

2019 HEART HEALTH & STROKE SCREENINGS

TUESDAY, FEBRUARY 19, 2019

8am – 11am
Center for Rehabilitation, Building C

McLaren Bay Region,
West Campus
3190 E. Midland Road

\$10—Payable at the screening

Preregistration required. Call toll-free 1-877-411-2762.

CAN'T MAKE IT IN FEBRUARY? JOIN US LATER THIS YEAR, SAME PLACE, SAME TIME:

APRIL 25 · JUNE 6 · AUGUST 20 · OCTOBER 17 · DECEMBER 5

You will leave the screening with your results and a plan of action! **A 12-hour fast is required for accurate results.** Even though this is a fasting blood test, please take any morning medication as usual with a sip of water.



Strokes and heart attacks don't discriminate; they affect people of all ages, ethnicities and backgrounds. Fortunately, many strokes and heart attacks are preventable, and you can take steps now to reduce your risk. Begin by understanding the risk factors and find out how you stack up. Make your appointment today... it could save your life!

Screening includes:

- Diabetes screening
- Blood pressure and pulse
- Sleep disorder risk assessment
- Risk-reduction plan
- Results counseling
- Full lipid profile, including total cholesterol, HDL, LDL and triglycerides

SURVIVE. DON'T DRIVE!

Heart Attacks and Strokes Are Medical Emergencies - Dial 9-1-1

If you or a loved one experiences any of the following signs of stroke or heart attack, immediately dial 9-1-1. Do not attempt to drive to the hospital. This increases the risk of delays in early diagnosis and life-saving treatments. Treatment begins as soon as paramedics arrive, saving critical time.

Heart Attack Symptoms

- Chest pain or discomfort
- Discomfort or pain in other areas, such as one or both arms, shoulders, neck, jaw, back or stomach
- Abdominal discomfort that may feel like heartburn
- Shortness of breath, with or without chest discomfort
- Other signs may include sweating, nausea, lightheadedness or fatigue

Stroke Symptoms

- Sudden numbness or weakness of the face, arm or leg, especially on one side of body
- Sudden confusion, trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause



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McLaren Bay Region is the only accredited Chest Pain Center in the Great Lakes Bay Region.

Joint Commission Primary Stroke Center and a Neuroscience Center of Excellence