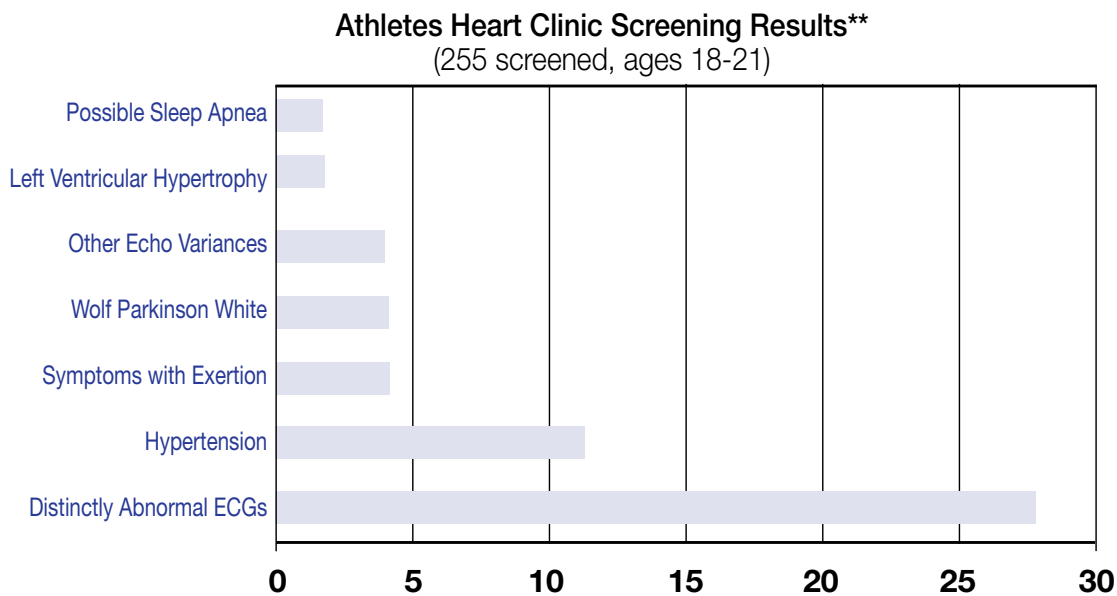


SAINT LUKE'S MID AMERICA HEART INSTITUTE

ATHLETIC HEART CLINIC

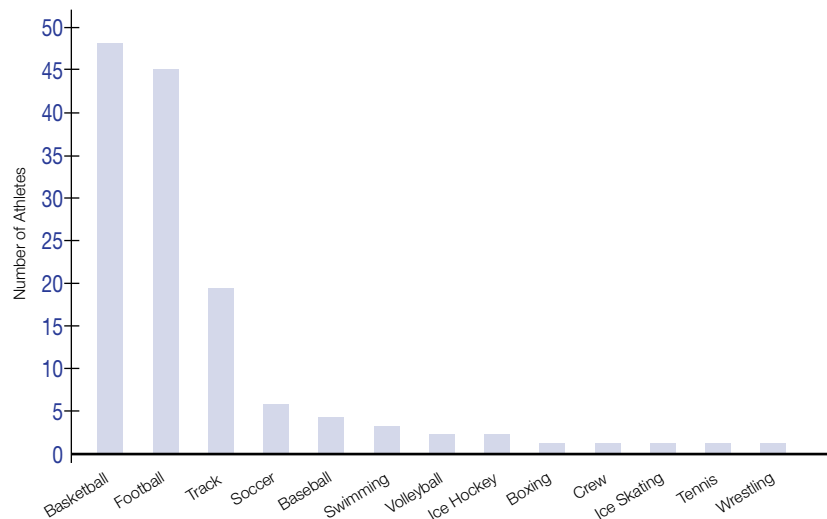
Of the 350,000 people who die from Sudden Cardiac Arrest each year, 7,000 to 10,000 are adolescents and youth athletes. Saint Luke's Mid America Heart Institute operates Kansas City's only formal Athletic Heart Clinic specializing in the screening of youth athletes.

Results that Speak for Themselves



** Results from screening performed on University of Kansas athletes – 2004-2006

Sudden Cardiac Death by Sport



Sports engaged in at the time of sudden death in 134 young competitive athletes. Those competing in track events were either distance runners or sprinters. From: Maron: JAMA, Volume 276(3), July 17, 1996.199-204

Congenital Anomalies by Activity

Endurance-Trained Athletes

(e.g. runners)

- cardiac chamber enlargement
- mild left ventricular hypertrophy

Strength-Trained Athletes

(e.g. weight lifters)

- increased cardiac wall thickness
- no change in chamber dimensions

Cross-Trained Athletes

(e.g. cyclists, rowers, team sports)

- cardiac chamber enlargement
- increased cardiac wall thickness

FOR MORE INFORMATION

Call NurseLine at (816) 932-6220
(choose option 4) to...

- Consult on an athlete who may require further testing
- Schedule a patient for an Athletic Heart Exam

A comprehensive results package will be provided to the athlete and the referring physician.

Streamlined and Comprehensive

Tier One

Recommended for Athletes >13 years

- Comprehensive cardiovascular history and physical examination
- Electrocardiogram and interpretation
- 2D Echocardiogram specifically evaluating six structural elements key to cardiovascular health
- \$150

Tier Two

Recommended for Athletes >35 years

- Comprehensive cardiovascular history and physical examination
- Electrocardiogram and interpretation
- Cardiovascular Risk Panel, Lipid Profile, Omega-3 index, transfat and fatty acid profile
- 2D Echocardiogram specifically evaluating six structural elements key to cardiovascular health
- CardioScan (cardiovascular CT scan)
- \$950

Additional Services as Needed

- Echocardiography
- Nuclear cardiology
- Non-invasive diagnostic studies
- Electrocardiography
- Education regarding:
 - Performance Enhancing Agents
 - Supplements
 - Proper nutrition
- Lipid and blood pressure management

All services coordinated in partnership with the primary care physician.



SAINT LUKE'S HEALTH SYSTEM

Managed by Cardiovascular Consultants, P.A.

saintlukeshealthsystem.org