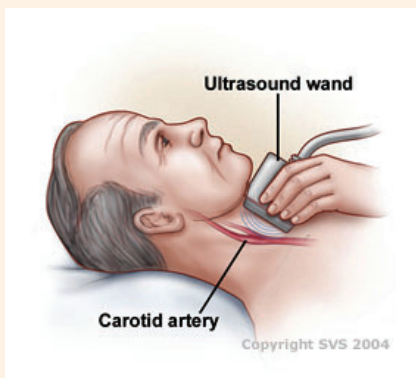


Primary Prevention and Cardiovascular Screening



 **ROPER**
ST. FRANCIS
HEART & VASCULAR CENTER

PRIMARY PREVENTION CARDIOVASCULAR SCREENING



Early detection and proactive management of risk factors for cardiovascular disease is key to preventing serious consequences of the disease, such as heart attack, stroke, ruptured aortic aneurysm or amputation. Roper St. Francis Heart & Vascular Center now offers a noninvasive screening program for patients who may not have symptoms but could be at risk for cardiovascular disease.

This series of tests will give your doctor a clear evaluation of your risk and help to better prescribe preventative treatment and/or lifestyle modifications.

Certain diseases may cause changes in blood flow in the artery. Some of these diseases include: atherosclerosis (hardening of the arteries), high blood pressure, peripheral vascular disease or peripheral arterial disease. Plaque is a deposit of fat, cholesterol and calcium that restricts blood flow causing the artery to become smaller and in some cases closing the artery completely.



WHAT MAKES THE ROPER ST. FRANCIS SCREENING PROGRAM DIFFERENT?

All Roper St. Francis screenings are done in accredited labs staffed by registered vascular technologists using state-of-the-art equipment. This controlled environment helps reduce false positives that could lead to unnecessary interventions. Test results will be reviewed and interpreted by a board certified vascular surgeon, then delivered directly to your primary care doctor to accurately define the level of risk and provide the information needed to select the most appropriate risk modification treatment plan.

CV Screening Program includes the following non-invasive screenings:

ANKLE-BRACHIAL INDEX (ABI)

Your arteries carry blood rich in oxygen and nutrients from your heart to the rest of your body. When the arteries in your legs become blocked, your legs do not receive enough blood or oxygen, and you may have a condition called peripheral artery disease (PAD), sometimes called leg artery disease.

A low ankle-brachial index (ABI) is associated with increased risk of coronary heart disease, stroke and death. This simple test measures blood pressure at the ankle and in the arm while a person is at rest and then again after five minutes of treadmill walking.

Twenty percent of patients with PAD have no symptoms. After five years, roughly one in five patients diagnosed with PAD, whether silent or symptomatic, die.

CAROTID ARTERY SCREENING

Carotid artery disease occurs when the major arteries in your neck become narrowed or blocked. These arteries, called the carotid arteries, supply your brain with blood. Your carotid arteries extend from your chest to the brain. Unfortunately, the first sign of carotid artery disease could be a stroke.

Ultrasound imaging of the carotid artery screens for narrowing or blockage of the artery, which could lead to stroke.



ABDOMINAL AORTIC ANEURYSM (AAA) SCREENING

The aorta is the largest artery in your body that carries oxygen-rich blood pumped out of, or away from, your heart. Your aorta runs through your chest, where it is called the thoracic aorta. When it reaches your abdomen, it is called the abdominal aorta. When a weak area of the abdominal aorta expands or bulges, it is called an abdominal aortic aneurysm (AAA). The pressure from blood flowing through your abdominal aorta can cause a weakened part of the aorta to bulge, much like a balloon.

An aortic aneurysm is mainly caused by an abnormal thickening and hardening of the arterial walls, resulting in loss of



elasticity, called arteriosclerosis. Ultrasound scanning of the abdomen looks for weakness in the wall of the aorta, the main artery of the chest and abdomen. Once this is diagnosed, surgery is typically required to repair the weakened area. You are at a higher risk for an AAA if you smoke, have high blood pressure and a family history of this disease. Three out of four aneurysms show no symptoms when diagnosed.

CARDIAC CALCIUM SCORING

Cardiac calcium scoring may be recommended for males who are over age 45 or females over age 55 who have coronary artery disease (CAD) risk factors but no symptoms. This entails a short CT scan to look for calcium deposits in the coronary arteries, indicating the development or presence of CAD.

PREVENTIVE SERVICES



At Roper St. Francis, we believe prevention is the best cure. That is why we offer a variety of Preventive Services to encourage your overall health and wellness.

Should your screening results indicate a need for intervention or lifestyle changes, these preventive services are available.

All of our classes are led by certified medical experts and are individually designed to provide the best results.

CARDIAC REHABILITATION PROGRAM

The Cardiac Rehabilitation Centers' exercise programs are not just for patients recovering from heart disease. Comprehensive programs are offered to those who have heart disease risk factors and are interested in preventing a future illness. Specially trained staff is available to evaluate your risk factors and develop an individual plan to improve your overall fitness. An educational series is also available to provide important information on heart disease prevention topics such as medications, nutrition and stress management. For your convenience, we have two locations, downtown Charleston at Roper Hospital and West Ashley at Bon Secours St. Francis Hospital.



INDIVIDUAL NUTRITIONAL COUNSELING

The Registered Dietitians at Roper St. Francis can help you manage your health through good food choices. Individual appointments take into account your medical history, busy schedule and personal preferences. You will be given specific recommendations and resources to help purchase and prepare the right foods, navigate the grocery store aisles and cut through gimmicks and hype. Nutritional counseling sessions are helpful for weight loss, cholesterol and blood pressure management.

SMOKING CESSATION

The Smoking Cessation Program is based on the QuitSmart system developed at Duke University Medical Center. The method boasts 12-month non-relapse rate of 60% and includes relaxation tapes, cigarette substitutes and stress management techniques. The program is a three part series of meetings and sessions that are held monthly.

COMPREHENSIVE DIABETES CARE: THE TEAM APPROACH

The Roper St. Francis Diabetes Treatment Center offers a team of specialists that care for people with any stage of diabetes. While there is no cure for diabetes, the Center offers comprehensive services to help control the disease and prevent or manage the complications that are common to diabetes. Through the expertise of our certified diabetes educators working under the supervision of a board certified Endocrinologist, the Center offers a broad range of treatment and educational components.

Our Diabetes Treatment Center is recognized by the American Diabetes Association. This means that our Center is formally recognized for its quality programs and meets National Standards for Diabetes Self Management Education.



COST

This screening program is not covered by Medicare or other commercial insurances; therefore, we are unable to bill your insurance company.

The basic CV Primary Prevention Program package costs \$125 for three screenings:

- ABI
- Carotid Artery Screening
- AAA Screening
- Cardiac Calcium Scoring (additional \$125)

REFERRAL PROCESS

A referral is required from your doctor for all screenings.

For more information about the screenings or to schedule your primary prevention screening, please call (843) 720-5665.

LOCATION

The CV Screenings are performed at the Roper St. Francis Heart & Vascular Center:
Roper Hospital
316 Calhoun Street, 3rd floor
Charleston, SC 29401

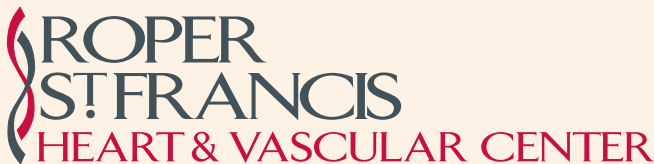
PARKING

FREE Valet Parking is available for all patients at the Calhoun Street entrance of the Roper Patient Tower. It is our pleasure to valet park your vehicle. Tips are NOT accepted.

Benefits of valet parking for patients include:

- Assistance in and out of the car for both patients and drivers
- Wheelchairs provided if needed
- Complete coverage from the weather
- No extra time needed to park
- Valet parking for visitors

Valet service is available Monday-Friday, 5:30 a.m. - 6 p.m.



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