HEART SCREENINGS

St. Bernards would like to partner with your industry to provide screenings and lower your employees risk of Cardiovascular events. According to the Centers for Disease Control, In 2009, the economic costs of cardiovascular diseases and stroke were estimated at $475.3 billion, including $313.8 billion in direct medical expenses and $161.5 billion in indirect costs ($39.1 in lost productivity due to sickness or disability and $122.4 lost productivity due to premature death).

Are you at risk?

Do you have history of hypertension, diabetes, smoking, prior heart attack, over the age of 45, overweight, family history of heart or vascular disease?

Reccomended numbers to maintain a healthy lifestyle.

Know Your Numbers!

Stroke Screening - Carotid Artery Ultrasound — 20

Color flow Doppler provides images that detect blockages and athlerosclerosis in the arteries supplying blood to the brain. These blockages can cause a stroke.

Less than 20%. This test checks for blockages in the arteries supplying the brain. 80% of all strokes happen because of carotid artery blockages.

CIMT Measurment — AGE

New scientific evidence has found this measurement can predict coronary heart disease and can follow the progression or stability of heart disease. Computerized measurement of the inner lining of the carotid artery.

This test will tell a chronological vascular age per person. So if the person is 50 years old, the vascular age should be 50 years old or younger.

Peripheral Artery Disease Screening - Ankle Brachial Index — 0.9-1.1

Identifies poor circulation in the legs and athlerosclerosis of the leg arteries. People with peripheral artery disease may not only have problems related to poor circulation in the legs, but also have an increased risk of heart attack or stroke.

0.9 - 1.1 is normal. This number tells if there is a blockage or severe atherosclerosis in the legs, called PVD for peripheral vascular disease. If positive - the person is at a high risk for cardiovascular disease like coronary artery disease.

Abdominal Aortic Aneurysm Screening — 3

Aortic Ultrasound detects abdominal aortic aneurysms. Undetected can lead to ruptured aneurysms with less than 15% chance of survival.

Less than 3 centimeters is normal.
This test detects abdominal aorta aneurysms.

Echocardiogram — 55

Ultrasound of the heart can identify the function and structures of the heart. This test can pinpoint any previous damage to the heart muscle and can evaluate the current function of the heart.

Greater than 55%. This number tells the percentage of blood pumped out of the left ventricle with each heartbeat.

P.A.D. (Peripheral Artery Disease)

Common Symptoms include pain or fatique in the legs that goes away when you rest, numbness in the legs or feet skin wounds or ulcers on the legs or feet that heal slowly.