

Compassion



Trust



Partnership

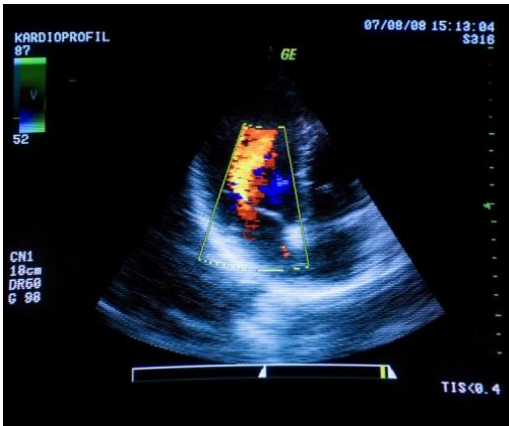
IF YOU HAVE TWO OR MORE RISK FACTORS, YOU SHOULD CONSIDER HAVING A CARDIOVASCULAR SCREENING!

Health Questions: Cardiovascular Risk Assessment	Yes	No	Don't Know
Are you over 40 years old?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have diabetes or consider yourself overweight?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you get less than a total of 30 minutes of physical activity on most days?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have high blood pressure?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you ever been told you have high cholesterol?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you smoke or have you ever smoked?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Have you, a parent or sibling had a heart attack or heart disease?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

* Source: American Heart Association

We want to help you maintain a healthy life.

HEART ECHOCARDIOGRAM Left Ventricle Dysfunction (LV)



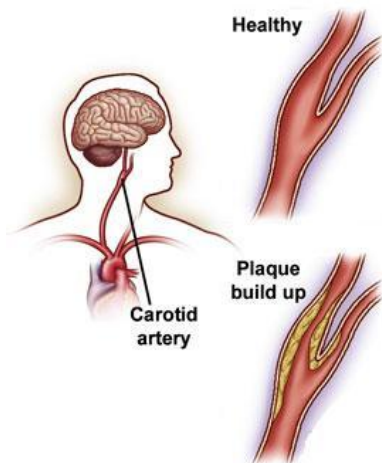
Test Measures: Ejection Fraction

A healthy heart rhythm must be maintained as well as adequate volumes of blood that the heart empties during and after its normal rhythm. Sudden cardiac arrest, resulting in sudden cardiac death (SCD), occurs when the heart develops an abnormal rhythm (most common life threatening arrhythmia is ventricular fibrillation) that causes it to stop beating suddenly, the result of a malfunction in the heart's electrical system. SCD is the largest cause of natural death in the US and is responsible for half of all heart disease deaths. One of the most important predictors of risk of sudden cardiac arrest is how well the heart is able to pump blood. Left ventricle (LV) dysfunction is the main cause of death in persons who suffer a SCD. When LV dysfunction occurs, the heart may be beating too fast, too slow or in an irregular fashion. An Ejection Fraction is measured, which is the ratio of the volume of blood the heart empties during and after its normal rhythm during each contraction, expressed as a percentage (usually between 50 and 80 percent).

NOTE: An **Echocardiogram** creates two-dimensional pictures of the heart (2D Echo), which is different than an “EKG” or Electrocardiogram which measures the electrical impulses of the heartbeat. While the echocardiogram is intended to assess the velocity and strength of blood in the heart, issues such as enlargements, valve malfunctions, irregular heartbeats (atrial fibrillation) or malformations would also be reported if deemed serious enough to warrant follow-up.

CAROTID ARTERY SCREENING

Carotid Artery Disease – Stroke

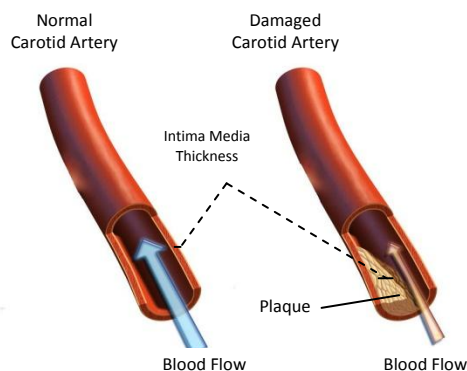


Carotid arteries are the main blood vessels to the brain. The walls of these arteries can develop a buildup of plaque, which is a fatty substance in the blood. When the buildup becomes very severe, it can cause a stroke. In fact, 80 percent of strokes are “ischemic strokes” where part of the circulation to the brain is cut off, usually due to blockages in the carotid arteries. The process is similar to the buildup of plaque in arteries in the heart that causes heart attacks. Strokes are the third leading cause of death in the U.S. according to the National Center for Health Statistics. The carotid ultrasound detects the presence of plaque and the flow of blood through the arteries.

Test Measures: Stenosis (Plaque Burden)

CAROTID ARTERY INTIMA-MEDIA THICKNESS ASSESSMENT (CMT)

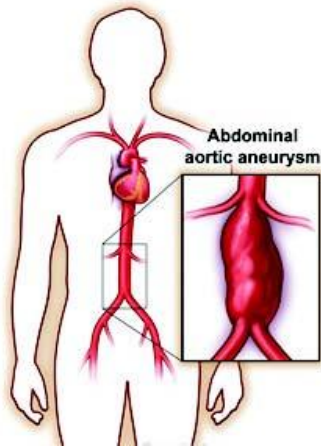
Carotid Intima-Media Thickness (CMT)



A safe and non-invasive measurement of the thickness of the carotid artery wall. In connection with assessment of other factors (lipid profile, family history, body mass index, diabetes, etc.), CMT can provide a more complete representation of the actual cardiovascular risk. It is a powerful predictor of cardiac death, heart attack and stroke; and has been recommended by the American Heart Association. Increased CMT is generally considered to be an early marker of atherosclerosis and aid in addressing atherosclerosis and cardiovascular disease in their earliest stages.

Test Measures: Stenosis (Plaque Burden)

ABDOMINAL AORTIC ANEURYSM SCREENING

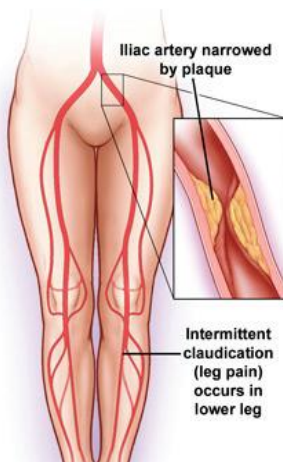


Abdominal Aortic Aneurysm

Abdominal Aortic Aneurysm (AAA) is an enlargement or “bulge” that develops in a weakened area within the largest artery in the abdomen. The pressure generated by each heartbeat pushes against the weakened aortic wall, causing the aneurysm to enlarge. If the AAA remains undetected, the aortic wall continues to weaken, and the aneurysm continues to grow. Eventually, the aneurysm becomes so large, and its wall so weak, that a rupture occurs. When this happens there is massive internal bleeding, a situation that is usually fatal. The only way to break this cycle is to find the AAA before it ruptures. The AAA ultrasound measures the aorta for the detection of enlargements.

Test Measures: Dilation Measure

ANKLE BRACHIAL INDEX (ABI)

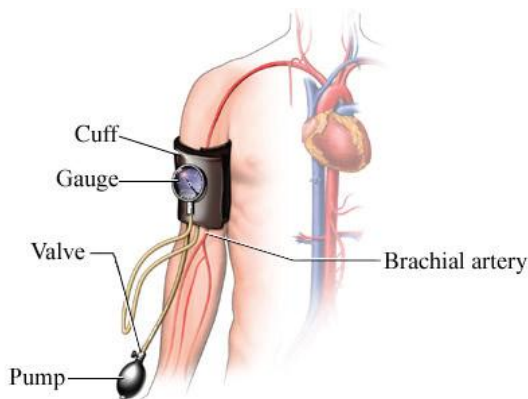


Peripheral Arterial Disease (PAD)

Peripheral arterial disease (PAD) occurs when atherosclerosis or hardening of the arteries causes a buildup of plaque in the blood vessels that carry oxygen and nutrients to all the tissues of the body. As these plaques worsen, they reduce essential blood flow to the limbs and can even cause complete blockages of the arteries. Early on, PAD may only cause difficulty walking, but in its most severe forms, it can cause painful foot ulcers, infections and even gangrene, which could require amputation. People with PAD are three times more likely to die of heart attacks or strokes than those without PAD. The ABI screen detects differences in blood flow to the limbs, identifying blockage to the arteries.

Test Measures: Blood Flow Index

BLOOD PRESSURE



Blood pressure is the force of blood pushing against blood vessel walls. The heart pumps blood into the arteries (blood vessels), which carry the blood throughout the body. Hypertension or high blood pressure, is defined as a systolic blood pressure (SBP) of 140 mm Hg or higher or a diastolic blood pressure (DBP) of 90 mm Hg or higher (American Heart Association). It is dangerous because it makes the heart work harder to pump blood to the body and it contributes to hardening of the arteries or atherosclerosis and the development of heart failure.

(Disclaimer: This information is provided for educational purposes only, and is not intended to replace the medical advice of your doctor or healthcare provider, to be used for medical advice, diagnosis or treatment.)

The following activities affect a blood pressure reading:

<u>Activity</u>	<u>Systolic (mmHg)</u>
Cuff too small	10 to 40 ↑
Cuff over clothing	10 to 40 ↑ or ↓
Back/feet unsupported	5 to 15 ↑
Legs crossed	5 to 8 ↑
Not resting 3 to 5 minutes	10 to 20 ↑
Patient talking	10 to 15 ↑
Labored breathing	5 to 8 ↑
Full bladder	10 to 15 ↑
Pain	10 to 30 ↑
Arm below heart level	1.8/inch ↑ 4.6/cm ↑
Arm above heart level	1.8/inch ↓ 4.6/cm ↓

For references, visit www.americanheart.org

SCREENING INSTRUCTIONS & PREPARATIONS

1. On your screening day, we ask that you try to avoid eating 4 hours prior to your appointment. If you are diabetic or must eat, please only eat a “light” meal avoiding foods that may cause gas in your abdomen (i.e. for some this may be dairy products, carbonated beverages or greasy foods).
2. Take all regular medications and supplements as usual.
3. The tests are completely private, and you do not have to disrobe. However the techs do need access to your abdomen, heart area, neck area, and upper arm and ankles, so please wear a loose fitting shirt, preferably short sleeves with no buttons. And, please do not wear panty hose on that day.
4. Please do not use baby powder or equivalent on the day of the screening; it can interfere with the procedure.
5. Plan to arrive no more than 5 minutes before your scheduled time – we usually run very close to schedule.
6. Payment (if applicable) can be made by personal check or credit card (MC, Visa, Discover) on the day of your screening.
7. If you have any questions, feel free to call Healthy Life Screening or visit our website for additional information.

Appointment Date: _____

Appointment Time: _____

APPOINTMENTS ARE NECESSARY, PLEASE CALL. . .

1-866-523-LIFE (5433)

www.HealthyLifeScreening.com