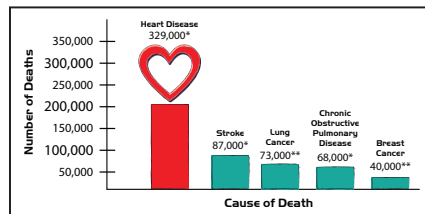


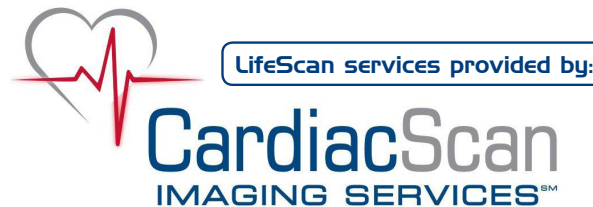
Heart Disease risk is higher for law enforcement personnel than for the rest of the U.S. population. These findings signal the need for additional precautions

### Did you know...

- Police Officers live an average of 15 years less than the average American.
- Studies have shown that nearly 50% of Police die of heart disease within five years of retirement
- Statistically, Police are 25 times more likely to die from cardiovascular disease (CVD) than from the action of a suspect.
- The statistics are staggering; "A red flag should go up, and more screening should be considered beyond the routine." Says Sandra Ramey, PhD, RN, professor at the University of Iowa College of Nursing.
- Police Officers and firefighters face a tremendous amount of stress on a daily basis. As a result, their risk for cardiovascular disease is much higher than it is for the rest of the population.
- Over the past 30 years, 45 percent of firefighters' on-duty deaths have resulted from heart disease.
- A study conducted by the NFPA in 2005 indicates that 43.7% of firefighter deaths from 1995 through 2004 were the result of sudden cardiac death.



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## ARE THEY AT



### Police Officers, Fire Firefighters and Heart Disease

- Chronic stress is linked to more heart disease among police
- Most firemen die not from burns or smoke but heart disease
- Research showing increased risk and prevalence of cardiovascular disease in Police Officers also could apply to firefighters, nurses and teachers. \*CDC
- The risk for cardiovascular disease is higher among law enforcement Officers than it is for the rest of the population
- Firefighters, nurses, teachers and even newspaper reporters are all vulnerable to the effects of chronic stress, said Warren Franke, PhD, a kinesiology professor and director of the exercise clinic at Iowa State University.



The LifeScan procedure is a simple, painless, non-invasive, ultrasound package that can evaluate your risk for Cardiovascular Disease, Stroke and Peripheral Vascular Disease. We will perform an Echocardiogram, a Carotid Ultrasound, and an Ankle-Brachial Index in complete privacy. The studies are performed by the most highly-trained Cardiovascular Technologists and you are provided with an immediate assessment of your risk with a complete confidential and customized report.

## Discover the Advantages of Ultrasound Imaging:

- Performed in complete privacy
- Confidential and customized report, read and analyzed by a highly respected Cardiologist
- Complete procedure in approximately 30 minutes



## Imagine your peace of mind.....

Healthcare costs are skyrocketing. The key to lowering these costs and ensuring that you stay healthy is through preventative measures. By detecting potential risks early, health issues can be managed much more easily and at a significantly lower cost.



### Your Procedure Will Include:

## ECHOCARDIOGRAM:

An Echocardiogram is a test that uses sound waves to create a moving picture of the heart. The picture is much more detailed than x-ray image and involves no radiation exposure. Doctors will be able to learn about the size, shape, and movement of your heart muscle. This test can also show how the heart valves are working and how blood is flowing through your heart. Echocardiograms will also give doctors information about your arteries. An echocardiogram (often called "echo") is a graphic outline of the heart's movement. During this test, high-frequency sound waves, called ultrasound, provide pictures of the heart's valves and chambers. This allows the technician, called a sonographer, to evaluate the pumping action of the heart. Echo is often combined with Doppler ultrasound and color Doppler to evaluate blood flow across the heart's valves.

## CAROTID ULTRASOUND:

Why do a Carotid Ultrasound; to detect Carotid artery disease, which occurs when the carotid arteries in the neck become narrow and stiff with plaque. Strokes result either from obstruction of the blood flow to the brain by or when bits of plaque and clots break off from the plaque and flow to the brain. The carotid ultrasound is most frequently performed to detect narrowing, or stenosis of the carotid artery. The major goal of carotid ultrasound is to screen patients for blockage or narrowing of their carotid arteries, which if present may increase their risk of having a stroke. Once the diagnosis is made a comprehensive treatment may be initiated.

## ANKLE-BRACHIAL INDEX:

(ABI) is a simple, reliable means for diagnosing PAD (Peripheral arterial disease). Blood pressure measurements are taken at the arms and ankles using a pencil shaped ultrasound device called a Doppler. A Doppler instrument produces sound waves (not x-rays) and is considered noninvasive because it does not require the use of needles or catheters. The ABI test is simple enough to be performed in any doctor's office or vascular laboratory. Individuals with a high Ankle-brachial index are three to five times more likely to be at risk of heart attacks

### Preparing For Your Procedure:

- There is no special preparation for this test.
- No medications are given to you during the test. You will be able to drive yourself home after the test is completed.

**See the back for details about when we'll be in your neighborhood.**





In an exclusive partnership with renowned medical research facility Winthrop University Hospital and the Suffolk and Nassau County Police Benevolent Associations, CardiacScan Imaging Services has concluded the first phase of cardiac screening for a two-year study of the risk factors associated with the high stress population of police. Here are some findings:

### Of the 380 officers scanned (134 in Suffolk)

- More than ½ classified as overweight, 1 in 3 considered clinically obese
- 15% were found to have high blood pressure
- 25% were found to have high cholesterol
- Roughly 25% of the individuals scanned were found to have abnormal echocardiograms

**1 IN 4 NEEDED TO FOLLOW UP WITH A PHYSICIAN FOR A COMPREHENSIVE ECHOCARDIOGRAM AND CLINICAL EXAMINATION.**

**PHASE 11 OF TWO OF THE STUDY WILL INCLUDE ADDITIONAL MEASUREMENTS PROVIDING A MORE INDEPTH UNDERSTANDING OF THE EFFECTS OF HEART DISEASE ON THE LAW ENFORCEMENT COMMUNITY.**

- Statistically, Police are 25 times more likely to die from cardiovascular disease (CVD) than from the action of a suspect.
- “Preliminary findings show that one third of law enforcement officers had heart disease that is unrelated to traditional risk factors, such as high cholesterol," says Dr. Superko. "Those results are astounding and point at job duties and environment as the primary determinants for early death in our country's first responders”
- Studies have shown that nearly 50% of Police die of heart disease within five (5) years of retirement.

CardiacScan Imaging is on-site to provide our LifeScan Screen at the SCPBA office every 2<sup>nd</sup> and 4<sup>th</sup> Wednesday of the month.  
Please call Cardiac Scan at 1-888-518-2810 for an appointment or additional information.

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# Winthrop-University Hospital Partners with CardiacScan Imaging Services in Unique Study

## Law Enforcement Benefit from Cardiac Screening Outreach

In an exclusive partnership with renowned medical research facility Winthrop-University Hospital and the Nassau and Suffolk County Police Benevolent Associations, **CardiacScan Imaging Services** has concluded the first phase of cardiac screening for a two-year study of the risk factors associated with the high-stress population of police. (See sidebar for results). It is anticipated that once it is concluded, this would be the largest screening protocol and associated registry of its type among the law enforcement population.



*"I think it's important for officers to get involved to help understand why law enforcement are so prone to having this disease"*

– Jeff Frayler, President

Suffolk County Police Benevolent Association

"Given that police officers are exposed to a higher degree of occupational stress, they may be at greater risk of developing subclinical or overt disease," noted Srihari S. Naidu, MD, FACC, FAHA, FSCAI, Director, Cardiac Catheterization Laboratory, Interventional Cardiology Fellowship Program & Hypertrophic Cardiomyopathy Center at Winthrop-University Hospital.

"This association between police officers and higher cardiovascular event rates has been noted for years," he continued. "What remains unclear, however, is the degree to which classic risk factors versus job-related factors influence the prevalence of disease."

Along with established risk factors such as smoking, obesity, diabetes and chronic stress, other occupational factors have been shown to increase an individual's risk for cardiovascular disease. Phase two of the study will not only increase the number of law enforcement agents screened, it will conduct investigative research to determine what preventive and therapeutic measures should be implemented to reduce the risk of cardiac disease and delay its progression in this unique population.

Researchers estimate that 40 percent of Americans age 18 or older have one or more types of cardiovascular disease including hypertension, coronary heart disease, peripheral vascular disease, and stroke. In addition, 12 percent of adults are estimated to have carotid intima-media thickening, which is predictive of such cardiovascular events as myocardial infarction and stroke.

*"Thank you and your coworkers for providing us with your screening programs for heart disease and strokes through your LifeScan screening methods. This has been a real wake up call for some of my members and their families"*

– Patrick Hall, President

Glen Cove City Police Benevolent Association, Inc.

**CardiacScan Imaging Services is currently the only mobile imaging service engaged in this unique outreach to identify police officers who may be at risk for cardiac disease.**

For the latest news about this unique partnership with Winthrop-University Hospital and the Nassau and Suffolk County Police Benevolent Associations, as well as more information about our state-of-the-art mobile imaging technology, please check our website at [www.cardiacscanny.com](http://www.cardiacscanny.com).

*"I just wanted to let you know how much we appreciate the work you have done providing screening programs for heart disease and stroke through your LifeScan screening."*

– William Plant, President

Suffolk County Detectives Association

## Preliminary Findings from CardiacScan and Winthrop-University Hospital Law Enforcement Cardiac Screenings

From July 1, 2010 through April 30, 2011, 134 officers in Suffolk County and 246 in Nassau County were evaluated and screened for cardiovascular conditions for a total of **380 officers** who have been studied. The average age was 46; 85 percent were male and 15 percent female. More than half were classified as overweight based on height and weight criteria, and one in three would be considered clinically obese.

High blood pressure was detected in 15 percent while 25 percent were found to have high cholesterol. All participants received an echocardiogram, carotid ultrasound and ultrasound evaluation of all extremities for narrowing of the arteries. Echocardiograms (ultrasounds of the heart) were abnormal in roughly 25 percent of individuals, carotid images were abnormal in 5 percent of individuals, and the extremity studies were normal in the vast majority, more than 98 percent. **Based on the findings, one in four officers were told to follow up with a physician for a comprehensive echocardiogram and clinical examination.**

## Phase Two Will Continue Scans and Suggest Risk Reductions

As CardiacScan Imaging Services continues to provide screenings for both retired and active police officers at police headquarters and designated precincts on Long Island, all data collected will be used to determine preventive and therapeutic measures that will help reduce the risk of cardiac disease and delay its progression in this unique population. All noninvasive procedures and ultrasound studies will be performed by trained and registered technologists. Next phase screen enhancements are directed by the Winthrop-University physician research team.



**CardiacScan**  
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The key to prevention is early detection.

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