

# Cardiovascular screenings could help save lives

**Elmcroft, Life Line Screening welcomes 50-plus crowd for checks on Feb. 23**

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Stroke is the fourth-leading cause of death in the United States, and as people age, it's important to know what is going on inside their bodies, says Joelle Reizes, a spokesperson for Life Line Screening.

"Everybody knows someone who's had a stroke, or had someone in their family who's had a stroke," Reizes said. "And people want to do what they can do to avoid that."

Life Line Screening, a leading provider of preventative health screenings nationwide, will be coming to Elmcroft of Shippensburg, 129 Walnut Bottom Road, to provide cardiovascular screenings for anyone in the 50 and up age range on Feb. 23.

Reizes urges anyone in that age group who has high blood pressure, high cholesterol, a family history of heart problems or who is overweight to consider getting screened.

"This is for people who are at that stage where the risk is rising but they haven't yet had a very serious event," she said, referring to those clients as "at-risk, but symptomatic."

Many times, stroke victims do not experience symptoms before the onset of the condition.

"Strokes come out of the blue," Reizes said. "They don't really give a lot of warning signs; often they don't give any warning signs."

Reizes said tests are performed by teams of regional Life Line healthcare providers that live and work in the region they serve. The company has about 60 teams nationwide.

Although people can choose which screenings they wish to have done, most are cardiovascular tests to check how blood is flowing through the patient's body. Tests are noninvasive and painless, Reizes said.

Using ultrasound technology (not radiation), health professionals will examine major arteries for clotting or blockages and check for heart irregularities, as well as offer tests that look at blood flow,

Reizes said. They also perform finger-stick blood tests for cholesterol and glucose.

“(It’s) really designed to give people information about what’s going on in their bodies, particularly around stroke prevention,” Reizes said.

Reizes said that the screenings can be vital to preventing a major medical condition because these tests are not typically conducted during a regular physical with a personal doctor, who often order tests once symptoms arise.

“They can bring (the results of a screening) to the doctor, share the information and take steps that are appropriate for them ... to stay healthier and possibly avoid a very serious cardiovascular event,” she said.

Bone density screenings for men and women are also offered to help assess the risk for osteoporosis.

Screening packages start at \$139 and typically take between 60 and 90 minutes to complete. Pre-registration is required. For more information or to schedule an appointment, call 1-800-697-9721 or visit the Web site at [www.lifelinescreening.com](http://www.lifelinescreening.com).

Since starting in 1993, Life Line Screening has examined over 6 million people and currently screens over 1 million people each year at over 20,000 screening events nationwide, according to its Web site.