

Saint Luke's Muriel I. Kauffman Women's Heart Center

Saint Luke's Muriel I. Kauffman Women's Heart Center offers several heart risk panel options for your proactive interest and investment in your heart health. To learn more about this opportunity or to schedule an appointment call (816) 932-6220, option 4.

Heart Risk Panel #1

Fee: \$60

Individualized risk analysis

Lab: Fasting Lipid Profile
Glucose (blood sugar)
Thyroid Stimulating Hormone

Heart Risk Panel #2

Fee: \$150

Individualized risk analysis

Lab: Fasting Lipid Profile
Hemoglobin A1C
Thyroid Stimulating Hormone
Fibrinogen
C-reactive protein
Lipoprotein (a)

A La Carte Enhancements*

A: Body Composition Analysis \$10

- Basal metabolic rate
- Lean body mass
- Body fat mass

B: CardioScan \$150

- Non-invasive computerized automated tomography

C: Vitamin D Level \$30

- Blood test

***A La Carte enhancements can only be chosen in combination with either Heart Risk Panel #1 or #2**

Azalea (uh-zeyl-yuh): Chinese symbol for womanhood, meaning "take care of yourself for me".



These tests assist us in collectively assessing your overall heart health.

- ♥ **Fasting lipid profile:** total cholesterol, triglycerides, HDL (good), LDL (bad), ratio
- ♥ **Glucose (blood sugar):** random fasting blood sugar level – risk for diabetes
- ♥ **Thyroid Stimulating Hormone:** reflects thyroid function and body metabolism
- ♥ **Hemoglobin A1C:** provides average blood sugar level during past 3 months – risk for diabetes
- ♥ **Fibrinogen:** may indicate an existing inflammatory process
- ♥ **C-Reactive Protein:** may reflect existing inflammation in the heart arteries
- ♥ **Lipoprotein (a):** a specific type of cholesterol that is genetically linked to early heart disease
- ♥ **CardioScan:** this non-invasive computerized automated tomography (CAT) scan is a calcium scoring examination that detects existing hard calcified plaque in the coronary arteries
- ♥ **Body Composition Analysis:** a summary of basal metabolic rate (number of calories you burn per day at rest) and the physical makeup of your body to include water, lean muscle and body fat percentage
- ♥ **Vitamin D Level:** a deficiency may contribute to the development of diabetes, abnormal cholesterol levels, high blood pressure, inflammation in the heart arteries, and/or heart failure

80% of heart disease can be prevented.

What will you do to protect yourself?