At risk for sudden cardiac arrest?

A heart attack occurs when there is a blockage in one or more arteries, preventing oxygen-rich blood from reaching the heart muscle, and ultimately damaging the heart. A sudden cardiac arrest may be caused by a heart attack or other heart conditions.

Our Cardiac Arrest Prevention Program is designed to understand the reasons for a heart event in the patient or sudden death of a family member(s), and to determine the best course of action to reduce risk in all family members.

Our comprehensive program offers advanced diagnostic testing and personalized treatment plans, including medication and lifestyle modifications, and interventional treatment when needed.

Patients seen in the program have access to a wide range of experts to help address specific needs and risk factors.

Are you or a family member...

For about 25 percent of people with heart disease, their first warning sign is cardiac arrest. The UW Health Cardiac Arrest Prevention Program (CAPP) is designed to help change this startling statistic by helping to reduce or prevent the risk of sudden death or a major cardiovascular event in a patient or family member.

Sudden cardiac arrest, or the abrupt loss of heart function, is not the same as a heart attack. Sudden cardiac arrest occurs when the heart develops an electrical problem, causing a rapid, irregular heart beat. When this happens, the brain and body do not get enough oxygen, which may result in sudden death. Sudden cardiac death occurs most often in adults in their mid-30s to mid-40s and affects men twice as often as it does women.

To schedule an appointment, call (608) 890-7760

uwhealth.org/CAPP
Cardiac Arrest Prevention Program

UW Health’s Cardiac Arrest Prevention Program provides a starting point for patients who may have heart disease and are at risk for future cardiac events. The program offers patients the combined expertise of cardiac specialists, nutritionists, genetic counselors and exercise physiologists. Together they take a highly personalized approach to evaluate and help manage a patient’s risk factors for heart disease or future cardiovascular events.

If you or someone in your family has one or more of the following risk factors, our team can help evaluate your needs.

- Unexpected death of a family member at a young age
- Unexplained racing heartbeat or dizziness
- Previous heart attack
- Coronary artery disease
- Prior sudden cardiac arrest
- Abnormal heart rhythms
- Personal or family history of heart arrhythmias including Long QT Syndrome or ventricular fibrillation
- Obesity
- Diabetes

Services provided include:

- Multidisciplinary, team-based clinic visits
- Comprehensive personal and family history and if needed, genetic evaluations
- Assessment of traditional risk factors
- Genetic counseling
- Nutrition counseling
- Exercise and lifestyle modifications
- Patient education
- Advanced diagnostic testing
- Interventional treatment

For more information about UW Health’s research and robust clinical programs supporting cardiac arrest prevention, visit uwhealth.org/CAPP.

Reducing Your Risk Factors

Maintaining a healthy heart can help you have a high quality of life and avoid future complications of heart disease. If you have high blood pressure, high cholesterol or coronary artery disease, you can make lifestyle changes to help reduce your risk of cardiac arrest:

- Quit smoking
- Manage or lose weight, if needed
- Exercise regularly
- Follow a heart-healthy diet
- If you have diabetes, successfully manage it

If you think you or a family member may be at risk for a cardiac event, contact your physician or the Cardiac Arrest Prevention Program to learn how you can reduce the risks for yourself and your loved ones.

Appointments

(608) 890-7760

Patients age 18 and older may self-refer to the program or be referred by their health care provider.

Clinic Location

Patients are seen at UW Health clinics located in Madison. Appointment location is determined by risk factors and specialty care needed. To learn more, visit uwhealth.org/CAPP.

Cardiac Arrest Prevention Program Providers

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