

JOHN MUIR
WOMEN'S HEART PROGRAM



*Are you
at risk?*



THE COMPREHENSIVE CARDIAC SCREENING APPOINTMENT

The cornerstone of the Women's Heart Program is the Comprehensive Cardiac Screening appointment. You do not need a physician referral for this screening evaluation, just a desire to learn about your risk factors and what you can do today to start living heart healthy.

Your appointment will include:

- Fasting full lipid panel [HDL, LDL, triglycerides, glucose]
- Physical Activity Index®
- Blood pressure measurements, including peripheral vascular screening
- Body mass index and abdominal measurements
- Personal report of Health Risk Assessment findings
- Private session with a cardiac nurse educator to discuss findings, recommendations and follow-up.

At the conclusion of this one-hour appointment, you will have valuable information and concrete goals for improving your heart health. All results are sent to the physician of your choice for follow-up.



In the United States, heart and vascular diseases kill nearly half a million women each year. As part of the John Muir Cardiovascular Institute, the Women's Heart Program is designed to help women identify their risk of heart disease and receive support and information about how to modify heart disease risk factors.

Conveniently located at the beautiful John Muir Women's Health Center in downtown Walnut Creek, our experienced staff provides women with comprehensive cardiac screening and education. A board-certified cardiologist directs the program, and all patients have access to an integrated team of healthcare professionals, including a cardiac nurse educator, nutritionist and exercise specialist.

ARE YOU AT RISK FOR HEART DISEASE?

If you check **any one** of these cardiac risk factors, you should be evaluated for your risk of heart disease.

- ___ **Family history:** Your father or brother under the age of 55, or mother or sister under the age of 65, had a heart attack, stroke, angioplasty or bypass surgery.
- ___ **Age:** You are 55 or older.
- ___ **Smoking:** You smoke, have smoked, or are exposed to second hand smoke.
- ___ **High blood pressure:** Your blood pressure is greater than 120/80, you have been told you have high blood pressure or are taking medicine to control blood pressure.
- ___ **Physical inactivity:** You do not exercise for 30 minutes at least 5 days per week.
- ___ **Overweight:** You are 30 or more pounds over your ideal body weight, or your waist circumference is greater than 35 inches. Abdominal fat is a risk factor for heart disease, high blood pressure and diabetes, even in women who are not overweight.
- ___ **Diabetes:** You have been told that you have diabetes, or you take medicine to control your blood sugar.
- ___ **Blood cholesterol level:** Your HDL (good cholesterol) is less than 50mg/dl or your LDL (bad cholesterol) is greater than 130 mg/dl.
- ___ **Menopause:** You have reached or passed menopause. Women begin to develop cardiovascular disease at a higher rate after menopause. Discussing the latest hormone research with your physician is important for your heart health.
- ___ **Stress:** You are under a great deal of stress in your life or feel depressed much of the time. Stress and depression contribute to heart disease and may increase the risk of death.

To schedule your appointment call us at (925) 941-7965

WOMEN'S HEART ATTACK: SYMPTOMS MAY BE DIFFERENT

A woman's most common heart attack symptom is chest discomfort or pain. Women are also likely to experience some of the lesser-recognized symptoms of a heart attack.

- Chest discomfort, pressure, burning
- Pain spreading to the shoulders, neck, arm, jaw or back
- Unexplained shortness of breath
- Unexplained sweating
- Upper abdominal discomfort, nausea, vomiting or unusual indigestion or gas-like pain
- Dizziness or fainting
- Unexplained weakness or fatigue

If you should experience any of the above symptoms for more than 5 minutes, **call 911 right away.**

About the John Muir Cardiovascular Institute

The John Muir Cardiovascular Institute is among the Bay Area's most advanced and comprehensive resources for heart care. With a long history of providing cardiac services to the community, John Muir Medical Centers in Concord and Walnut Creek are committed to quality care and excellent patient outcomes. The medical centers offer a full range of preventative, diagnostic, medical, interventional, surgical and rehabilitative services.

Our specialized programs include:

- Cardiac Surgery Program
- Cardiac Rhythm Center
- Atrial Fibrillation Program
- Women's Heart Program
- Heart Failure Program
- Chest Pain Centers
- Cardiac Conditioning Program

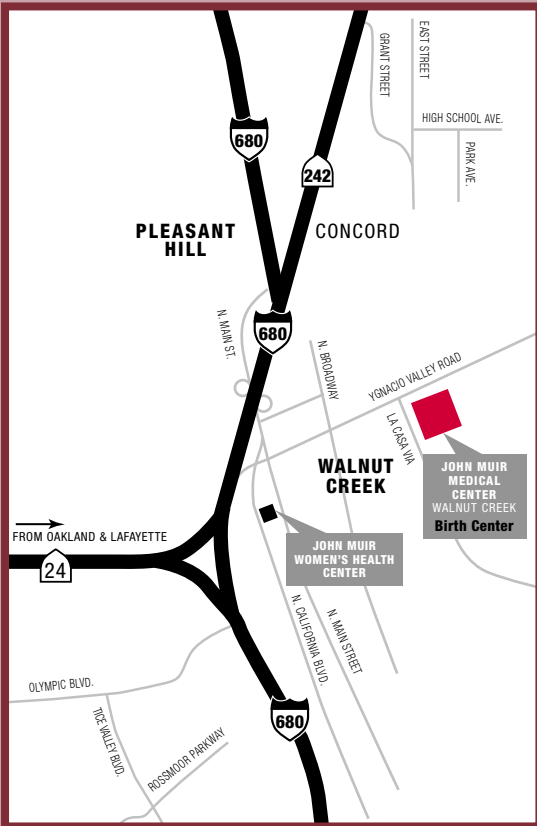
For more information about these programs, visit johnmuirhealth.com/cardiac

JOHN MUIR WOMEN'S HEALTH CENTER

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www.johnmuirhealth.com



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