

**NC Centennial Campus**  
Main Campus Drive/  
Venture Center  
Courtyard

**October 8, 2019**  
**8:00 a.m. – 1 p.m.**

## **REX HEART & VASCULAR MOBILE SCREENINGS**

### **ABDOMINAL AORTIC ANEURYSM**

An ultrasound of the abdomen is performed to assess for bulging vessels. The larger an aneurysm becomes, the more likely it is to burst, which is life threatening. Aneurysms are often caused, or made worse, by high blood pressure.

### **CARDIAC EJECTION FRACTION**

The proportion, or fraction, of blood pumped out of your heart with each beat is called the ejection fraction (EF). An ultrasound of the heart assesses left ventricular blood flow or heart muscle function. Patients with an ejection fraction of 40 percent or less have a much higher risk for stroke.

### **STROKE (CAROTID ARTERY DOPPLER)**

The carotid doppler examination is a non-invasive and painless ultrasound scan of the neck arteries to detect plaque buildup. The most common source of disruption is a significant narrowing or blockage of the carotid arteries which are the main blood supply to the brain.

### **BLOOD PRESSURE**

This screening measures the systolic and diastolic pressures. The higher one's blood pressure, the greater the risk of stroke, heart attack, and heart failure.

### **BODY MASS INDEX (BMI) AND WAIST CIRCUMFERENCE**

BMI is used because for most people it correlates with their amount of body fat. Being overweight or obese has been shown to increase the likelihood of heart disease, diabetes, and other health problems.

### **CHOLESTEROL AND DIABETES**

The cholesterol lipid test is an analysis of a small blood sample taken via finger stick to assess both HDL and LDL cholesterol levels. As blood cholesterol exceeds 220 ml/dl, the risk for heart disease increases at a more rapid rate.

### **PRICING**

\$115 For Ultrasounds  
\$149 full package

Appointments are required. Please log onto [rexhealth.com/heartscreening](http://rexhealth.com/heartscreening) to complete your health assessment and schedule your screening.

Please contact Lisa Horton at (919) 784-6037 or [lisa.horton@unhealth.unc.edu](mailto:lisa.horton@unhealth.unc.edu) if you need assistance.



**UNC REX  
HEALTHCARE**

