



# MEDICAL NEWS

## CIVILIAN MEDICAL OPPORTUNITIES

### Life Line Screening works with Military Organizations

**L**ife Line Screening provides safe, non-invasive preventive health screenings to communities across the nation, and has also worked with various military institutions and organizations.

The preventive screenings are primarily focused on vascular disease, with a core set focused on early identification of stroke risk factors. Screenings include tests for carotid artery disease, atrial fibrillation, peripheral arterial disease, and abdominal aortic aneurysms. Screenings are also offered for high blood pressure, cholesterol and glucose, as well as an osteoporosis risk assessment.

At Wright-Patterson AFB, the program is offered as part of its Civilian Wellness efforts. Mr. Ray Szymanski, Wright-Patterson AFB Civilian Wellness Program Director, explains,

“Large percentages of base employees suffer hypertension, obesity, high cholesterol and are age 55 and older. These statistics are validated through thousands of cardiac risk assessments conducted annually on WPAFB base employees. This makes the base population ideal candidates for advanced vascular screenings.

The Installation Civilian Wellness Program (ICWP) fully supports preventive screenings as one of its basic tenets. The ICWP utilized Life Line Screening from January 2009 thru June 2010 to conduct eight screening sessions. In those sessions a total of 384 employees and some spouses were screened.

Tests revealed that 20% of subjects displayed mild-to-moderate carotid artery blockage. 19% of subjects displayed mild-to-moderate osteoporosis. There were no cases of atrial fibrillation, abdominal aortic aneurysm or peripheral arterial disease detected. (Note: these results do not contain the June 2010 results which were not available at the time of this release.)

For the 20% who tested positive for one or both of the conditions above, these tests may be the necessary motivation they need to make appropriate lifestyle changes or visit their physician for expert guidance. If so, these employees will certainly be healthier with the changes and should enjoy a longer, more productive Air Force career.”

Susan Rubel, Director of Insurance/Member Benefits for the Air Force Association and the

July 2010 • Military Medical News • Page 11

AFA Veteran Benefits Association, notes similar reasons for offering the screenings to their members.

“By working with Life Line Screening, we have identified members who have had underlying, silent vascular disease that put them at-risk for a serious problem like stroke or a ruptured abdominal aortic aneurysm.”

“We learned about this program when one of our insurance staff members attended a Life Line Screening and had a life-threatening issue discovered in time. This motivated us to offer the screenings to our members, which, because of our partnership, we are able to do at a discount. This is a valuable service that we are pleased to offer our members.”

Other military associations that work with Life Line Screening include the Military Officers Association of America, The American Legion, the Armed Forces Benefit Association, AMVETS and the National Association for Uniformed Services.

To learn more about Life Line Screening, call Jessica Smith at 1-800-897-9177, ext 1152.