

Celebrate Healthy Heart Month by Being “In the Know”!

February is Healthy Heart Month and last year Newman Memorial Radiology supported this event by creating a special on their CT Heart Scans (CT Calcium Scores). The idea was to offer a reduced rate in order to get the people of our community proactive about their heart health. These scans are a great way for people to see how much plaque build-up there is in coronary arteries and then follow up with their physicians to make changes in lifestyle or with medical intervention, if necessary. In 2016, NMH completed four heart scans. During the month of February 2017, they completed **two hundred!** There were several scans that helped identify individuals with a high risk for heart attacks and got them on the road to prevention! This was an amazing community outreach program and for some, a life-saving one! So we decided that we needed to go even bigger in 2018!

As part of our community outreach, Newman Memorial Hospital is offering several different clinical specials during February. We wanted to have something for everyone! The most inclusive is the \$75 Cardiac Clinical Special, which includes a CT Calcium Score/Heart Scan (measures plaque buildup in the coronary vessels), a Lipid Profile (helps determine risk of heart disease by measuring fats and fat-like substances in the blood), and an Atrial Fibrillation Screening (EKG electrodes to identify presence or absence of irregular heartbeat). These procedures would typically exceed \$300. We are also offering our \$40 heart scans/CT Calcium Scores and a \$35 Lipid Profile/AFIB screening. Approximately 735,000 people in the U.S. will have a heart attack this year. We want to help our community understand their risk and get proactive about prevention! If you have questions or would like to take advantage of this Healthy Heart Month special, please call 580-938-5512.