

## Healthy life screens

These painless tests can save your life by avoiding stroke, heart attack and osteoporosis:

- **Carotid Artery Ultrasound Screening** shows build up of fatty plaque in the arteries of the neck which can cause stroke.
- **Abdominal Aortic Aneurysm Ultrasound Screening** looks for enlargement of your abdominal aorta that could rupture.
- **Peripheral Arterial Disease Screening** is used to find build-up of fatty deposits in the arteries of the legs which can lead to blockage with severe complications such as amputation.
- **Cardiac Calcium Scoring CT Screening** is used to find calcified plaque in the arteries of the heart, which left untreated can lead to heart attack. Recommended for persons between 35 and 75 without heart disease
- **Atrial Fibrillation Screening** is a non-invasive procedure used to detect a common heart arrhythmia called atrial fibrillation. Treating atrial fibrillation is an important way to prevent strokes as 15% of strokes occur in people with this condition.

Results are mailed to participants to share with their physician to determine a course of action if necessary. The screens are available Monday through Friday.

**Only \$35 for any screening.**

**To schedule a screening, call Central Scheduling at (920) 320-6777.**

Screening fees are payable at the time of service by cash or check, Visa or MasterCard. Medicare does not currently allow for coverage of screening examinations. Insurance coverage varies from policy-to-policy.

Participants who wish to submit the cost of the screening to their insurance, must pay for the screening and then file for reimbursement from their insurance company on their own.



**HFM Medical Center**  
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[hfmhealth.org/heart](http://hfmhealth.org/heart)

## HFM Cardiovascular Services



## Our Vision

The HFM Heart and Vascular Center team is made up of cardiologists, registered nurses, and other medical professionals who provide clinical expertise and advanced technology needed to treat a wide variety of cardiac conditions.

Our cardiologists bring years of training and experience to the Heart and Vascular Center to treat cardiac conditions and offer consultations to help make lifestyle changes that focus on preventing heart disease.

**HFM Heart and Vascular Center is the only provider of 24/7 cardiac cath lab services to residents of Manitowoc County.**

## Cardiac Catheterization Services

Cardiac Catheterization is a diagnostic and interventional procedure for evaluating and treating certain problems with the heart and its blood supply.

Cardiac catheterization provides information about:

- The blood flow through the heart and coronary arteries (blood vessels that supply blood to the heart), or other major blood vessels that carry blood to and from the heart and its blood supply
- Pressure within the heart chambers
- The heart's pumping ability

## Pacemaker Clinic

HFM provides a pacemaker clinic to monitor patients after pacemaker insertion to assure that their pacemakers are functioning properly and detect any problems.

## Diagnostic Services

The HFM Diagnostic Services Department provides multiple services to diagnose heart disease, including the following:

- Echocardiography
- EKG
- Event Monitoring
- Exercise and Pharmacological Stress
- Testing
- Holter Monitoring
- Trans-esophageal Echocardiography

Nuclear Medicine cardiac imaging of the heart muscle is performed in conjunction with exercise or medication-induced stress testing. Nuclear testing detects areas of the heart muscle which are receiving inadequate or no blood supply.

## Critical Care Unit

HFM Medical Center features a 10-bed critical care unit, staffed by highly trained nurses and monitor techs. Registered nurses are certified in Advanced Cardiac Life Support (ACLS).

## Emergency Services

The Emergency Medical Services Department at HFM Medical Center offers Manitowoc County residents the most comprehensive cardiac emergency services in the area. It is the only emergency department in Manitowoc County where a cardiologist is available 24 hours-a-day, 7 days-a-week.

## Cardiac Rehabilitation

When a person has had a cardiac event it is our goal to assist them to recover safely and to maintain a heart-healthy lifestyle.

### PHASE I:

Cardiac Rehabilitation begins during your stay in the hospital and continues throughout hospitalization. This includes progressive exercise and information about risk factors.

### PHASE II:

Cardiac Rehabilitation continues when you are discharged from the hospital.

### PHASE III:

This is a maintenance program to promote improved cardiovascular fitness throughout life.

