

Patient Awareness

Disease Process	Why it Matters	Who's at Risk or Patients with:	Signs and Symptoms	Diagnostic
Stroke	<ul style="list-style-type: none"> • Third leading cause of death in the US. • #1 reason for long term disability. 	<ul style="list-style-type: none"> • High Cholesterol • High Blood Pressure • Diabetes • Smokers 	<ul style="list-style-type: none"> • Confusion / Memory changes • Trouble speaking • One sided weakness • Vision disturbance • Dizziness, passing out, feeling faint 	Carotid Ultrasound to look for plaque in the arteries, leading to more risk for TIA or stroke.
Heart Failure	<ul style="list-style-type: none"> • #1 Cause of death in Americans. • 60% of deaths are from Sudden Cardiac Death. 	<ul style="list-style-type: none"> • High Blood Pressure • High Cholesterol • Diabetes • CAD • Valve Disease • Smokers 	<ul style="list-style-type: none"> • Chest discomfort, pressure or pain • Shortness of breath • Leg heaviness or swelling • Palpitations or flutter feeling in chest 	Echocardiogram to evaluate the heart muscle function, size and valve function.
Vascular Disease	<ul style="list-style-type: none"> • PAD affects 8 to 12 million Americans each year. • Narrowing of blood vessels that carry blood to the legs. 	<ul style="list-style-type: none"> • Diabetics • Smokers • CAD 	<ul style="list-style-type: none"> • Leg / arm swelling • Leg / arm Heaviness • Leg / arm discomfort / pain • Buttocks pain • Leg/arm coldness 	Arterial Doppler, Venous Doppler, and ABI to evaluate for plaque ulceration or thrombus/DVT in legs or arms.
Aorta (Abdominal)	<ul style="list-style-type: none"> • AAA is known as the silent killer. • A ruptured aortic aneurysm can rapidly lead to life threatening internal bleeding. 	<ul style="list-style-type: none"> • Smokers • Artherosclerosis • Family History • High Blood Pressure • Trauma 	<ul style="list-style-type: none"> • Back or Stomach Pain • Tingling / numb legs / feet • Cold legs / feet • Swelling in legs 	Aortic Ultrasound to evaluate for plaque, dilatations, and abdominal aortic aneurysm.
Abdominal	<ul style="list-style-type: none"> • Abdominal diseases affects nearly 20% of Americans. 	<ul style="list-style-type: none"> • Smokers • Obese, High BMI • Abnormal labs 	<ul style="list-style-type: none"> • Abdominal pain • Nausea / vomiting • Diarrhea • Gas / bloating 	Abdominal Ultrasound to evaluate organs in the abdomen.
Kidney Disease	<ul style="list-style-type: none"> • 9th leading cause of death in the United States. 	<ul style="list-style-type: none"> • Diabetes • High Blood Pressure • Blood in urine • Smokers 	<ul style="list-style-type: none"> • Swelling of extremities • Blood in urine • Decreased urine output 	Renal Ultrasound with Bladder and Renal Artery to evaluate function.
Thyroid	<ul style="list-style-type: none"> • Thyroid Disease and thyroid lesions are very common and in most cases benign. 	<ul style="list-style-type: none"> • Men and Women • Family history • Lumps in neck 	<ul style="list-style-type: none"> • Fatigue • Abnormal labs • Unusual weight gain 	Thyroid Ultrasound to evaluate for abnormalities.
Neuropathy	<ul style="list-style-type: none"> • 25-30% of population will be affected by neuropathy. • 60-70% of people with diabetes have neuropathy. 	<ul style="list-style-type: none"> • Diabetes • Carpel Tunnel • Trauma 	<ul style="list-style-type: none"> • Extremity discomfort • Extremity pain • Extremity numbness • Extremity tingling 	Nerve Conduction Study to evaluate nerves.

<p>Incontinence Or Weak Bladder</p>	<ul style="list-style-type: none">• Millions of men and women around the country suffer from incontinence.• Incontinence can be reduced or eliminated with pelvic therapy.	<ul style="list-style-type: none">• Women with multiple child births• Men following prostate surgery• Age	<ul style="list-style-type: none">• Unintentional urinary release or leakage from sneezing, coughing, laughing, exercise, or other activities.	<p>Urodynamic flow study to evaluate bladder function. PFR therapy to eliminate or reduce incontinence.</p>
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