



Heart Rx Cardiology has had an exciting start to 2019. As most of you know, Dr Tim Carruthers recently handed over the practice to Dr Sam Hillier and Dr Ram Saireddy. Thank you for your continued support during this busy transition. We are proud to continue to offer a full range of cardiac services to our patients. We have a multi-disciplinary team, including experienced cardiac echo sonographers and cardiac nurses. This allows us to cater to all of your patient's cardiac requirements. Below are our Specialists within our Specialty.

Dr Sam Hillier - Imaging Cardiologist



Dr Hillier has special interests in the management of acute and chronic heart failure, as well as the performance of stress and transoesophageal echocardiography, and cardiac CT.

Dr Ram Saireddy - Interventional Cardiologist



Dr Saireddy's main interest is in the management of coronary artery disease, with an additional interest in structural heart disease management. He is very experienced in angiography and angioplasty.

Dr Ben Reeves—Paediatric Cardiologist



Dr Reeves has a primary interest in echocardiography for congenital and rheumatic disease and clinical assessment of patients from the newborn to adolescence.

**Dr Kieran Dauber
Cardiologist & Electrophysiologist**



Dr Dauber's expertise is in the ablation of cardiac arrhythmias, and device management of brady and tachyarrhythmias, including implantation of pacemakers and defibrillators.



Dr Tim Carruthers - Consultant Cardiologist

Dr Carruthers is still seeing his many patients here at Heart Rx. After 30 years practicing as a Cardiologist in Cairns his long list of regular patients keeps him busy enough so he no longer sees new patients. You can continue referring repeat patients to Dr Carruthers as per usual.



Heart Foundation's Heart Week is from 28th April to 4th May 2019

Heart Week is an opportunity for health professionals and the Australian public to start a conversation about heart health and the steps needed to reduce the risk of heart disease. This year the focus is on:

- ♥ Heart Health Checks and what they involve;
- ♥ Which patients should have a heart health check and why;
- ♥ What steps patients can take to manage their risk of heart disease and stroke.

The Heart Foundation has a Webinar on Absolute CVD Risk this Tuesday 30th April at 7 pm
Join a panel of GPs, educators, a behavioural scientist and a cardiologist for a discussion on practical aspects of Cardiovascular Disease (CVD) risk assessment:

- ♥ What the new MBS item numbers 699 and 177 on absolute CVD risk (Heart Health Checks) means for primary prevention of CVD, and how this can be rolled out in practice;
- ♥ The practical implementation of absolute CVD risk assessment in primary care, including key enablers and barriers;
- ♥ The role of patient engagement in communicating CVD risk and how this can translate into effective behaviour change;
- ♥ What is still outstanding in this space with respect to national guidance and the evidence base.

Find out more and register at <https://www.heartfoundation.org.au/campaigns/heart-week>

New MBS Item Numbers for Heart Health Checks:

From 1 April 2019, two new interim items (699 and 177) were introduced to allow GPs and medical practitioners to conduct a Heart Health Check in consulting rooms. Eligible patients will now be able to receive a Medicare rebate for having a specific Heart Health Check conducted by a GP.

A Heart Health Check must be at least 20 minutes and is for all adults not already known to have CVD who are aged 45 years and above (30 years and above for ATSI people) and must include:

- ♥ Collection of relevant information, including taking a patient history that is aimed at identifying cardiovascular disease risk factors, including diabetes status, alcohol intake, smoking status, cholesterol status (if not performed within the last 12 months) and blood glucose;
- ♥ A physical examination, which must include recording of blood pressure;

♥ **Initiating interventions and referrals to address the identified risk factors;**

♥ **Implementing a management plan for appropriate treatment of identified risk factors;**

- ♥ Providing the patient with preventative health care advice and information, including modifiable lifestyle factors.

HEART Rx
REFERRALS

We would be delighted to be involved in the joint care of Heart Health Check patients who require further investigations or intervention, and to be involved in those patients you wish to refer for clinical consultation, as part of their management plan.

We are circulating our new referral forms with this newsletter. PDF and RTF referrals can be found on our website.

We will also be sending out paper referral pads shortly. If you do not wish for any paper referral pads, please let us know.

If you have any questions about our referrals or any of our cardiac services, please contact us.