



## Reasons to Participate in a Cardiovascular Screening

It is widely known that heart disease is the leading cause of death in the U.S.; but did you know that it often goes undetected, affecting people who had no prior symptoms?

- Over 50% of cardiovascular events occur with no warning signs.
- An estimated 10 to 12 million Americans are unaware of blockages in their leg arteries.
- Heart disease is present in nearly 40% of people ages 40 to 59.
- Almost 50% of cardiovascular deaths in the U.S. are a result of Sudden Cardiac Death (mostly affecting younger people, ages 35-45).

### About the Screening

Lake County has partnered with Healthy Life Screening to offer the incredible opportunity to participate in life-saving heart and vascular screenings right in your workplace! The tests included in this screening are highly effective in identifying the risk of death from cardiovascular disease. Tests are safe, ultrasound-based, involving no radiation, no pain and no needles. It takes less than 30 minutes and your confidential results are mailed directly to your home. You can share the results with your physician at your discretion. The screening package includes the following:

- Echocardiogram Screening for Left Ventricle Dysfunction (strength of the heart)
- Carotid Artery Ultrasound/Intima-Media Thickness Screening for Plaque Build-up and Blood Flow
- Abdominal Aorta Ultrasound Screening for Aneurysm
- Ankle Brachial Index Screening for Peripheral Artery Disease
- Blood Pressure Screening

### Scheduling Details

**Lake County** has arranged for a **special pricing of only \$175** for all five tests for employees. Spouses are invited to participate! Employees and spouses for the City of Painesville are invited to participate as well. Similar tests may cost over \$2,000 in a hospital.

#### WHEN:

Friday, November 18, 2011

Appointment times are available between 8:30am and 4:00pm

#### WHERE:

Lake County

105 Main Street, Painesville, OH 44077

Lake County Administration Building – Assembly Room

**TO SCHEDULE:** Call Healthy Life Screening at (866) 523-LIFE (5433)

**Heart Disease is the #1 cause of death.  
Why wouldn't you do this?**