heart disease is the second leading cause of death in Canada<sup>1</sup>, and the leading cause of premature death among women<sup>2</sup>. Deemed ‘the silent killer’, there often are no symptoms of heart disease until the underlying disease has progressed. When signs are present, they are easily missed or dismissed.

As one of the most accessible health care providers available to Canadians, pharmacists are stepping up their efforts to aid in the prevention of heart disease by providing critical screening tests conveniently in the pharmacy.

“Knowledge is power. Screening and tailored prevention strategies help our patients understand their risk factors for heart disease. Based on the results, we can provide personalized advice on lifestyle changes, to help our patients understand and manage their risks,” says Gianni Del Negro, a Pharmacist at London Drugs.

Helping patients understand their risk factors, emphasizing the importance of medication adherence and offering counselling to make important lifestyle changes, Pharmacists now play a key role in the prevention of heart attacks and other cardiovascular problems.

To help Canadians take control of their heart health and learn about heart disease prevention, London Drugs pharmacists are offering [Healthy Heart Clinics](#), running until April 26<sup>th</sup> at 68 [London Drugs locations](#).

During the one-on-one 45 minute Healthy Heart clinics, patients will have the opportunity to sit down with a London Drugs Patient Care Pharmacist for a customized screening and evaluation. The pharmacist screens for total cholesterol, HDL cholesterol, random glucose and blood pressure, and can determine a 10-year cardiovascular risk factor based on those measurements. They also discuss with the patient how to lower their risk and improve heart health, which include recommendations for changes to their diet, fitness routines or lifestyle. As a collaborative health care provider, the pharmacist may also contact a physician, in order to recommend changes to the patient’s medications, or further medical intervention.

Pharmacist, healthcare practitioners and government officials are banding together to increase heart health literacy. In fact, in a recent statement, the Minister of Health encouraged all Canadians to learn about their personal risk factors for heart disease, and make a lifestyle change to protect or improve their heart health<sup>3</sup>.

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<sup>1</sup> [Public Health Agency of Canada](#)

<sup>2</sup> [Heart and Stroke Foundation of Canada, 2018 Heart Report](#)

<sup>3</sup> [Government of Canada](#)

While heart disease awareness and research has historically focused on men, a new report shows that far too many women are suffering and dying from heart disease unnecessarily, due to lack of research, and being under-diagnosed, under-treated, under-supported, and under-aware<sup>4</sup>.

“Awareness is the key to heart disease prevention. The sooner people are screened, the sooner they become aware of their risks, and can begin actively making decisions to improve their heart health,” adds Del Negro (pharmacist).

For more information about London Drugs’ Healthy Heart Clinics or to book a clinic appointment visit: <http://www.londondrugs.com/healthyheart>

A complete list of clinic dates, times and locations can be found here: [https://pharmacy.londondrugs.com/pdf/Heart\\_Health\\_Clinics\\_2018.pdf](https://pharmacy.londondrugs.com/pdf/Heart_Health_Clinics_2018.pdf)

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## **About London Drugs**

Founded in 1945, London Drugs has 80 stores in more than 35 major markets throughout British Columbia, Alberta, Saskatchewan and Manitoba including its online store [www.londondrugs.com](http://www.londondrugs.com) London Drugs offers consumers a range of products from digital cameras and cosmetics to computers and televisions. Renowned for its creative approach to retailing, the company employs more than 7,500 people with pharmacy and health care services being the heart of its business. Committed to innovation and superior customer service, London Drugs has established itself as a reputable and caring company and continues to position itself for future growth and development.

Pharmacists are available for interviews about heart disease risk factors, prevention and heart health screenings. To arrange an interview, please contact:

Cynnamon Schreinert

604-802-2733

[cynnamon@hartleypr.com](mailto:cynnamon@hartleypr.com)

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<sup>4</sup> [Heart and Stroke Foundation of Canada, 2018 Heart Report](#)