

# Cardiovascular Disease Screenings

Provided by AREUFIT Health Services, Inc



## *Blood Pressure*

Also known as the silent killer, the US Department for Health and Human Services recommends that all adults over the age of 18 get screened for high blood pressure.

## *Cholesterol*

Heart Disease is the # 1 cause of death in the United States for both men and women. High cholesterol levels increase the risk of developing Heart Disease. Monitoring blood cholesterol levels often could greatly decrease the amount of preventable deaths each year.

## *Glucose*

Diabetes mellitus is a group of diseases characterized by high levels of blood glucose resulting from defects in insulin production, insulin action, or both. Diabetes can be associated with serious complications and premature death, but people with diabetes can take steps to control the disease and lower the risk of complications.

## *hsCRP*

CRP levels are closely associated with levels of cardiovascular risk and heart health. CRP can predict cardiovascular risks as well as cholesterol levels can. A simple CRP test can check levels of inflammation throughout your body. Since inflammation is believed to play a major role in the development of heart disease, getting checked early could help take the right steps in prevention and ensuring your heart and health for the future.

## *Stroke Assessment*

Every 45 seconds, someone in America has a stroke. About 700,000 Americans will have a stroke this year. Stroke is our nation's No. 3 killer and a leading cause of severe, long-term disability. This risk assessment consists of gathering personal and family risk factor information through medical history, pulse, blood pressure, and carotid artery checks. This screening takes approximately 10 minutes per participant including education.

## *Obesity*

Obesity can be assessed in many different ways, depending on the necessity for accuracy. Methods of assessing obesity are body mass index (BMI), waist circumference, waist-to-hip ratio as well as the measurement of percent body fat. According to the NIH, a 20% increase in body weight substantially increases the risk for hypertension, coronary artery disease, lipid disorders, and Type II diabetes.

**BLOOD PRESSURE**

**CHOLESTEROL**

**GLUCOSE**

**HSCRP**

**STROKE  
ASSESSMENT**

**OBESITY**