

## ONE HEART— HANDLE WITH CARE

You have only one heart, so why not give it the best possible care?

Unfortunately, that vital organ and the vessels that circulate blood throughout the body can show the wear of age, lifestyle habits and genetics.

Fortunately, it's possible to assess the health of your heart and blood vessels with seven tests. The results can gauge your heart and vascular health and determine whether you're at higher risk for a heart attack or stroke.

If you are at higher risk, you and your physician can use the results to take steps to lower that risk.

That's what it means to give the best possible care—knowing and acting.

**You and your heart deserve it.**



**To schedule a Heart and  
Vascular Screening at  
McLaren Macomb,  
please call (586) 464-4010.**



1000 Harrington Blvd.  
Mount Clemens, MI 48430  
(586) 493-8000

[mclaren.org/macomb](http://mclaren.org/macomb)

## HEART & VASCULAR SCREENING

**Seven tests for \$50**



DOING WHAT'S BEST.®



## WHAT IS HEART AND VASCULAR HEALTH?

A healthy heart and blood vessel system circulate blood, along with nutrients and oxygen, to every part of the body. The vessels also carry away waste matter.

When your heart and vascular system are healthy, you give yourself the best chance to have the vitality needed to complete daily tasks with enough energy left over to do the things you enjoy doing.

### What are the risk factors for stroke, heart and vascular disease?

- High blood pressure
- High cholesterol
- Diabetes and prediabetes
- Tobacco smoke
- Overweight and obesity
- Physical inactivity
- Family history
- History of preeclampsia
- Unhealthy diet
- Older age
- Stress
- Excessive alcohol consumption

## WHAT THE TESTS TELL YOU

**Blood pressure:** If it's too high, it can damage arteries and set the stage for blockages. Left unchecked, high blood pressure can lead to heart attack, stroke, vision loss, kidney damage and sexual dysfunction. If it's too low, it can cause dizziness, fatigue, nausea and other symptoms.

**Body mass index (BMI):** BMI is a number that compares your weight to your height. People with a high BMI are at an increased risk for diabetes, high blood pressure, heart disease and stroke.

**Cholesterol and hemoglobin A1C:** Cholesterol and other substances in your blood can form a thick, hard deposit that can narrow the arteries that carry blood to your heart and brain, making them less flexible (called atherosclerosis or hardening of the arteries). Hemoglobin A1C is an indicator for diabetes.

**ECG (formerly EKG):** An ECG measures electrical activity in your heart and can tell if your heartbeat has an abnormal rhythm, if your heart is getting enough blood and whether parts of your heart muscle are abnormally thick.

**Carotid artery ultrasound:** This can tell if one of the main arteries that carry blood from your heart to your brain has atherosclerosis, or hardening of the arteries, a risk factor for a stroke.

**Abdominal aortic aneurysm ultrasound:** This test can tell if the aorta, a major artery carrying blood to the lower body, has a thinner area that balloons outward and is at risk for rupturing.

**Peripheral artery disease screening:** High blood pressure can lead to narrowing of the arteries in your periphery—legs, arms, stomach and head—causing fatigue or pain, or both.

**Test results will be mailed to you to share with your primary care physician.**

## ACT TODAY

To schedule a Heart & Vascular Screening at McLaren Macomb, please call (586) 464-4010.

While the charges for the seven tests could amount to hundreds of dollars, the special Heart & Vascular Screening cost is only \$50. We request payment via cash, credit card or check at the time of your appointment.

All test results are interpreted by a board-certified physician or another qualified medical professional.