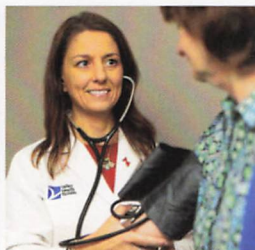


THE VALLEY HEART AND  
VASCULAR INSTITUTE  
COMPREHENSIVE  
HEART SCREENING



Everything Medicine Can Do.  
A Few Things Medicine Can't.



Valley  
Health  
System

## COMPREHENSIVE HEART SCREENING

**H**eat disease is the leading cause of death for both men and women worldwide, according to the Centers for Disease Control and Prevention (CDC). Heart disease includes heart conditions such as atherosclerotic coronary artery disease (damage to the heart's blood vessels), arrhythmias (abnormal heartbeats), and congenital heart disease (conditions you are born with).

With the right information and regular heart risk assessments, you can take control of your heart health.

## HEART DISEASE RISK FACTORS

Health conditions, lifestyle, age, and family history can increase your risk for heart disease. These risk factors include, but are not limited to:

- Smoking
- High blood pressure
- High cholesterol
- Obesity
- Diabetes
- Family history of heart disease – especially cardiac disease occurring in a first degree relative for men younger than age 55, and women younger than age 65
- Menopause prior to age 50
- Pregnancy-related disorders, including pregnancy-related hypertension, preeclampsia, and gestational diabetes
- Preterm labor
- Chronic kidney disease
- Inflammatory diseases
- Rheumatic diseases

Many risk factors are modifiable through proper education and lifestyle changes.



## PREVENTION BEGINS WITH A HEART RISK ASSESSMENT

At Valley, we know that good heart health starts with prevention. That starts with a comprehensive heart screening.

Valley offers a free heart risk assessment for men and women starting at age 20 to help determine your risks for developing heart disease.

### What to Expect During Your Heart Risk Assessment

You will meet with a Valley board-certified nurse practitioner (NP) specializing in heart health to:

- 1 **Take a comprehensive health history, including medical and surgical history.**
- 2 **Perform a focused cardiovascular physical examination.**
- 3 **Evaluate your blood work.**

Please bring a hard copy of your blood work completed within the last six months. If you need new blood work, it must be done no later than 24 hours before your appointment, so that it can be reviewed at your appointment. If you choose to have blood work done at Valley, you may schedule lab testing at [ValleyHealth.com/LabServices](http://ValleyHealth.com/LabServices) or by calling 201-447-8250, option 1.



For more information about heart screening,  
please visit [ValleyHealth.com/HeartScreening](http://ValleyHealth.com/HeartScreening).

To schedule an appointment, please call **201-447-8125**.

## THE VALLEY HEART AND VASCULAR INSTITUTE

The Valley Heart and Vascular Institute is known for its depth of experience and high-quality care.

The Valley Heart and Vascular Institute includes a dedicated team of clinical staff, including cardiologists, cardiovascular surgeons, interventionalists, imaging specialists, electrophysiologists, vascular surgeons, anesthesiologists, nurses, sonographers, physician assistants, and advanced practice nurses; innovative technology; and robust clinical trials. Valley's multidisciplinary team approach to care represents a forward-thinking and integrated strategy for the treatment of cardiovascular pathologies that is centered on each individual patient's needs.



The Valley Hospital Patient and Family Advisory Council has reviewed and approved this material to ensure that the patient and family perspective has been included.

**Cardiac Screening and Outreach Program**  
**Valley Health System – Ridgewood Campus**  
223 North Van Dien Avenue  
Ridgewood, NJ 07450

11/25

**Everything Medicine Can Do.  
A Few Things Medicine Can't.**



**④ Calculate your atherosclerotic cardiovascular disease (ASCVD) risk score.**

After the evaluation, we will provide an estimated risk score, including your 10-year and lifetime risk for heart attack or stroke.

**⑤ Partner with you to develop a risk reduction plan, including a heart-healthy lifestyle strategy, and if needed, additional testing and referrals.**

## **How to Schedule Your Complimentary Heart Risk Assessment**

Valley makes it easy to take charge of your heart health.

**① Schedule online**

Visit [ValleyHealth.com/HeartScreening](https://ValleyHealth.com/HeartScreening) and select “Schedule Now.”

You can also scan the QR code.



**② Schedule over the phone**

Call 201-447-8125 to speak with our team directly.

## **HEART-HEALTHY EDUCATION**

Our team understands that education is a key aspect of a heart-healthy lifestyle. That’s why our team works hard to bring this information to you through our community outreach and education events.

### **Community Outreach**

Our Community Outreach Program brings cardiac education events and cardiac screenings directly to workplaces, schools, corporations, and community events. By meeting people where they are, we expand access to individualized screenings and evidenced-based heart health education. Through off-site lectures and screenings, we aim to empower individuals with knowledge and tools so they can live a heart-healthy lifestyle.

To request an event or cardiac screening program off-site, please email [cardiacoutreach@valleyhealth.com](mailto:cardiacoutreach@valleyhealth.com).

*continued on page 4.*

## Heart Smart Lunch Series

Join us for the Heart Smart Lunch Series, a welcoming and informative program designed to empower individuals with knowledge and tools to lead heart-healthy lives. Rooted in the American Heart Association's (AHA) guidelines for heart-healthy living, this series offers a blend of expert-led education, peer support, and practical lifestyle tips – all served up during your lunch break.

Whether you're managing a heart condition, at risk, or simply interested in better health, the Heart Smart Lunch Series provides a supportive environment to learn, connect, and take action. Those attending in person will partake in a heart-healthy lunch, those attending virtually will use Microsoft Teams. Sessions are offered monthly, from noon to 1 p.m.

To learn more, please visit [ValleyHealth.com/HeartSmart](https://ValleyHealth.com/HeartSmart).

