

Long Beach Memorial Medical Center
**Center for Women's
Cardiac Health**



Memorial Heart & Vascular Institute

Take Your Health To Heart

Every woman needs to know about heart disease the #1 killer of all women.

- ♥ Most people don't realize the leading cause of death among women over the age of 25 is cardiovascular disease.
- ♥ 1 in 3 women will die of heart disease or stroke.
- ♥ Women are six times more likely to die after a stroke than men.
- ♥ 80 percent of heart attacks are preventable if risk factors are controlled.
- ♥ 8 million women are affected with heart disease who need primary prevention. That's why we established the *Center for Women's Cardiac Health and Research*, to give each woman the individualized care she needs.

Innovations In Cardiovascular Care

Established in 1987, the Memorial Heart and Vascular Institute (MHVI) is one of the nation's most successful and innovative heart centers. The MHVI, supported by a history of progressive cardiac care at Long Beach Memorial, dates back to 1950, and

is now one of California's most comprehensive centers for the diagnosis, treatment and rehabilitation of heart disease — all in a state-of-the-art facility.

How Do I Know I Have Heart Disease?

Heart disease (HD) affects your heart's blood vessels, muscle, & electrical system in your heart. The most common form of HD is coronary artery disease (CAD), in which fat-like deposits called plaque build up & clog the arteries in your heart and prevent sufficient blood circulation. CAD can lead to heart attack, angina (chest pain), and heart failure. Knowing your risks & how your heart is working are the first steps toward preventing a heart attack and stroke, and complications, or even an early death.

Know Your Heart Disease Risk Factors

- ♥ Smoking
- ♥ Diabetes
- ♥ Family History
- ♥ High Blood Pressure
- ♥ High Cholesterol
- ♥ Physical Inactivity
- ♥ Overweight



Who Should Undergo A Comprehensive Cardiac Risk Screening At The Center For Women's Cardiac Health?

- ♥ Women who are unsure of their risk factors for either stroke, heart disease or diabetes
- ♥ Women who have borderline or high blood pressure
- ♥ Pre/Peri/Post-menopausal women
- ♥ Women who have borderline or high cholesterol
- ♥ Women with a family history of stroke/heart disease
- ♥ Women who smoke
- ♥ Women who are overweight
- ♥ Women who have symptoms of heart disease, including shortness of breath, palpitations or fatigue

Assess Your Heart Health

Take the Women's Heart Coronary Risk Profile by going to: http://www.memorial-care.org/long_beach/services/heart_vascular_institute/heart_vascular_institute.cfm Once at the heart institute website click Women's Heart.

Center for Women's Cardiac Health & Research

The Center for Women's Cardiac Health & Research is a Preventive Cardiovascular program, supported by a highly trained professional group of advanced practice nurses, board certified cardiologists / cardiovascular surgeons, exercise physiologists, and a dietician.

Our Goals

- ♥ To identify and treat heart disease and stroke risk factors in women using evidence-based guidelines;
- ♥ To recognize and treat heart disease in women that have been undiagnosed;
- ♥ To deliver innovative, multidisciplinary care using the newest non-invasive technology, research, and medical treatment for women's heart health.

Our Standard Clinical Package For \$55 Includes:

- ♥ Complete Medical & Family History
- ♥ Physical Exam - This exam focuses on the cardiovascular system (heart, lungs, and all major blood vessels in the body)
- ♥ A comprehensive health assessment survey to calculate your risk for heart disease
- ♥ Cholesterol & Blood Sugar Testing
- ♥ Measure of your Blood Pressure, Weight, Body Mass Index & Body Fat Analysis

- ♥ 12-Lead Electrocardiogram
- ♥ Review eating habits & activity choices
- ♥ Coordination of care with primary care physician or cardiologist

Additional Cardiac Tests

Women whose initial evaluation indicates that they may be at intermediate or high risk for heart disease will be encouraged to undergo some of the following tests.

\$35 - Additional Labs

- ♥ Fasting Lipid Profile
- ♥ High sensitivity CRP
- ♥ Homocysteine

\$75 - Vascular Screening For Peripheral Arterial Disease

- ♥ Includes vascular questionnaire for Peripheral Arterial Disease and Ankle Brachial Index Testing

Personal Plan

Following the screening, the advanced practice nurse will discuss the physical examination and test results. Each woman will be given an individualized treatment plan that may include recommendations for additional cardiac testing.

To schedule a comprehensive cardiac risk screening at the Center for Women's Cardiac Health, call (562) 933-2460 or go to our web site at www.memorial-care.org/long_beach/services/heart_vascular_institute/heart_vascular_institute.cfm -- Once there click Women's Heart.

Women's Health Research Registry At MHVI™

To help women and medical professionals find out why diseases affect women differently than men, the Center for the Women's Cardiac Health & Research, has created the Women's Health Research Registry. Our goal is to create an opportunity for all women to fill out the health survey, and to consider volunteering for medical studies that will help us advance medical knowledge about women's health. To find out more about current research studies and eligibility criteria or to register as a potential study participant, call (562) 933-2460 or go to our web site at www.memorialcare.org/long_beach/services/heart_vascular_institute/heart_vascular_institute.cfm -- Once there click Women's Heart.

Directions To The Women's Heart Center

2865 Atlantic Ave., Suite 210, Long Beach

From 405 South take Atlantic Avenue exit South. Make a right on 29th Street. Parking is on your immediate right. Our office will validate your parking pass, but there will be a \$2.00 parking charge. An elevator is available if you enter the building through either Lakeview Drive or Atlantic Avenue.

Contact Program Director

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HEART AND VASCULAR INSTITUTE AT LONG BEACH MEMORIAL

CENTER FOR WOMEN'S CARDIAC HEALTH & RESEARCH