

About Us

Portsmouth Cardiac Associates (PCA) Limited was formed in 2003 by a group of four consultant cardiologists. Over the last five years five more, highly qualified, consultant cardiologists have joined the company and along with our Business Manager that makes a team of ten.

Meet the team

Dr Anjana Siva	MA MB BChir MRCP PhD
Dr Richard Jones	MB BS FRCP
Dr Tom Farrell	MB ChB FRCP
Dr John Watkins	BSc MB FRCP MRCS
Dr Neil Andrews	B Med Sci, BM BS, DM, FRCP
Dr Michael Stewart	MB ChB MRCP
Dr Paul Kalra	MA MB BChir MRCP
Dr Huw Griffiths	BSc MB BS (Hons) MRCP MD
Dr Philip Strike	MB BS MRCP PhD
Julianne Page	Business Manager/Company Secretary

Lead Rehabilitation Nurses

Sister June O'Mara
Sister Carol Brady

For out more about each member of our team
by visiting: www.portsmouthcardiac.co.uk



Cardiac Rehabilitation

Don't delay...

BOOK YOUR HEART MOT TODAY!



Looking after Your Heart
and Your Health

If you are a medical professional and wish to refer a patient to PCA, please contact us to discuss your requirements.

For further information or to discuss
your requirements please contact us:

Tel/Fax 023 9236 5010

Visit www.portsmouthcardiac.co.uk

Email info@portsmouthcardiac.co.uk

Portsmouth Cardiac Associates Limited
PO Box 328, Waterlooville, Hants PO7 9BU

designed by www.i-i-design.com 023 9229 5453

Can help you manage your
condition, build strength
and confidence, and help
you 'get your life back'

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Our Services

Portsmouth Cardiac Associates offer a wide range of rehabilitation services including:

- Consultation with nurse specialist
- Clinically supported exercise program
- Guidance on stopping smoking
- Advice on medication
- Advice on travelling
- Support and reassurance
- Stress management
- Information on local support groups

Please contact us if you require advice on something not mentioned above.

Who is Cardiac Rehabilitation for?

Cardiac rehabilitation can be beneficial if you have suffered or undergone:

- A heart attack
- A coronary angioplasty or stent
- Cardiac surgery
- Angina
- Heart failure

Looking after Your Heart...

Portsmouth Cardiac Associates provide a high level of expertise and experience when it comes to looking after patients who have recently suffered a heart attack, heart surgery, patients with an Implantable Cardioverter Defibrillator (ICD) fitted, patients with heart failure, stent insertion and angina.

Your lifestyle can make a huge difference to your recovery, outcomes and prognosis. Our highly specialised team can give advice on every aspect of resuming your activities and managing your condition during the acute phase through to longer term goals.

So – if you feel you could benefit from our lifestyle advice sessions, group exercise programmes or risk factor assessment and management input, in fact, whatever your requirements – please get in touch.

and Your Health

Our nurse specialists also have access to consultant advice if there are concerns or your symptoms change; a simple phone call can often allay worries and fears and we have a helpline that is accessible through the contact number below, for patients who undertake cardiac rehab with Portsmouth Cardiac Associates.

For further information or to discuss your requirements please visit our website, email us or telephone:

Tel/Fax 023 9236 5010

Visit www.portsmouthcardiac.co.uk

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Portsmouth Cardiac Associates can help you 'get your life back'



Portsmouth
Cardiac Associates

Over the last 30 years many organisations – from the World Health Organization to the British Cardiovascular Society – have reviewed the scientific evidence for cardiac rehabilitation. All recommend it in the strongest possible terms.

Source: BHF.