

## THE NEW SCREENING BENEFIT

The preventive screening program is a simple, painless, non-invasive, ultrasound assessment that can evaluate your risk for early stages of heart, carotid (stroke), thyroid (nodules), and peripheral arterial disease (early diabetes and hypertension) and Aortic Aneurysm

### Abdominal Aortic Aneurysm (AAA) Screening

An abdominal aortic aneurysm ultrasound is a painless screening that can detect AAA, which is vital, since most patients don't show symptoms. This test identifies enlarged abdominal aorta, which may suggest the presence of an aneurysm. A ruptured AAA can cause blood loss, shock and possible death

There are usually no telltale signs to warn you that something is wrong. However, you still might have: Back pain, a deep pain on the side of your abdomen, a throbbing sensation near your navel. If the aneurysm ruptures, you might feel sick to your stomach, or suddenly develop an intense pain in your back or abdomen. You might vomit, become sweaty, or feel dizzy.

Doctors don't really know what causes an abdominal aortic aneurysm, although they suspect a few things might play a role: Hardening of the arteries, which doctors also call atherosclerosis, smoking, high blood pressure, genetic predisposition. If you have or develop an abdominal aneurysm, there can be a chance of blood clots. Small clots can form in the area of the aneurysm, break off, and flow to the legs, kidneys, or other organs. The AAA can be detected with an ultrasound of the Abdominal Aorta. Early detection of an AAA allows those at risk to be followed to prevent a rupture and clots.

### Echocardiogram or ECHO

An echocardiogram is a test that uses sound waves (no radiation exposure) to create a moving picture of the heart. It shows the function, size, shape and movement of the heart muscle. This test can also show how the heart valves are working and how blood is flowing through your heart, evaluating the pumping action of the heart.

### Carotid Doppler

The major goal of carotid ultrasound is to screen patients for blockage or narrowing of their carotid arteries, which if present may increase their risk of having a stroke. ***#3 Disease for men and women on average, one American dies from a stroke every 4 minutes.***

### Ankle-Brachial Index (ABI)

ABI is a simple, reliable means for diagnosing PAD (Peripheral arterial disease). Individuals with a high Ankle-brachial index are three to five times more likely to be at risk of heart attacks. ***Identifies hypertension - 67 million American adults (31%) have high blood pressure, 1 in every 3 American adults. Hypertension is extremely high among law enforcement officers and increases their risk for heart disease and stroke.***

### Thyroid Ultrasound

This test uses sound waves to determine if a nodule is solid or a fluid-filled cyst. (The risk of cancer is higher in solid nodules). This test also monitors the growth of nodules and it helps find nodules that are difficult to feel. ***National data- thyroid cancer fastest increasing cancer in the US. It can NOT be detected in blood work.***