

# The male cardiovascular health clinic

**This leaflet explains who the male cardiovascular health clinic is for and how to make contact with us. If you have further questions, please speak to a member of staff caring for you, or contact the cardiac specialist nurse (contact details at the end of this leaflet).**

## **What is the male cardiovascular health clinic?**

This clinic has been set up to help male cardiac patients who are experiencing sexual problems. A large proportion of cardiac patients are affected by sexual problems – usually erectile dysfunction, which is where there are problems achieving or maintaining an erection. These problems can be for a number of physical and psychological (emotional) reasons.

For many cardiac patients, their problems can be caused by the fear that sexual intercourse may cause angina or a heart attack. We also know that if you have had narrowing of the arteries in your heart, then other arteries in the body can also be affected. This can result in erection problems. These are just two of the causes. For most patients it will be a combination of both physical and emotional factors.

## **How can I get help?**

We know that discussing sexual problems can sometimes be difficult and embarrassing, but the clinic staff aim to put patients at their ease with a sensitive, friendly and professional approach. If you are a male cardiac patient interested in attending our clinic, please ask to be referred when you see your doctor or nurse today.

Your details will then be passed on to us. We will send you some more information about the clinic and ask you to ring to arrange an appointment.

## **Where is the clinic held?**

The clinic is held at St Thomas' Hospital.

## How long will is the wait for an appointment?

You will have to wait up to eight weeks for an appointment. This depends on the number of patients being referred.

Please remember that you must be referred by your cardiac doctor, nurse or GP. **We are not able to accept self-referrals or see anyone without an appointment.**

### Contact us

If you or your partner would like more information, please contact the cardiac specialist nurse, **t:** 07900 224890, **e:** [sally.black@gstt.nhs.uk](mailto:sally.black@gstt.nhs.uk)

If you are not able to speak to the cardiac specialist nurse directly, please leave your details (including your telephone number) and she will get back to you. Please note that messages are not checked every day, but we aim to return your call as soon as possible. If you would prefer us not to leave a message on your answer phone, please say so in your message.

The clinic and telephone advice line are completely confidential.

The GP referrals can be emailed to **e:** [james.coutts@gstt.nhs.uk](mailto:james.coutts@gstt.nhs.uk)

For more information leaflets on conditions, procedures, treatments and services offered at our hospitals, please visit [www.guysandstthomas.nhs.uk/leaflets](http://www.guysandstthomas.nhs.uk/leaflets)

## **Pharmacy Medicines Helpline**

If you have any questions or concerns about your medicines, please speak to the staff caring for you or call our helpline.

**t:** 020 7188 8748, Monday to Friday, 9am to 5pm

## **Your comments and concerns**

For advice, support or to raise a concern, contact our Patient Advice and Liaison Service (PALS). To make a complaint, contact the complaints department.

**t:** 020 7188 8801 (PALS)

**e:** [pals@gstt.nhs.uk](mailto:pals@gstt.nhs.uk)

**t:** 020 7188 3514 (complaints)

**e:** [complaints2@gstt.nhs.uk](mailto:complaints2@gstt.nhs.uk)

## **Language and accessible support services**

If you need an interpreter or information about your care in a different language or format, please get in touch.

**t:** 020 7188 8815

**e:** [languagesupport@gstt.nhs.uk](mailto:languagesupport@gstt.nhs.uk)

## **NHS 111**

Offers medical help and advice from fully trained advisers supported by experienced nurses and paramedics. Available over the phone 24 hours a day.

**t:** 111

## **NHS Choices**

Provides online information and guidance on all aspects of health and healthcare, to help you make choices about your health.

**w:** [www.nhs.uk](http://www.nhs.uk)

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