



Advocate Cardiometabolic Clinic

Helping people with cardiovascular disease and pre-diabetes or diabetes achieve their best heart health

An innovative approach to treating and preventing heart, vascular and kidney disease, along with associated diabetes or pre-diabetes, is essential. The complexity of cardiovascular conditions often results in individuals receiving care from multiple health care providers, which can lead to fragmented care.

At Advocate Cardiometabolic Clinic, we offer a comprehensive solution. Our providers not only treat cardiovascular disorders in patients with metabolic disease but are also skilled in managing type 2 diabetes and pre-diabetes. From coronary artery disease to high blood pressure, stroke and beyond, our expertise covers a range of cardiovascular conditions.

Additionally, chronic kidney disease heightens the risk of coronary artery disease, heart failure and arrhythmias. Those with chronic kidney disease and metabolic syndrome can get the specialized care they need at our cardiometabolic clinic.

What is cardiometabolic disease?

Cardiometabolic disease occurs when any of the following conditions exist together. The combination of these conditions increases the risk of heart disease, stroke and type 2 diabetes. These conditions include:

- Elevated fasting blood sugar
- Abdominal obesity
- High blood pressure (or high blood pressure that's controlled with medication)
- High cholesterol (or high cholesterol that's controlled with medication)

Tobacco use and lack of physical activity contribute to Cardiometabolic Syndrome.

Advocate Cardiometabolic Clinic, continued...

Cardiovascular disease

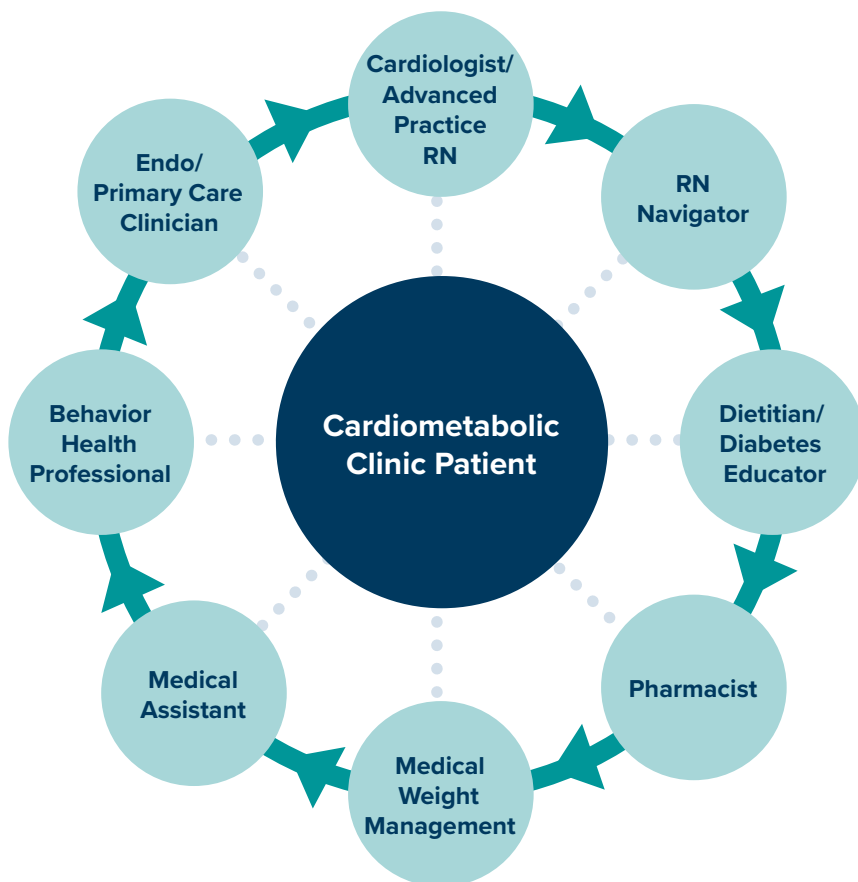
Cardiovascular disease is the leading cause of death and disability among individuals with diabetes. Lifestyle changes, such as losing weight, increasing physical activity and adopting a healthy diet, are often recommended as the first line of treatment, along with new treatments available to dramatically reduce risks.

Did you know?

- Nearly 50% of Americans have diabetes or are considered pre-diabetic.
- If you have diabetes, your risk of cardiovascular disease is 2 to 4 times higher than those without diabetes.
- Women with diabetes face a higher risk of heart disease compared to men with diabetes.
- Approximately 2 out of every 3 people who develop diabetes will die from heart disease.
- People with cardiometabolic disease are 2 times more likely to die from coronary heart disease and 3 times more likely to have a heart attack or stroke than those without the disease.

What is a cardiometabolic clinic?

A cardiometabolic clinic combines the treatment of cardiometabolic illnesses through a team-based approach. You may be referred to the following specialists who work together to provide the best outcome.



Learn more

If you're interested in learning more about Advocate Cardiometabolic Clinic, please talk to your clinician to see if this service is right for you.

**Advocate Medical Group
Downers Grove Cardiology**
3825 S Highland Avenue
Tower 2, 4th Fl
Downers Grove, IL 60515

**Advocate Sherman Hospital
Complete Care Center**
1425 N Randall Road
Elgin, IL 60123