

CARDIAC SERVICES AT MEMORIAL HOSPITAL

Electrocardiogram (EKG) 24 hour Holter

Echocardiography

- Transthoracic echocardiogram (TTE)
- Doppler echocardiogram
- Transesophageal echocardiogram (TEE)

Vascular Ultrasound

Stress Tests

- Exercise Stress Test
- Stress Echocardiogram
- Myoview / Nuclear Stress Test
- Medication Stress Test (for those unable to walk)
- Tilt Stress Test

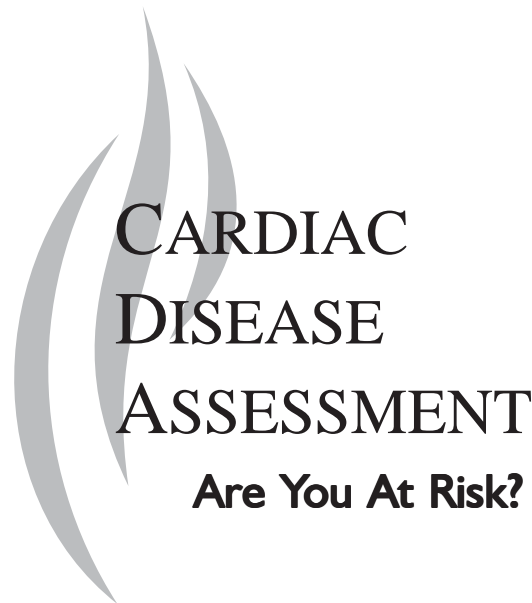
Cardiac 64 slice Computerized Tomographic Angiography

Minimally Invasive Cardiovascular Services

- Diagnostic Cardiac Catheterization
- Drug-eluting and Bare Metal stents
- Carotid Angiography
- Cardiac and Peripheral Balloon Angiography
- Cardiac and Peripheral Stent placement
- Silver Hawk Atherectomy
- Thrombolytic Therapy
- Thrombectomy
- Dialysis access via arteriovenous fistula or graft
- Inferior Vena Cava Filters (IVC Filters) for DVT and Pulmonary Embolism
- Cardiac Resynchronization Therapy (CRT) / Bi Ventricular Pacemakers and Defibrillators
- Pacemaker and Defibrillator Implantation
- Ablations
- Cardiac Electrophysiology Studies
- Event Loop Recorder Implants

Surgical Cardiovascular Services

- Coronary Artery Bypass Graft (CABG)
- Valve Repair
- Valve Replacement
- Carotid Endarterectomy
- Peripheral Endarterectomy
- Aneurysm Repair
- Peripheral Artery Bypass and Graft
- Stent graft of abdominal aortic aneurysm



CARDIAC DISEASE ASSESSMENT

Are You At Risk?

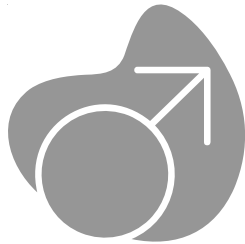


Dedication. Compassion. Innovation.

Calculate your risk of developing cardiovascular disease*

1. Do you have a family history (parents or siblings) of heart disease?
Answer yes, if: Your father or brother was diagnosed with heart disease at age 55 or earlier OR you mother or sister was diagnosed with heart disease before age 65 Yes
2. Do you have a family history of early stroke?
Answer yes if your father or brother had a stroke before age 55 OR your mother or sister had a stroke before age 65 Yes
3. Do you have a family history of other cardiovascular disease such as:
High blood pressure, congestive heart failure, sudden death, 'poor circulation' in your legs, arrhythmias. Yes
4. Are you African-American? Yes
5. Do you have high cholesterol or take medication to treat high cholesterol? Yes
6. Are you diabetic or do you currently take medication to treat diabetes? Yes
7. Do you have high blood pressure (Hypertension) or are you currently taking medication to treat high blood pressure?
High blood pressure is defined as higher than 120/80 Yes
8. Do you smoke, use tobacco products or are you exposed to second hand smoke on a daily basis? Yes
9. Are you overweight or obese? Yes
10. Are you age 45 or higher OR have you already gone through menopause (natural or surgical)? Yes
11. Do you exercise less than 3 days per week for less than 30 minutes each time? Yes
12. Are you frequently under stress? Yes
13. Are you over 35 AND taking birth control pills? Yes
14. Do you have kidney disease or receive dialysis? Yes
15. Have you ever been diagnosed with Metabolic Syndrome?
*Metabolic syndrome is defined as having at least 3 of the following:
High blood sugar after fasting (> 110 mg/dl)
High triglycerides (> 150 mg/dl)
Low "good" cholesterol (HDL) (<50 mg/dl)
Blood pressure of 130/85 or higher
Waist measurement: 35 inches or greater for women; 40 inches or greater for men* Yes

***This assessment is only a tool to assess your current cardiovascular health. This tool is not designed to diagnose cardiovascular disease.**



Men's Target Values

Cholesterol

Total cholesterol

- Less than 200mg/dL=Desirable
- 200-239mg/dL= Borderline high risk of heart disease
- 240 mg/dL or greater= High risk of heart disease

LDL ("bad") cholesterol

- Less than 100mg/dL=Desirable
- 100-129 mg/dL=Slight risk of heart disease
- 130-159 mg/dL= Borderline high risk
- 160-189 mg/dL= High risk
- 190+ mg/dL= Very high

HDL ("good") cholesterol

- Average range 40-50 mg/dL

Triglycerides

- Less than 150 mg/dL= Desirable
- 150-199 mg/dl = Borderline high
- 200-499 mg/dL = High
- 500 mg/dL + = Very high

Diabetes

Fasting blood glucose levels

- Less than 110mg/dL=Desirable
- Greater than 110mg/dL=Prediabetes

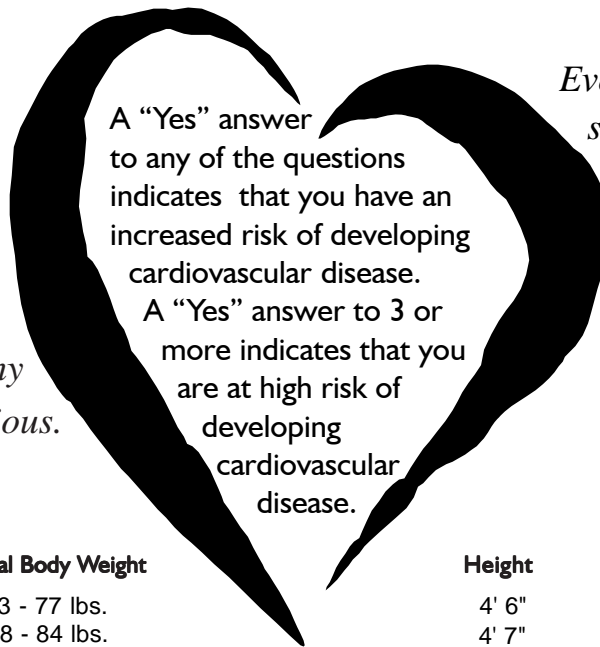
Vitamin D

- Less than 10 = Deficient
- 10-29 = Insufficient
- 30-100 = Sufficient
- Greater than 100 = Toxic

Blood Pressure (also known as hypertension)

- Normal= Less than 120/80
- Prehypertension: 120-139 / 80-89
- Hypertension Stage 1: 140-159 / 90-99
- Hypertension Stage 2: 160+/100+
- Hypertensive Emergency: Greater than 180/110

Take care of yourself and your heart - inside and out. It is a long-term commitment and goal to live a healthy life, one that is harmonious.



A "Yes" answer to any of the questions indicates that you have an increased risk of developing cardiovascular disease.

A "Yes" answer to 3 or more indicates that you are at high risk of developing cardiovascular disease.

Every heart that has beat strong and cheerfully has left a hopeful impulse behind it in the world, and bettered the tradition of mankind.

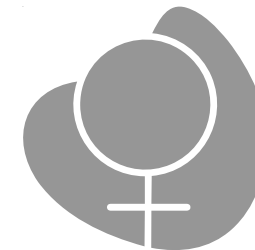
- Robert Louis Stevenson

MALE

Height	Ideal Body Weight
4' 6"	63 - 77 lbs.
4' 7"	68 - 84 lbs.
4' 8"	74 - 90 lbs.
4' 9"	79 - 97 lbs.
4' 10"	85 - 103 lbs.
4' 11"	90 - 110 lbs.
5' 0"	95 - 117 lbs.
5' 1"	101 - 123 lbs.
5' 2"	106 - 130 lbs.
5' 3"	112 - 136 lbs.
5' 4"	117 - 143 lbs.
5' 5"	122 - 150 lbs.
5' 6"	128 - 156 lbs.
5' 7"	133 - 163 lbs.
5' 8"	139 - 169 lbs.
5' 9"	144 - 176 lbs.
5' 10"	149 - 183 lbs.
5' 11"	155 - 189 lbs.
6' 0"	160 - 196 lbs.
6' 1"	166 - 202 lbs.
6' 2"	171 - 209 lbs.
6' 3"	176 - 216 lbs.
6' 4"	182 - 222 lbs.
6' 5"	187 - 229 lbs.
6' 6"	193 - 235 lbs.
6' 7"	198 - 242 lbs.
6' 8"	203 - 249 lbs.
6' 9"	209 - 255 lbs.
6' 10"	214 - 262 lbs.
6' 11"	220 - 268 lbs.
7' 0"	225 - 275 lbs.

FEMALE

Height	Ideal Body Weight
4' 6"	63 - 77 lbs.
4' 7"	68 - 83 lbs.
4' 8"	72 - 88 lbs.
4' 9"	77 - 94 lbs.
4' 10"	81 - 99 lbs.
4' 11"	86 - 105 lbs.
5' 0"	90 - 110 lbs.
5' 1"	95 - 116 lbs.
5' 2"	99 - 121 lbs.
5' 3"	104 - 127 lbs.
5' 4"	108 - 132 lbs.
5' 5"	113 - 138 lbs.
5' 6"	117 - 143 lbs.
5' 7"	122 - 149 lbs.
5' 8"	126 - 154 lbs.
5' 9"	131 - 160 lbs.
5' 10"	135 - 165 lbs.
5' 11"	140 - 171 lbs.
6' 0"	144 - 176 lbs.
6' 1"	149 - 182 lbs.
6' 2"	153 - 187 lbs.
6' 3"	158 - 193 lbs.
6' 4"	162 - 198 lbs.
6' 5"	167 - 204 lbs.
6' 6"	171 - 209 lbs.
6' 7"	176 - 215 lbs.
6' 8"	180 - 220 lbs.
6' 9"	185 - 226 lbs.
6' 10"	189 - 231 lbs.
6' 11"	194 - 237 lbs.
7' 0"	198 - 242 lbs.



Women's Target Values

Cholesterol

Total cholesterol

- Less than 200mg/dL=Desirable
- 200-239mg/dL= Borderline high risk of heart disease
- 240 mg/dL or greater= High risk of heart disease

LDL ("bad") Cholesterol:

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