

WOMEN'S HEART DISEASE SCREENING PROGRAM



Are you at risk?

Every year, more women die from cardiovascular disease than from all forms of cancer. Yet, most cardiac events in women can be prevented with early detection, good lifestyle choices, and a physician's care.

If you're over 35 years of age, consider participating in the Women's Heart Disease Screening Program, a new service from Hawai'i Pacific Health. The risk survey and testing are designed to be convenient and will help determine if you're at risk for heart or vascular disease.

The Women's Heart Disease Screening Program measures:

- Blood pressure (BP), to check for hypertension.
- Blood flow at the ankle (ABI), to check for arterial blockage in the legs.
- Lipid panel (HDL, LDL, TG, Ratio), to determine your cardiovascular risk.
- Glucose (HgbA1C), to determine your risk of diabetes.
- High Sensitivity C-Reactive Protein (HSCRP), to determine your cardiovascular risk.
- Electrocardiogram (ECG/EKG) tracing of your heart rhythm to detect irregularities.
- Body Mass Index (BMI) calculation using your height and weight to measure the amount of body fat.
- Waist circumference measurement.

The entire program costs only \$65 and testing is completed in about an hour.

Best of all, your test results will be reviewed by a cardiologist at Straub Clinic & Hospital, and a nurse practitioner will discuss your risk factors with you. If the results indicate a risk of cardiovascular disease, the staff will help you schedule a follow-up appointment with a Straub physician. You may also have the results sent to your primary care physician.

Take an important step to promote your cardiovascular health.

Please complete the self survey and call 522-4777 to schedule your individual Women's Heart Disease Screening appointment.

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