



Testing for silent diseases

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HIBBING — Fifty percent of people that have a stroke have no symptoms beforehand, according to Joelle Reizes, director of public relations for Life Line Screening, mobile health screenings.

That is why Reizes said preventive screenings are an important measure to avoid not only a stroke but other potential health problems.

Life Line Screening will be at Hibbing Community College with appointments beginning at 9 a.m., Friday, Aug. 17. Preregistration is necessary.

"We are trying to make people aware of previously undetected disease at a time that is early enough for them to connect with their physician and do something before a catastrophic health event," said Reizes.

She said screenings are fast and painless. Using an ultrasound technology, they can scan for blocked arteries which can lead to stroke, aortic aneurysms which can lead to a ruptured aorta, and hardening of the arteries in the legs which are a strong predictor of heart disease, according to Reizes. They also offer bone density screenings to assess risk for osteoporosis.

Reizes said what all these health problems have in common is they are silent diseases. For instance, one can have fatty plaque build-up in the Carotid Artery, which is the leading risk factor for stroke, and not have any symptoms for osteoporosis and not know until a hip fracture occurs, she said.

All four screenings take less than one hour. All results are reviewed by a board-certified physician. Participants will receive their results signed by the physician within 21 days after the test. If the screening team sees an urgent issue, participants are told to see a doctor within 24 hours. Life Line Screening recommends that participants take the results to their personal physician to follow up.

Reizes said another benefit of being screened is that while many insurance companies do not cover preventive screenings for asymptomatic people, if a result comes back positive, that is enough for a doctor to order diagnostic level tests which are generally covered by insurance.

She said screenings are generally for individuals 50 years of age and over. They also recommended them for individuals 40 and over if people have risk factors such as high blood pressure, high cholesterol, diabetes, or a family history of stroke, cardiovascular disease or osteoporosis.

"This allows people to protect their health, protect their vitality, and protect their independence," said Reizes. "It is about living your most healthy, vital life and we want to help people do that."

A complete package to perform all four screenings for Stroke/Carotid Artery, Abdominal Aortic Aneurysm, Ankle Brachial Index (hardening of the arteries) and Osteoporosis is \$139. People can also be tested for any

one of the four conditions.

To schedule an appointment or for more information, call 1-800-697-9721 or visit www.lifelinescreening.com