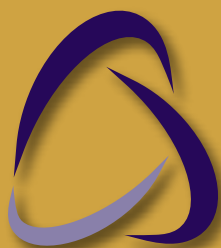


# Heart Disease & Stroke Prevention Program

Unique. Advanced. Comprehensive. Powerful.

*from Cenegenics® Medical Institute . . . the Global Leader in a Proactive Medical Approach for Optimized Health*



**CENEGENICS®**  
m e d i c a l   i n s t i t u t e

## Next Generation Medicine: Stop Heart Disease

**Preventing disease is what we do. Now we're targeting it head on with a totally new level of medicine—and a focus on heart attacks and stroke.**

Since its 1997 inception, Cenegenics has forged a paradigm shift in medicine, developing a proactive medical approach for optimized health hailed as “next generation medicine” and garnering worldwide media attention.

Our **Heart Disease & Stroke Prevention Program** is grounded on that same forward thinking. This sophisticated, proactive program offers the most advanced technology and comprehensive laboratory screening to reduce your risks.

- Critical for your future health—if you have a family history of heart disease or stroke
- Avoid future events—if you've had cardiovascular disease or had bypass surgery, heart attack or stroke
- Life saving—for everyone regardless of age, from 13 to 60 or older
- Innovative program designed by four experts in the field—cardiovascular surgeon and three cardiologists

### **Are you living with a false sense of security, relying on the limits of conventional testing?**

The **Heart Disease & Stroke Prevention Program** takes you beyond that to 21st century medicine: genetic screening, advanced lipid panels, laboratory markers for plaque formation and assessments for inflammatory markers—a cause of cardiovascular disease leading to tissue damage, organ destruction, shift in the cellular matrix as well as potential blood clots and heart attacks.

**Call today to learn more about preventing heart disease.**  
**888.412.8769**

**Can you prevent premature death, a heart attack or stroke?**  
**Absolutely. But first you have to recognize the warning signs.**

**Real Facts**

- 2,200 Americans die of cardiovascular disease daily:  
1 death every 39 seconds.
- Cardiovascular disease claims more lives every year than all cancers, diabetes, Alzheimer's or accidents.

taken from the AHA's 2011 Heart Disease/Stroke update

## Why It Works

**The Heart Disease & Stroke Prevention Program sets a new benchmark for preventive health: Its evaluation components are more significant, more specific and more accurate in assessing your cardiac health picture.**

**What makes the program unique?** We've partnered with three cardio-diagnostic leaders to design the most advanced program—combining the best aspects of the nation's top two laboratories who screen for cardiovascular disease. No other practice does that.

- 1. Panasonic Healthcare Group.** We are the first private company to use Panasonic's FDA-cleared, highly precise CardioHealth Station for prevention vs. disease treatment. This noninvasive ultrasound system performs an automated measurement to assesses intima-media thickness (IMT), identifying your risk for having or developing plaque burden formation in arteries.
- 2. Berkeley HeartLab.** Will you be at risk for coronary disease by age 40, 50 or 60? Genetic testing—such as KIF6, ApoE and 9p21— identifies your risk level for coronary heart disease, heart attack or stroke. Advanced lipid panels—using proprietary testing technology to determine lipoprotein particle size and density—reveal whether you currently have disease.
- 3. Cleveland HeartLab™.** Proprietary testing with novel biomarker technologies provides in-depth blood analysis and urine testing. Markers such as myeloperoxidase, high-sensitivity C-reactive protein, microalbumin/creatinine ratio (urinary) and F2-isoprostane/creatinine ratio reveal if you're prone to inflammation and at risk for developing heart attack and stroke.

	CIMT	Advanced Lipid Panel	Genetic Markers	Markers of Inflammation
Cenegenics	Yes	Yes 12 areas assessed	Yes minimum of 3: KIF 6, ApoE, 9p21	Yes minimum of 4 assessed
Conventional Medical Office	No	No only 4 areas assessed	No	No

## Step 1 For Better Heart Health

**You *can* beat the statistics for heart disease. It starts by picking up the phone and scheduling your Heart Disease & Stroke Prevention Program evaluation day.**

**Blood work.** After scheduling your evaluation day, our phlebotomy network will contact you to make an appointment for our sophisticated blood and urinary testing.

- A phlebotomist will visit you at your home or office—or you may have blood drawn at one of our facilities nationwide, if you live in the area.
- Blood testing requires a 12-hour fast and is performed Mondays through Thursdays.
- The phlebotomist will send your blood and urine sample to our labs for analysis.

**Evaluation day.** Go to any Cenegenics center nationwide for the initial visit, which lasts about 1.5 hours.

- Several diagnostics will be performed, from the noninvasive ultrasound system to measure intima media thickness (IMT) to basic evaluations and cardiovascular screening.
- Sit down for a face-to-face with your expert Cenegenics physician to go over all your test results and discuss a yearlong plan of action.

From there, you'll have periodic evaluations, open access to your Cenegenics physician and our renowned five-star patient service. You'll also keep your current cardiologist/physician who is treating disease. We will work with you, taking a different perspective and augmenting your health approach.



**Prevent heart disease. Call for your evaluation now.  
888.412.8769**

**Cenegenics® Medical Institute . . .  
Beyond Medical Excellence.**



Cenegenics® Medical Institute  
Global Leader. Proactive Health.

888.412.8769

[www.cenegenics.com](http://www.cenegenics.com)

[www.facebook.com/Cenegenics](http://www.facebook.com/Cenegenics)



© 2012 Cenegenics. All rights reserved. Cenegenics® is a registered trademark of Cenegenics Medical Institute. No part of this publication may be reproduced, stored in a retrievable system or transmitted by any means, electronic/digital, mechanical or photocopied or otherwise, without the prior written permission of Cenegenics Medical Institute.