

What if I think of more questions after I leave?

It is good to write these down as soon as you think of them. The letter may well answer your questions but will also include details of who to contact if you would like to discuss anything further.

Where is the ICC clinic?

The ICC clinic is held in:

Clinic 33
Level 3
Addenbrooke's Treatment Centre (ATC)
Addenbrooke's Hospital
Hills Road
Cambridge
CB2 0QQ

The clinic is in the Addenbrooke's treatment centre (ATC). Patients and visitors may park at the ATC car park situated along Keith Day road.

Contacts/Further information

Tel: Clinical Genetics: 01223 216446
Cardiology: 01223 274696

Help with this leaflet:



If you would like this information in another language, large print or audio format, please ask the department to contact Patient Information: 01223 216032 or patient.information@addenbrookes.nhs.uk



We are currently working towards a smoke-free site. Smoking is only permitted in the designated smoking areas.

For advice and support in quitting, contact your GP or the free NHS Stop Smoking helpline on 0800 169 0 169

Authors	Department of Clinical Genetics
Department	Cambridge University Hospitals NHS Foundation Trust, Hills Road, Cambridge, CB2 0QQ www.cuh.org.uk
Contact no.	01223 348817
Publish/Review date	August 2011/August 2014
Filename	ICC clinic patient information
Version no.	2
Reference	PIN2479

East Anglian Inherited Cardiovascular Conditions (ICC) Service

Patient Information

The ICC clinic

What is an inherited cardiovascular condition (ICC)?

An ICC is a condition that can affect your heart or blood vessels. This may be passed from one generation of a family to the next.

Who is the ICC clinic for?

The clinic is for people who may be affected by an ICC. This is because they may have a potentially inherited condition themselves, or because such a condition affects a member of their family.

Before clinic

You may be asked to fill in a family history form to outline details about your family members and their medical details. Do not worry if you do not know all the details. Various investigations may be organised. If you do not wish for any investigations please contact either the cardiology team or the genetics team. As the cardiology and genetics departments are separate, and you may receive 2 letters to make appointments, please call **both** departments to make an appointment.

Who will I see at the clinic?

The staff at the clinic includes

- Cardiologists-Heart specialists
- Clinical Geneticists and Genetic Counsellors-specialists in inherited conditions.
- A cardiac technician.

While you are at the clinic, you may see all or just some of these specialists, depending on your individual needs.

What will happen at the clinic?

- When you arrive in clinic 33, please see the receptionist who will check your details.
- If you see either a **Clinical Geneticist or Genetic Counsellor**, they will ask you about your family history and may draw a family tree diagram. They will explain about the condition that is thought to affect you or your family and how this can be passed down the generations.
- If you see a **Cardiologist**, they will ask you about any symptoms you have had and may explain how the condition can affect your heart or blood vessels.
- You may have your height, weight, blood pressure and possibly other measurements.
- You may be asked to have an **ECG** which is a recording of your heart rhythm. For this, you will need to undress to the waist or open out a buttoned shirt, lie on a couch and have some small stickers put on your chest, arms and legs. Wires from an ECG machine are attached to the stickers and your heart rhythm is recorded onto a piece of paper for the doctor to see. This does not hurt and only takes a few minutes to do.
- You may be examined, so be prepared to undress to your underwear.

- Both teams will also explain any further tests they feel would help confirm the condition. If they can recommend a treatment or way of managing the condition, they will explain this too.
- The decision to have further tests or treatments is entirely yours to make.

Can I bring someone with me?

- Yes. We are very happy to see you with anyone you choose to bring. Sometimes we invite several members of the same family to attend the clinic together. You can choose to be seen alone or with other family members for all or part of your appointment.
- It is a good idea to think about this and discuss your wishes with your family before you come, as not everyone may want the same thing.
- If other family members come with you, but don't have their own appointment, the team will advise them if they need to be given an appointment for another day.

How will I know what will happen next?

- Before you leave, we will explain what will happen next.
- The staff will discuss together and plan the best way to care for each person we have seen.
- The genetics team routinely write to you to explain your plan. We will also write to your family doctor (GP) and to anyone else directly involved with your care for this condition.