

HEART AND VASCULAR SCREENINGS

A set of four screenings to evaluate your heart and circulation — and they are FREE

1. Echocardiogram – An ultrasound of the heart, the echocardiogram demonstrates how your heart is working by evaluating various structures of the heart and how they are working normally and detect potential abnormalities.
2. Abdominal aortic ultrasound – Evaluates size, shape, and blood flow through the aorta that supplies blood to your lower extremities.
3. Ankle-brachial index (ABI) – Evaluates blood flow in your limbs to measure your risk of peripheral artery disease (PAD).
4. Carotid artery ultrasound – Evaluates the blood flow from your heart to your brain.

Preventive screenings in one package

Our screenings involve more than your blood pressure and heart rate. These heart and vascular screenings evaluate how well the heart functions, including its rhythm, blood flow and circulation throughout the body. These simple, painless tests help detect problems early – before symptoms appear. And with early diagnosis, we have more options for treatment to keep heart and blood vessels healthy.

If your results show you are at risk for heart or vascular disease, our highly trained team can work with your primary care provider to develop a treatment plan to lower your risk of heart attack, stroke, abdominal aortic aneurysm (AAA) and peripheral arterial disease (PAD) to the legs and feet.

Heart and vascular health matters. We can help.

If your primary care provider feels you could benefit from our heart and vascular screenings, call us today.

When are you at risk for heart or vascular disease?

You may be a good candidate for heart and vascular screenings if you are:

- Over 65 years of age
- Or 50-64 years of age with at least 1 risk factor (check which apply)
- Or under 50 years of age with diabetes or tobacco use and at least one different risk factor (check which apply)
 - Diabetes
 - History of tobacco use
 - High cholesterol
 - High blood pressure
 - Family history of heart disease
 - History of claudication, pain with walking or exertion or other non-joint-related symptoms in lower extremities
 - Impaired walking function
 - Leg pain at rest
 - Abnormal lower extremity pulse examination
 - Vascular bruit or increased sound in the artery
 - Non-healing leg or foot wound
 - Gangrene in leg or foot
 - Renal (kidney) insufficiency/failure

Patient name

Birthdate

Referring provider name (please print)



Goshen Health

To schedule an appointment call
(574) 364-2400 fax to (574) 364-2410.