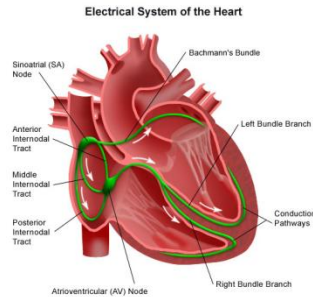


## Test Descriptions



### ELECTROCARDIOGRAM (EKG/ECG)

An electrocardiogram monitors the electrical activity and “rhythm” of the Heart. It is a great tool for the detection of ischemia, silent heart attacks, atrial fibrillation and weaknesses in different parts of the heart muscle. Atrial Fibrillation can also result in clots that travel to the brain and potentially be the cause of strokes. The EKG translates the heart’s electrical activity into line tracings called waves. These waves can even help to measure how well mechanical devices that are implanted in the heart, such as pacemakers, are working to control abnormal heartbeats.



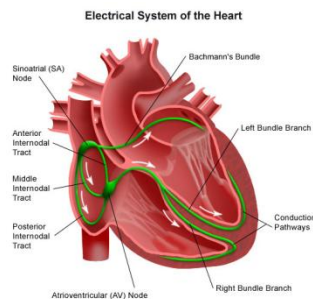
### ARTERIAL STIFFNESS INDEX (ASI):

The Arterial Stiffness Index measures the flexibility of the brachial artery. Hardening of the arteries - or arterial stiffness - occurs when fat, cholesterol, calcium, and other substances build up in the walls of the arteries and form a substance called plaque. Eventually plaque deposits can make the artery less flexible causing the heart to work harder to push blood throughout the cardiovascular system. This test employs FDA approved technology that measures for hardening of the arteries, missed heartbeats, and arrhythmias using computerized oscillometry and proprietary algorithms. The ASI correlates with the extent of atherosclerotic lesions.



### LIPID PANEL (Heart Disease & Diabetes)

The lipid panel measures known risk factors for heart attack and other forms of cardiovascular disease. The lipid panel includes measurements of Total Cholesterol (TC), HDL (Good Cholesterol), LDL (Bad Cholesterol), Triglycerides (Bad Fat) and Glucose. The glucose levels are measured to identify the risk or presence of diabetes. Having too much Cholesterol in the blood may lead to increased risk for heart disease. Over half of Americans adults have levels that are too high and one-fifth have levels that are in the high risk zone.



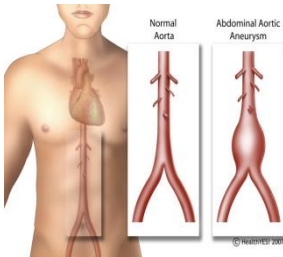
### FRAMINGHAM RISK SCORE

To determine your risk for having a cardiovascular event within 10 years we use Framingham Risk Scoring. The risk factors included in the Framingham calculation are age, total cholesterol, HDL cholesterol, systolic blood pressure, hypertension, diabetes and cigarette smoking. The Framingham risk score gives estimates for “hard CHD” which includes myocardial infarction and coronary death.



## STROKE / CAROTID ARTERY DISEASE:

80-85% of strokes (“brain attack”) result from clots that break off, traveling to smaller arteries in the brain. Carotid Artery Disease is a leading cause of these clots. Color Doppler Ultrasound is used to identify plaque build-up, blood clots, and other obstructions that increase the risk of a stroke. The amount and type of plaque is a good prognostic indicator of stroke risk. Studies have shown that those with atherosclerosis (hardening of the arteries) in the carotid arteries are not only at a higher risk for stroke, but also a higher risk of coronary heart disease.



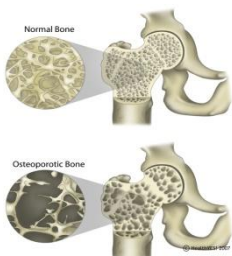
## ABDOMINAL AORTIC ANEURYSM (AAA):

The aorta is our largest blood vessel and its purpose is to carry oxygen-rich blood from our heart to the rest of our body. A healthy aorta is about the diameter of a garden hose with walls that are strong and flexible, allowing it to maintain its shape when under the pressures of the blood flow. An aneurysm occurs when the aortic wall weakens causing it to balloon. The weakened aorta bulges outward becoming large, thin and fragile. Ruptured aortic aneurysms are greater than 90 percent fatal. Ultrasound is used to visualize the aorta and take measurements at various points to identify any abnormal bulging in the aortic wall. Measurements exceeding 3 cm are considered aneurysmal.



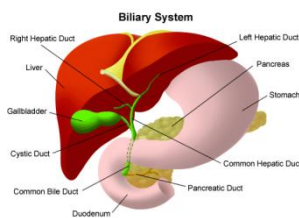
## PERIPHERAL ARTERY DISEASE (PAD):

Peripheral Artery Disease occurs when atherosclerosis (plaque build-up) occurs in the lower extremities. This prevalent and under-diagnosed condition can cause pain when walking and, if left untreated, can cause gangrene and amputation. More importantly it indicates the presence of plaque throughout the cardiovascular system and increases the risk of heart attack by 200-400%. This test is performed by placing blood pressure cuffs on the arms and ankles. The difference in blood pressures in your arms and legs is used to create a ratio (Ankle-Brachial Index) and will identify most cases of Peripheral Artery Disease.



## OSTEOPOROSIS TEST:

Osteoporosis is a disease in which bones become fragile and more likely to break. If undetected and left untreated, osteoporosis can progress painlessly until a bone breaks. These fractures typically occur in the hip, spine, and wrist. The Osteoporosis screening consists of an ultrasound of the heel bone to determine bone mineral density. The Bone Mineral Density (BMD) measurement is calculated and expressed as a “T Score”. The T-Score corresponds with the World Health Organization guidelines, and is considered a strong predictor of skeletal strength and fracture risk.



## ALT/AST LIVER FUNCTION

The ALT and AST are enzymes located in liver cells that leak out into the general circulation when the liver cells are injured. Therefore, they are good indicators of liver damage or injury from different types of disease, including heart failure, liver tumors, viral hepatitis, fatty liver and others.