

LIFE LINE HEALTH EVENT OFFERS PREVENTIVE SCREENINGS DURING HEART MONTH

RENO, Nev. (Jan. 28, 2015) – February is American Heart Month, a time to focus on raising awareness and knowledge of heart disease. Heart disease is the leading cause of death among both men and women in the United States. To celebrate American Heart Month this year, Renown Health is sponsoring a heart and vascular screening with Life Line Screening.

Renown Health is pleased to host the life-saving services of Life Line Screening, the nation's largest provider of preventive screenings, to help local residents identify their risk of stroke and vascular disease. The event will be held Tuesday, Feb. 10, 9 a.m. to 5 p.m., in Mack Auditorium at Renown Regional Medical Center located at 1155 Mill Street. The Comprehensive Wellness Screening will be offered at a discounted rate of \$199 and the Stroke and Vascular Screening will be available for only \$129. To receive the screenings at these special discounted rates, call 877-557-7497 or schedule online at LifelineScreening.com/Renown using priority code PREN-001.

Screenings can help detect diseases at an earlier and more treatable stage. Symptoms can sometimes be subtle and almost unnoticeable.

Available screenings include:

- **Carotid Artery Screening** – Painless, non-invasive Doppler ultrasound is used to visualize the carotid arteries, the arteries that bring blood to the brain. The majority of strokes are caused by plaque buildup in these arteries.
- **Abdominal Aortic Aneurysm Screening** – Ultrasound is used to visualize the abdominal aorta, the largest artery in the body, to measure the diameter of the aorta. This measurement can indicate if there is a weakening in the aortic wall which can cause a ballooning effect known as an aneurysm. Aneurysms can burst, which generally is fatal.
- **Peripheral Arterial Disease (PAD) Screening** – PAD is also known as "hardening of the arteries." Sufferers have a 4-6 fold increased risk of cardiovascular disease. Risk is evaluated through a measurement called the "Ankle-Brachial Index," which is obtained by reading the systolic pressure in the ankle and arm.
- **Atrial Fibrillation Screening** – An EKG is used to monitor the heartbeat. Atrial Fibrillation is an abnormal heart beat (arrhythmia) that affects the atria – the upper chambers of the heart – and is the most common form of sustained arrhythmia. More than 2.5 million Americans have been diagnosed with Atrial Fibrillation and for those over age 40, there is a 1 in 4 chance of developing the condition.

For more information on heart disease and our heart month activities, visit bestmedicineneeds.org/HeartMonth.

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About Renown Health

Renown Health is a locally owned, not-for-profit integrated healthcare network serving a 17-county region comprised of northern Nevada, Lake Tahoe and northeast California. Renown is one of the region's largest private employers with a workforce of more than 5,600 members. It comprises three acute care hospitals, a rehabilitation hospital, skilled nursing facility, the area's most comprehensive medical group and urgent care network, and the region's largest and only locally owned not-for-profit insurance company, Hometown Health. Renown has a long tradition of being the first in the region to successfully perform leading-edge medical procedures. For more information, visit renown.org.