



2912 Roslyn Trail Long Beach IN 46360 [www.2BigHearts.org](http://www.2BigHearts.org)

Part of our mission at 2 BigHearts is education and prevention. Please take the following list to your doctor. It could save your life.

PLEASE PRINT THIS OUT AND SHOW YOUR DOCTOR.

The following tests should be requested when visiting your doctor:

1. Electrocardiogram screen (EKG) – records the electrical impulse through the heart. Irregularities, such as widening of the QRS (when the heart ventricles contract) may indicate an enlarged heart.
2. Echo Screen – an ultrasound exam that looks at the heart muscle to see if it is thickened, which may indicate an enlarged heart.
3. Ankle-Brachial index (ABI) – compares blood pressure measurements taken in the upper arm compared to the lower leg. Elevated results may indicate the risk for cardio-vascular disease.
4. Lab draw [fasting blood sugar and lipid panel]—indicates potential cardiovascular risk if above normal ranges and risk of diabetes.
5. Height/weight/blood pressure –indicates cardiovascular risk if above normal ranges.
6. Body fat/height and weight analysis—indicates cardiovascular risk if above normal accepted ranges.
7. Carotid screen with IMT – an ultrasound exam that looks at the carotid arteries in the neck to see if there is plaque buildup within the arteries.
8. Aorta Screen – an ultrasound exam that looks at the aorta, the largest artery in the body, looking for an aneurysm which is a ballooning of the side wall of the artery.
9. Health Risk Appraisal (HRA) identifies health and lifestyle behaviors that impact long-term health.