

# Wellness Institute ... Keeping you healthier

## Heart Health & Diabetes

Name \_\_\_\_\_ Appt Date \_\_\_\_\_ Time \_\_\_\_\_

Mailing Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Tel \_\_\_\_\_ Work Tel \_\_\_\_\_

Social Security # \_\_\_\_\_ Date of Birth \_\_\_\_\_

Insurance Name \_\_\_\_\_ Secondary \_\_\_\_\_

### **Heart Attack and Heart Disease:**

Risk factors include a history of diabetes, high cholesterol, high blood pressure, cigarette smoking, excess body weight, a waist >35" in a female or >40" in a male, lack of exercise, and a family history of early heart disease.

### **Stroke & High Blood Pressure:**

Risk factors for high blood pressure which can result in a stroke are family history, age, race, being overweight, smoking, alcohol and caffeine intake, a lack of exercise, and a diet high in fat, sugar, and salt.

### **Diabetes:**

Risk factors for diabetes and impaired glucose tolerance include family history, age, race, and obesity. Diabetes is the sixth leading cause of death in the U.S.

### **Metabolic Syndrome:**

A group of conditions which result in higher incidence of heart attack, stroke, and diabetes. These include high triglycerides, low HDL (good cholesterol), abdominal obesity, being overweight, having high blood pressure or diabetes, and a family history of early death from cardiac or diabetes complications.

### **PAD:**

Peripheral arterial disease can cause leg cramps, walking discomfort, and loss of sensation in your limbs. Risk factors include high cholesterol, diabetes, high blood pressure, a lack of exercise, age, and being overweight.

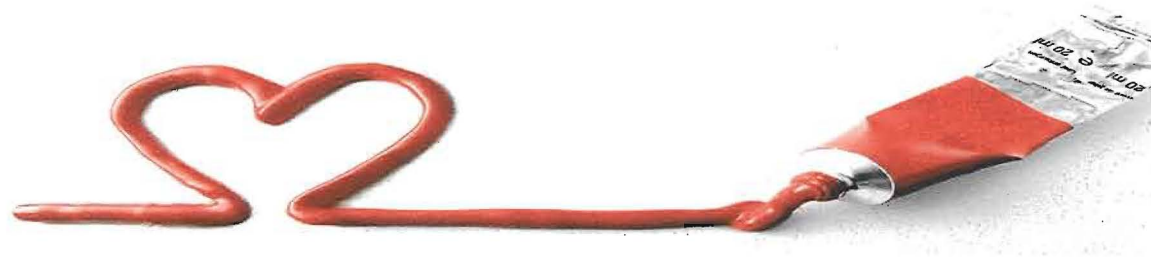
### **Enroll Now!**

Heart Health & Diabetes screening includes lab work, cardiac exam, EKG and vascular doppler, lifestyle counseling and a follow up visit to discuss your results. You will be given a written report and copies of results for you and your doctor.

**To enroll, complete and fax this form to 845-638-9436; or call 845-638-4574.  
You will be given a specific appointment which is required.**



**Take care of your heart in 2010...**



## **Heart Health & Diabetes**

Screening Program

**2010**

**Leg Cramps? Numbness or Tingling? Swollen Ankles? Leg Pain with walking or standing?  
Chest twinges? Palpitations?  
Family history of heart attack, strokes or diabetes?  
Overweight, smoker, non-exerciser?  
Male over 45, female over age 55?**

- All excellent reasons to check out the health of your circulatory system
- Risk factors include heart disease, hypertension, and diabetes
- Sign up for a screening **at your senior center** that includes the latest testing
- Get individualized counseling on your risk factors and health status
- 30 minute appointments

**Your Senior Center A convenient date and time**



**For Seniors:**

**Covered by insurance and Medicare.**

**For appointments call: (845) 638-4574 or fax (845) 638-9436**

**Provided by Wellness Institute**

