



The Women's Heart Initiative

*Specialized cardiovascular
screening and educational
programs, just for women.*



Women's 
HeartCare Center
of Evansville

 Ohio Valley
HeartCare


ST. MARY'S
Heart Institute

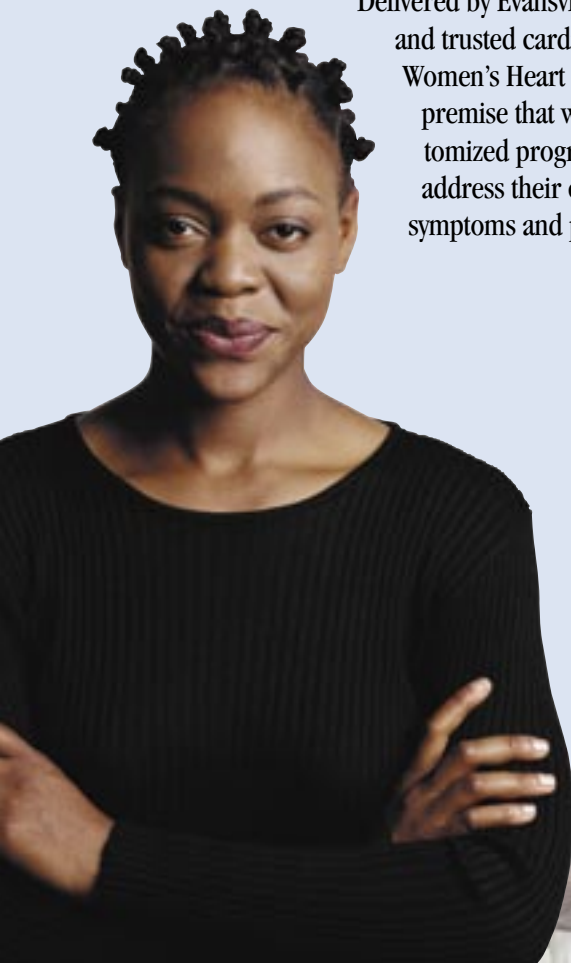
A Woman's Heart *is Different*

Plain and simple, a woman's cardiovascular health is different than a man's...

- *You can experience vastly different cardiovascular symptoms*
- *Your heart disease risk factors differ*
- *And you have an increased risk of heart disease following menopause*

Treating a woman's cardiovascular system should also be different. Which is why Ohio Valley HeartCare and its Women's HeartCare Center of Evansville division, along with the St. Mary's Heart Institute, created an initiative to provide tri-state area women with specialized cardiology risk assessment screening and educational services focused solely on their healthcare needs.

Delivered by Evansville's most experienced and trusted cardiology experts, the Women's Heart Initiative is built on the premise that women require customized programs and services to address their cardiology conditions, symptoms and preventive care.



Comprehensive, Confidential and *Cost-Effective Screening Services*

During a risk assessment screening at the Women's Heart Initiative, you receive a comprehensive range of female-focused services that not only evaluate your cardiovascular profile, but also provide you with valuable educational information to help you take control of your health and possibly prevent the onset of heart disease or stroke.

Available at a reasonable cost, the Women's Heart Initiative screening lasts approximately one hour and is conducted by cardiac care nurses in a confidential setting. We utilize state-of-the-art technology in our screening program, including a 12-lead electrocardiogram (EKG) analysis that provides more detailed, gender-specific diagnostic results and 28 percent improved detection of such problems as acute inferior myocardial infarction (heart attack) in women under age 60.

During the Women's Heart Initiative screening, you receive:

- *12-lead diagnostic EKG testing and results*
- *Cholesterol measurement analysis*
- *Lipid profile testing, including an analysis of your LDL cholesterol and triglyceride levels*
- *Personal body fat/body mass index analyses*
- *Blood pressure check*
- *Blood sugar level measurement*
- *Lifestyle activity, exercise and stroke symptoms assessments*
- *Carotid artery check*
- *Educational material and recommendations for staying healthy and avoiding potential cardiovascular conditions*
- *Consultation with a registered nurse who specializes in cardiac care*

Should your screening results indicate the need for potential further treatment, we will also provide you with recommendations for additional care.

Physician referrals are not required for the screening, so feel free to take the initiative and call us at 812.475.8405 to schedule your appointment.



Delivered by *HeartCare Experts*

Ohio Valley HeartCare and its Women's HeartCare Center of Evansville division, along with the St. Mary's Heart Institute, have long been recognized as the region's leading cardiovascular experts.

With multiple offices and clinics throughout the community, Ohio Valley HeartCare has provided comprehensive cardiology and cardiovascular surgery services to patients in Indiana, Kentucky and Illinois since 1980. In addition to the Women's HeartCare Center of Evansville, Ohio Valley HeartCare also operates the Angina Center of Evansville, the Thoracic Surgery Center at Ohio Valley HeartCare, the Anticoagulation Clinic, CardioVention® corporate wellness services, the Vascular Lab at Ohio Valley HeartCare, and the ViewPoint peripheral vascular screening program.

A top provider of advanced cardiac care in the tri-state area, the St. Mary's Heart Institute offers a full array of diagnostic and interventional cardiac services, and is a recognized leader in community education and screenings that form the front line against heart disease. The Heart Institute's speaker's bureau, reference materials and educational seminars also reinforce the importance of prevention and early detection to area residents.



Better Health Through *Educational Programming*

You can take the initiative to support the community's well being by scheduling our cardiac care specialists to speak at your business, community, philanthropic or other related gatherings. Among many topics, our speaker's bureau experts can address such issues as female-specific heart disease risk factors, common heart attack and stroke symptoms, dieting and nutrition, and how lifestyle modifications can help you avoid heart disease.

The Women's Heart Initiative offers these presentations as a free community service so that area residents can become more knowledgeable about critical health issues, especially considering that cardiovascular diseases are, by far, the country's leading cause of death among women.

To discuss or schedule a presentation, just call us at 812.475.8405 and we'll be happy to create a program for your group's specific information needs.

www.womensheartcare.com
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