

PROTECT YOUR HEART



NEARLY HALF OF ALL AMERICANS HAVE AT LEAST ONE OF THREE KEY RISK FACTORS FOR HEART DISEASE: HIGH BLOOD PRESSURE, HIGH CHOLESTEROL OR SMOKING

EVERY 40 SECONDS SOMEONE IN THE U.S. HAS A HEART ATTACK

1 IN 4 DEATHS IN THE U.S. ARE CAUSED BY HEART DISEASE



HEART DISEASE IS THE #1 CAUSE OF DEATH IN THE UNITED STATES

ARKANSAS HAS THE THIRD HIGHEST U.S. DEATH RATE FROM HEART DISEASE

ELIMINATE UNCERTAINTY

For many suffering from heart disease, there are no obvious outward signs, and the very first symptom is a heart attack. Eliminate uncertainty about your heart health through the Keep the Beat program – only at Arkansas Heart Hospital. Our comprehensive heart screening assesses your cardiovascular risk and helps move you away from becoming a statistic. The earlier heart disease is detected, the greater the chance that it can be slowed, stopped or even reversed.

9-STEP RISK PROFILE

Each component of our screening helps build your cardiovascular risk profile, which one of our world-class providers will review with you. We'll also assist you in moving forward with good choices for your heart health.

1. HeartSaver CT scan: CT scan of the heart to assess hard calcium deposits
2. Laboratory Blood Tests:
 - Lipid Panel: Total Cholesterol, HDL, LDL & Triglycerides
 - Hemoglobin A1C: Diabetic Screening
3. Resting Electrocardiogram (ECG)
4. Carotid Artery Assessment
5. Peripheral Vascular Assessment
6. Blood Pressure Evaluation
7. Risk Evaluation: Assess risk factors and the risk of heart disease over the next ten years
8. Body Composition: Body Mass Index (BMI) and measure of body fat percentage
9. Nutrition Counseling: Receive personalized nutrition counseling to set you up for success



\$99

**9-STEP
HEART SCREENING**



SCHEDULE YOUR SCREENING ONLINE. SCAN THIS QR CODE OR VISIT ARHEART.COM/KEEPTHEBEAT TO SELF-SCHEDULE AN APPOINTMENT.

**ARKANSAS
HEART
HOSPITAL®**