

April 11, 2008

Dear Foundation Board Members:

We are proud to report that the 2 BigHearts screenings held this spring was a huge success, thanks to the combined generosity of the La Porte Hospital Foundation and the 2 BigHearts Foundation. Between February 21 and March 7, ninety six women were screened at the La Porte Hospital Cardio Vascular Lab. The free screening included blood pressure reading, a lipid panel (total Cholesterol, HDL, LDL and Triglyceride), fasting blood glucose, ankle-brachial index, body fat percentage, health risk analysis survey, cardiac, carotid and aortic ultrasound screening, a 12-lead EKG and new this year we added a Framingham risk analysis and Metabolic Syndrome analysis.

Dr. Joseph Rosenblum, Dr. Mc Kindra Fletcher and Dr. David Gorecki donated their time to read the EKG, echocardiogram and ankle-brachial index tests. Results were mailed directly to participants along with information on diabetes and wellness opportunities. Overall screening time for each individual was minimal taking approximately 25-30 minutes.

Participants were advised to follow-up with their personal physician regarding any abnormal test results as well as the health risk analysis lifestyle survey. The table below represents the percentage of participants with test values outside the recommended ranges as set by The Health People 2010 Program.

Number With Abnormal Results	Percentage With Abnormal Results	Test/Indicator
31	32%	EKG
22	23%	Echocardiogram
26	27%	Blood Pressure
3	3%	Ankle-Brachial Index
76	79%	Total Cholesterol/HDL Ratio
18	19%	Triglyceride
25	26%	Blood Glucose
70	73%	Overweight
15	16%	Carotid Ultrasound
0	0%	Aortic Ultrasound

The graphs on the following pages represent the age distribution and location distribution respectively. The health risk analysis identified these lifestyle risk factors: 11% use tobacco, 27% reported problems with stress and 80% reported a lack of exercise.

Many participants expressed their gratitude for the screening and comments received were very positive.

Thank you once again for your continued support of this very successful 2 BigHearts screening program. It is our goal to continue to educate, provide opportunities for early detection, and provide knowledge to the women in our community regarding the risks of cardiac and vascular disease.

Sincerely,

Marcia Brewer, BS, MSA, RN
Director of Cardiovascular Services
La Porte Regional Health System

