



## Clinic partnering with Life Line for preventative screenings

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MONROE -- Monroe Clinic is partnering with Life Line Screening, the nation's largest provider of preventive screenings, to stop stroke and heart disease in their tracks.

Screening can identify risk factors that lead to stroke or fractures before these disabling or deadly events occur.

"Combining Life Line Screening's preventive service with Monroe Clinic's diagnostic and treatment abilities creates a continuity of care that is unsurpassed in this area," Chief Nurse Executive Paula Elmer said.

Three screenings will be held from 9 a.m. to 4:30 p.m. on Thursday, Aug. 23 in Founders Hall of Monroe Clinic. Screenings include:

- \* Stroke/Carotid Artery Screening -- painless, non-invasive Doppler ultrasound is used to visualize the carotid arteries, which are the arteries that bring blood to the brain. The majority of strokes are caused by plaque build-up in these arteries.
- \* Abdominal Aortic Aneurysm Screening -- Ultrasound is used to visualize the abdominal aorta, the largest artery in the body, to measure the diameter of the aorta. This measurement can indicate if there is a weakening in the aortic wall, which can cause a ballooning effect known as an aneurysm. Aneurysms can burst, which is usually fatal.
- \* Peripheral Arterial Disease Screening -- PAD is also known as "hardening of the arteries." Sufferers have a four- to six-fold increased risk of cardiovascular disease. Risk is evaluated through a measurement called the "Ankle-Brachial Index," which is obtained by reading the systolic pressure in the ankle and arm.

"These screenings are important because stroke strikes every 45 seconds and claims a life every 3 minutes," Elmer said. "It is the third leading cause of death in the United States and the No. 1 cause of adult disability. A simple screening may prevent death or

disability."

All three screenings cost only \$119; each screening costs \$45. Fees are payable by cash, credit, or check only. Insurance will not be billed.

Appointments are required. Call (800) 779-6353 and reference Monroe Clinic to the operator.

