MyAction in public leisure facilities

MyAction: an innovative approach to the prevention of cardiovascular disease in the community
MyAction is a modern preventive cardiology programme integrating secondary and primary prevention in prevention centres.
MyAction Westminster: Prevention Centres

St John & St Elizabeth, St. Johns Wood
St Marys Hospital
Victoria Medical Centre
Stowe Centre, Harrow Rd

Illustration showing the locations of the prevention centres in Westminster.
MyAction

Community based

Integrates secondary and primary prevention

Nurse led and multidisciplinary: dieticians, physiotherapists, psychologist, community cardiologist

Family centred

Protocol based

Measures outcomes
The MyAction Teams
Cardiovascular health and disease prevention in clinical practice
A New Era in CVD Prevention

A dedicated Heart & Stroke Centre for the West of Ireland
A third way for delivering preventive cardiology

MyAction

for our hearts®

Prevention Centres

“Prevention, recovery and well being”
Oxford University Press
www.oup.org

PREVENTIVE CARDIOLOGY
a practical manual
Catriona Jennings
Alison Mead
Jennifer Jones
Annie Holden
Susan Connolly
Kornelia Kotseva
David Wood

MyAction for our hearts®

Imperial College London

Preventive Cardiology
Cardiovascular Health and Disease Prevention
Clinical Masters (MSc), Postgraduate Diploma (PGDip), Postgraduate Certificate (PGCert) & Short Courses
International Centre for Circulatory Health
National Heart and Lung Institute
Faculty of Medicine
Imperial College London

MSc Preventive Cardiology
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