

PREVENTION

It is estimated that 80 to 90 percent of cardiovascular incidents could be avoided simply through lifestyle changes such as increasing activity level, improving eating habits and refraining from smoking. It is also estimated that secondary prevention (prevention treatments following a cardiovascular incident) could prevent relapse by 30-40%. More than ever, prevention is at the very heart of the MHI's mission.

THE EPIC CENTRE FOR PREVENTIVE MEDICINE AND PHYSICAL FITNESS (Étude Pilote Institut de Cardiologie de Montréal)

Expanding the EPIC centre and furnishing it with new equipment will help the Institute do even more in the four areas in which it has forged its reputation in the prevention of heart disease: prevention strategies for high-risk individuals, clinical research among the 4,300 members of the centre, training of healthcare professionals in prevention, and prevention programs for the general public. This expansion will double the space available for research and lead to the creation of a permanent centre dedicated to teaching the most recent prevention techniques to healthcare professionals such as doctors, nurses, dieticians and kinesiologists. The changes will also enable prevention teams in outlying regions to benefit from the expertise of the EPIC Centre.

PROGRAMS FOR THE GENERAL PUBLIC

The Montreal Heart Institute strives to help the general public – people at risk of heart disease and those who are not – prevent heart disease and cardiovascular incidents. Three types of activities will be used to meet this goal: disseminating information through various media (Internet, brochures, videos etc.); conducting prevention activities in schools and businesses as well as with the general public; and providing sponsorship programs to various prevention and rehabilitation centres across the province (e.g., Mont-Laurier-Ferme-Neuve).