

Life Line Screening: Stroke, osteoporosis detection comes to Freeport

By Jane Lethlean

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Freeport, Ill. —

Stroke is a silent killer. With detection, many people learn of buildup of fatty plaque in the carotid arteries that can lead to stroke. With proper screening, 75 percent of strokes can be prevented.

Since 1993, life Line Screening has performed more than six million screenings. Life Line Screening will be in Freeport for both stroke and osteoporosis screening Jan. 14 at St. John United Church of Christ. These screenings identify potential cardiovascular conditions such as blocked arteries and irregular heart rhythm, abdominal aortic aneurysms and hardening of the arteries in the legs, which is a strong predictor of heart disease.

There will also be bone density screenings to assess osteoporosis risk to both men and women.

“We’re looking for silent risk factors for stroke and cardiovascular disease,” said Joelle Reizes of Life Line Screening. “The tests are simple, painless and non-invasive.

“We can see inside the artery and watch the blood flow,” she added.

While many people have yearly physicals, these tests are often not performed unless a need is determined. This testing will allow people to have the options of one or more tests to be performed.

Four Key Points to Know:

- Stroke is the leading cause of death and a leading cause or permanent disability.



Residents will have a chance to sign up for lifesaving tests to detect stroke. The Life Line Screening will take place Jan. 14 at St. John United Church of Christ in Freeport.

- Eighty percent of stroke victims had no apparent warning signs prior to their stroke.
- Preventative ultrasound screenings can help avoid a stroke
- Screenings are fast, non-invasive, painless and convenient.

Persons having any or all of these tests will be able to take the report to their doctor. All screenings are read by a registered physician.

Reizes said five key points everyone should know are:

- Blood pressure
- Waist size
- Weight
- Cholesterol
- Fasting blood sugar

The screenings offered will measure core vascular, carotid artery, abdominal aortic aneurysm, atrial fibrillation, peripheral arterial disease and bone density.

All tests are done by trained ultrasound technicians. All persons will receive a follow-up letter with the results. If necessary, the person may be advised to seek further medical attention.

Tests offered for screening:

- Stroke — This screening visualizes the buildup of fatty plaque in the carotid arteries that can lead to stroke — 75 percent of which could be prevented with screening.

The risk factors are for people over the age of 40, those with high blood pressure, who smoke, have high cholesterol, diabetes, are more than 20 pounds overweight, have lack of exercise, family history of stroke or heart disease.

Stroke is the third leading cause of death in America and the number one cause of disability with nursing home admissions. The vast majority of stroke victims have no prior warning to their stroke.

- Abdominal Aortic Aneurysm — This screening is of the abdominal area and looks at the aorta that can rupture and be fatal.

The risk factors are family history, high blood pressure and smoking. Experts estimate this condition kills more than 25,000 Americans each year, making it one of the largest killers.

- Peripheral Vascular Disease — This is to check any blockages in the leg, which can indicate high risk of coronary artery disease.

Risk factors are diabetes, high blood pressure and a history of coronary artery disease. This is the leading cause for amputations in America.

- Osteoporosis — This is a screen for abnormal bone mass density for both men and women.

Osteoporosis is silent and painless until bone fractures occur. Early treatment is most effective.

Risk factors are history of fracture, family history of osteoporosis, low calcium intake, lack of exercise and smoking.

Packages start at \$139. All screenings take 60 to 90 minutes to complete. For more information regarding the screenings or to schedule an appointment, call (877) 237-1287, or visit the website at **www.lifelinescreening.com**.

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