

## Information for patients

### The Cambridge Heart Clinic

World class private patient cardiology services  
in partnership with Addenbrooke's Hospital

This information can also be provided in different languages, Braille,  
audio tape and large print. We also provide interpretation services

# Introduction

## Welcome to the Cambridge Heart Clinic

We are a brand new, state-of-the-art, private patient cardiology centre.

Our aim is to provide first-class independent healthcare for patients in a safe, welcoming and comfortable environment. We put our patients first, and everything we do is with the purpose of making you feel valued and special. We want you to enter our Heart Clinic knowing that you are entering a safe, friendly and caring environment. And we want you to leave knowing that you have had a patient experience of the highest quality.

The Cambridge Heart Clinic is located within Addenbrooke's Hospital, part of the Cambridge University Hospitals NHS Foundation Trust. Addenbrooke's is one of the largest and best known NHS hospitals in the UK, with a reputation for world-class research and a name synonymous with excellence nationally and internationally.

The Cambridge Heart Clinic provides a comprehensive range of cardiology services that include outpatient based investigations such as screening, electrocardiography, echocardiography and stress tests, as well as invasive cardiac procedures such as angiography and pacemaker insertion.



The Heart Clinic comprises a fully equipped outpatient suite, a state-of-the-art cardiac catheter laboratory with electrophysiology equipment and a recovery suite for eight patients with a further five private patient rooms.

The Cambridge Heart Clinic is led by a team of Consultant Cardiologists from Addenbrooke's Hospital. They are at the forefront of their respective areas of clinical practice, and are supported by a team of cardiology professionals that includes specialist nurses, physiologists and radiographers. Together, they provide expertise across every aspect of cardiovascular disease management.

In summary the Cambridge Heart Clinic provides world-class specialist care and the very highest standards of service, backed up by the confidence of being in a top-performing NHS hospital.

So whether you are insured or paying for your own treatment, we are happy to welcome you.

# Services

## Outpatient Services

We provide the following outpatient services to our patients and to GPs:

- > Outpatient Consultations
- > Cardiovascular Health Screening
- > Resting and Exercise ECG
- > Echocardiography (trans-thoracic & trans-oesophageal)
- > Ambulatory ECG and Blood Pressure Monitoring
- > Blood Tests and Pathology Services
- > Pacemaker Checks
- > Myocardial Perfusion Scintigraphy
- > Plain film X-rays (e.g. Chest, Abdominal X-rays)
- > Computerised Axial Tomography (CT scans)
- > Magnetic Resonance Imaging (MRI scans)



# Invasive Cardiology Services

## **Coronary Angiography**

Also known as Cardiac Catheterisation. A coronary angiogram is a special x-ray test designed to take pictures of the arteries of the heart. It's done to find out if your coronary arteries are clogged, where and by how much. An angiogram can help your cardiologist see if you need treatment such as angioplasty, coronary artery bypass surgery or medical therapy.

## **Implantable Pacemakers**

A pacemaker is a small surgically implantable device which can control the heart's rhythm when it beats too slowly. Current pacemakers can be implanted in less than one hour and require only a small incision to place the control device and battery under the skin. Most pacemakers will last 5-10 years before battery replacement is necessary.

## **Coronary Angioplasty and Stenting**

Also known as Percutaneous Coronary Intervention (PCI).

Angioplasty uses a very small balloon to 'squash' the atheroma (fatty tissue) in the narrowed artery, allowing the blood to flow more easily. A coronary stent is a small, expandable wire mesh tube which is inserted into the diseased artery, serving to hold it open. Angioplasty can also be used if you have had coronary artery bypass surgery but your graft has become narrowed.

## **Implantable Loop recorders**

The implantable loop recorder (ILR) is a small slim device which is implanted under the skin in the chest to record your heart rhythm continuously for up to 14 months. Cardiologists may use an ILR if previous ECG recordings have failed to reveal an underlying problem. The device automatically records abnormal heart rhythms and can also be activated by the patient during symptoms such as dizzy spells or blackouts. The stored data is then analysed after the event or periodically to diagnose the problems and decide on treatment needed.

## **Electrophysiology Studies and Ablation**

Electrophysiology studies help diagnose abnormal heart rhythms and identify which areas of the heart are affected. They can also show whether the abnormal rhythm is being controlled effectively with certain medicines.

A cardiologist (Electrophysiologist) guides a catheter with an electrode at its tip to the exact site inside the heart where cells give off the electrical signals that stimulate the abnormal rhythm. At this precise site the tissue undergoes a controlled burn to permanently stop it from causing further problems (ablation). In many cases, this results in a complete cure of the problem.

# How to find us

Patient Telephone Line:  
**01223 349349**

## From M11 North

**Depart M11 junction 11** and follow signs for **Cambridge South A1309**. Take **3rd exit** off roundabout and pass through Trumpington along Trumpington High Street for about 1 mile until you reach a set of traffic lights with a sign for Addenbrooke's Hospital. Turn right onto Long Road (A1134) for about 1 mile. Just pass the next traffic light junction you will see a sign for the Robinson Way entrance into Addenbrooke's. Turn right here and continue straight along Robinson Way for about 0.5 mile until you reach Keith Day Road on the left. You will see a sign on the corner of Keith Day Road for the Cambridge Heart Clinic.

## From M11 South

Depart M11 junction 11 following signs for Cambridge South and then follow directions as above.

## Car parking

We offer all our patients & visitors free parking at Addenbrooke's Hospital. We recommend you park your car at either the **F level or Treatment Centre car parks** and then enter the hospital via the main entrance of the Addenbrooke's Treatment Centre. If these car parks are full, you should use the visitors multi-storey car park. Please take the ticket at the entry barrier of any car park and we will provide you with a voucher for your exit.

## By rail

Trains stop at **Cambridge Railway Station**, which is about 1.5 miles from Addenbrooke's. There are frequent buses (every 10 minutes) from the station (Citi 1 and Citi 7) to Addenbrooke's and also a convenient taxi service.

## Park and ride

Addenbrooke's is well served by 5 Park & Ride sites in Cambridge. The nearest park and rides are at Trumpington or Babraham Road.

## Cambridge Heart Clinic

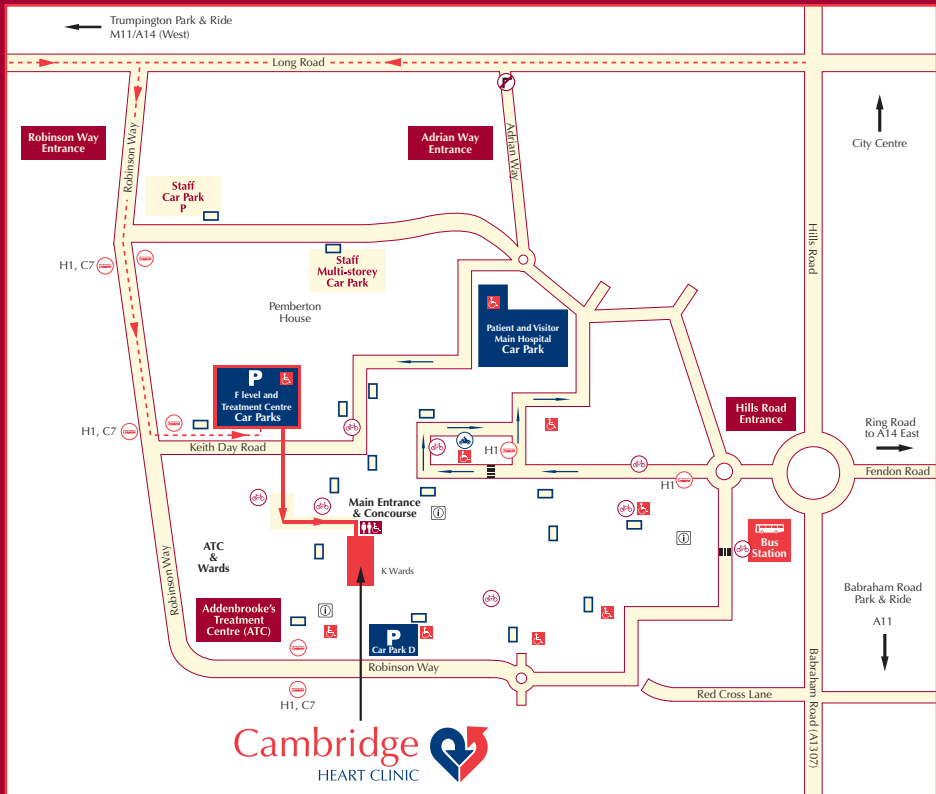
Addenbrooke's Hospital, Mailbox 263  
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Cambridge  
CB2 0QQ  
United Kingdom

[www.cambridgeheartclinic.co.uk](http://www.cambridgeheartclinic.co.uk)











GP Referral Fax Hotline:  
**01223 349348**

Cambridge   
HEART CLINIC

# Map of Location



## Key

-  Main entrances
-  Car park
-  One way only
-  Bus stop
-  Cycle park
-  Motor cycle parking
-  Disabled parking
-  Main reception
-  Food court
-  Toilets

**Enter Robinson Way entrance of Long Road,** driving down Robinson Way and turning left at Keith Day Road.

**Park in the F Level or Treatment Centre Car Parks.**

**From car park,** cross over Keith Day Road and enter the Addenbrooke's Treatment Centre (ATC) main entrance and turn left into the main corridor to the Cambridge Heart Clinic. Drop off parking and disabled parking is available directly outside the ATC entrance.

From main concourse follow the signs to the Cambridge Heart Clinic.

**Cambridge Heart Clinic Customer Support Team**

Tel: 01223 349349

**Addenbrooke's travel helpline**

Tel: 01223 586655