

## **Take A Moment For Your Heart**

You're the typical baby-boomer. You lead an active lifestyle. You work hard and play hard. You try to eat right, exercise regularly and keep the stress level at a moderate range. You know the risk factors for heart disease and realize with your family's history, you are at a higher risk for developing it yourself. How can you arm yourself with information and preventive measures?

In recognition of American Heart Month, Russell Medical offers three important heart screenings to help assess changes in the heart, including calcium-score screening heart tests. The test involves a non-invasive, CT scan that provides enhanced 3-D images of the heart to detect calcium deposits found in the atherosclerotic plaque in the coronary arteries. CT scans, such as this one, are the most sensitive approaches to early detection of coronary artery disease, before symptoms develop. This screening tool takes just a few minutes to conduct. A copy of your test will be sent to one of the four cardiologists on staff at Russell Medical, in addition to the patient's primary care physician. The cost is \$90 and is not covered by health insurance as it is a screening.

Another simple, yet important test is the stroke prevention ultrasound screening for \$75.00. This carotid artery ultrasound can spot the subtle thickening due to plaque on the artery walls that can lead to stroke. In addition, Russell Medical also offers a limited echocardiogram screening, which uses sound waves (ultrasound) to generate 3-D moving images of the heart to assess the chambers and valves and tell how well your heart muscle and heart valves are functioning. Cost for this screening is \$125.

To schedule and register for these screenings, please contact Russell Medical Scheduling at 256-329-7826. Please note that these are screenings tests, and not covered by insurance. Appointments are required, and payments for the screenings must be made prior to the tests.