

To Whom It May Concern,

If you are reading this letter, it is likely because you or your first-degree relative may be at an increased risk for premature cardiovascular disease (men 50 years old or younger, or women 55 years old or younger). Research indicates that individuals diagnosed with cardiovascular disease at an early age, along with their immediate family members, face a significantly higher risk of cardiovascular events than the general population. As a result, you may be at increased cardiovascular risk.

The goal of the SAVE BC program is to save lives through early detection and prevention of cardiovascular disease. Supported entirely by philanthropy, the initiative seeks to empower individuals like you with the knowledge and tools to manage this increased risk effectively.

We recommend considering the following screenings to better understand your cardiovascular health:

- Blood Tests:
 - Lipid panel OR Apolipoprotein B
 - Lipoprotein (a)
- Cardiovascular risk factor assessment

Please bring this letter to your family doctor or local primary care clinic to discuss these recommended screenings. In British Columbia, these tests are covered by the provincial healthcare plan. Be aware that the cost of these tests may vary by province or territory. Make sure to ask your healthcare provider at the time.

If your family has a history of premature cardiovascular disease beyond a first-degree relative, we advise a conversation with your doctor about potential referral to a cardiologist to see if additional screening for you and your family would be beneficial.

Our collective effort can make a significant difference in preventing premature cardiovascular events and enhancing heart health for you and your loved ones.

Sincerely,



Frank Halperin, MD

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