

# Detection is the key to prevention.

Heart disease risk is higher for law enforcement and firefighter personnel than for the rest of the U.S. population



• Landmark FEMA Study – May 17, 2009 "Preliminary findings show that one third of firefighters had heart disease that is unrelated to traditional risk factors, such as high cholesterol," says Dr. Superko.

• Chronic stress is linked to more heart disease among police.

• Most firemen die not from burns or smoke, but heart disease.

• Reuters Health – "The study out of Buffalo showed the difference in risk for police was not fully explained by the usual heart attack risk factors, such as older age, heavier weight, smoking and high blood pressure and cholesterol."

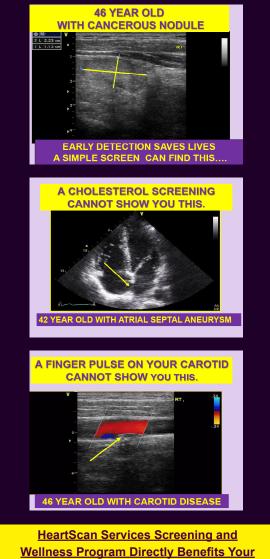


Prevent The Event!



HeartScan SERVICES Prevent the Event!

#### LET HEARTSCAN SERVICES SHOW YOU WHAT YOUR PHYSICALS CAN'T



<u>Vellness Program Directly Benefits You</u> <u>Members And Your Organization</u>

# **Know Your Risk!**



# **Prevent** The Event!

- Early detection and treatment can save lives.
- Reuters Health Police officers have a higher than average risk of developing heart disease, atherosclerosis buildup of fatty deposits in the arteries that can lead to heart disease or stroke.
- The risk for cardiovascular disease is higher among law enforcement officers than it is for the rest of the population.
- Landmark FEMA Study May 17, 2009 Heart disease is an epidemic for firefighters.



Call To Reserve Your Appointment, 1-866-518-1112



**Be Proactive!** Commitment To Strategies That Can Prevent Disease.

# Save Yourself...Know Your Risk... Get Screened.

Wellness Program: Convenient mobile Heart, Stroke, PAD, Diabetes, AAA, Blood Pressure and Thyroid Nodule Screening. **Programs For :** Weight Loss, Sleep Apnea, Pain Management And More. •Studies preformed by a **Cardiac Sonographer** •Studies read by a Board **Certified Cardiologist** •Safe, Non-invasive – 30 Minutes Screening.

#### Ask About Our Athletic And Adolescent Screening-

- Hypertrophic Cardiomyopathy (HCM) is a common condition, found in one out of every five hundred individuals.
  HCM causes a portion of the heart muscle to become thickened.
  HCM's first and only manifestation can be cardiac arrest.
  HCM can be detected through a screening.
  HCM accounts for roughly one-third of sudden cardiac deaths among young athletes.

- among young athletes.

**Our Mission: Awareness, Education and Indentification.** 



## **Echocardiogram:**

An Echocardiogram is a test that uses sound waves (no radiation exposure) to create a moving picture of the heart. It shows the function, size, shape and movement of the heart muscle. This test can also show how the heart valves are working and how blood is flowing through your heart, evaluating the pumping action of the heart.

### **Carotid Ultrasound:**

The major goal of carotid ultrasound is to screen patients for blockage or narrowing of their carotid arteries, which if present may increase their risk of having a stroke.

### **Ankle-Brachial Index (ABI):**

ABI is a simple, reliable means for diagnosing PAD (peripheral arterial disease). Individuals with a high ankle-brachial index are three to five times more likely to be at risk of heart attacks.

### **Thyroid Ultrasound:**

This test uses sound waves to determine if a nodule is solid or a fluid-filled cyst. (The risk of cancer is higher in solid nodules.) This test also monitors the growth of nodules and it helps find nodules that are difficult to feel.

#### ASK ABOUT OUR AAA SCREENING **Abdominal Aortic Aneurysm** (AAA) Screening:

An abdominal ultrasound is a painless screening that can detect AAA, which is vital, since most patients don't show symptoms. This test identifies enlarged abdominal aorta, which may suggest the presence of an aneurysm. A ruptured AAA can cause blood loss, shock and possible death.



# **BREAKING MEDICAL NEWS!**

#### 2012 Update: A Report From the American Heart Association:

•Combined, heart disease and stroke remain among the leading killers of Americans accounting for one in every three deaths.

•People who suffer from a heart attack or stroke are often symptom free.

•Heart disease and stroke are preventable diseases.

#### World Health Statistics For Adults in the **US-2012:**

#### 1 in 6 adults are obese:

- •Obesity has been shown to increase the risk of heart disease, diabetes, some cancers, osteoarthritis, sleep apnea, and stroke. Americans spend \$147 billion a year on obesity related health cost.
- •More than two thirds of adults and one third of children in the United States are overweight or obese.

#### **1** In 3 Adults Have Hypertension:

- •Approximately 1 in 3 people in the United States has high blood pressure.
- •High blood pressure is a major risk factor for heart disease, stroke, congestive heart failure, and kidney disease.

#### 1 In 10 Adults Are Diabetic:

•7.1 million adults have undiagnosed diabetes. •81.5 million adults have prediabetes.

**Read our Heartfelt Comments at** www.heartscanservices.com "Heartscan Services-Thank you for educating our members on health and wellness. Not only have you saved lives through early detection but you have motivated all of us to lead a healthier lifestyle. Thank you for all you do! " Diane L. **Heartscan Services Saving Lives One Heart At A Time!** 

Call To Reserve Your Appointment, 1-866-518-1112 www.heartscanservices.com