



# Support Heart Health With Advanced Cardiovascular Screening

At Hoag we are committed to offering you the most comprehensive and technologically-advanced cardiovascular program in the country. Our extensive screening for cardiovascular disease and risk assessment for developing disease is already a core focus area of the annual Executive Physical. We now offer two additional, next-level cardiovascular screening options for high-risk individuals, and patients who are interested in incorporating advanced cardiovascular screening technology as part of their preventative care action plan.

## Advanced Stress Echocardiogram Screening - \$1,800

Includes four test components as part of the screening module.

- **Resting Echocardiogram**

This test, using the most advanced ultrasound equipment available anywhere, images the structure and function of your heart muscle and valves. It can identify underlying issues that might not otherwise be detected including cardiomyopathy (abnormal heart muscle disorder) related to any number of conditions including high blood pressure; heart valve disorders including aortic stenosis, mitral, tricuspid or pulmonary valve conditions; and identify evidence of perhaps having had an otherwise silent cardiac event.

- **Maximal Stress EKG**

While every Executive Physical includes an exercise stress test, either on a treadmill or bike, this module includes a maximal exercise stress EKG to detect heart rhythm or electrical changes with stress that might indicate coronary disease, latent hypertension, or abnormal heart rhythms.

- **Stress Echocardiogram**

This test uses the same advanced ultrasound technology as the Resting Echocardiogram but is done after maximal exertion on the treadmill or bike. Performing this test, in combination with a maximal exercise EKG, is a very sensitive method of detecting advanced coronary artery disease and has a very high sensitivity for detecting blockages of 70% or greater when reviewed by our Cardiologist. Like the resting echocardiogram, there is no x-ray exposure for this painless test.

- **Cardiology Monitoring, Report and Review**

Each component of the Advanced Cardiac Screening Exam is monitored and carefully reviewed by our cardiologist who can answer questions at the time of the exam and will create a detailed summary of your test results which your Executive Health Physician will review with you, so you understand the implications of every test performed.

## **Comprehensive Cardiovascular Screening - \$2,500**

Includes the four foundational test components in the module, plus two additional tests.

- **Resting Echocardiogram**

This test takes an extensive look at the inner lining of the carotid artery, way beyond an Intimal Medial Thickness to identify the extent of any plaque that might be present, the degree of blockage and most important the “character” of any plaque that might be found. The sophistication and level of detail of this test and the interpretation of is “extraordinary” as certain plaque findings (soft plaque) can represents a much higher risk of heart attack and stroke, and will can guide the intensity of treatment recommendations.

- **Abdominal Aortic Aneurysm Screening**

This test also uses ultrasound to screen for the presence of a notoriously silent condition, abdominal aortic aneurysm, which is an abnormal dilation of the largest artery in your abdomen. Though uncommon, the first evidence of having it can be deadly, which makes this test component very important for high-risk individuals.



To book your Advanced Cardiovascular Screening exam, or to discuss which option is best for you, call:

949-999-9300