

ONE IN THREE AMERICANS SUFFER FROM SOME FORM OF HEART DISEASE.¹

COULD IT
BE YOU?

FOR MOST, HEART DISEASE IS
PREVENTABLE AND **REVERSIBLE**.
TAKE THE FIRST STEPS TO
UNDERSTANDING YOUR RISK.

WE CAN HELP.



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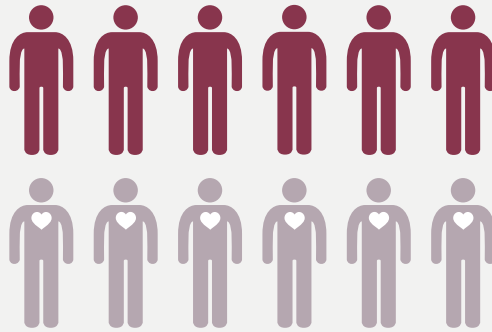
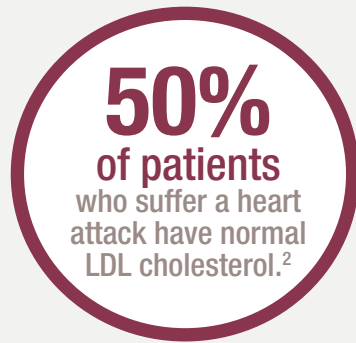
Learn if your heart could be at risk.

Some family history and lifestyle factors may contribute to your risk of heart disease.

Check all that apply to you:

- History of heart disease, including heart attack, bypass, angioplasty or stroke
- Family history of early heart disease (men <55 and women <65)
- Age (men >45, women >55)
- Lack of regular exercise
- Obesity
- Smoking
- High blood pressure and blood test indications
- Prediabetes or diabetes

If you checked at least one of the boxes, you may be at risk of heart disease. Talk to your healthcare provider about how Boston Heart can help.



Adults with diabetes have heart disease death rates

2-4 x higher

than those without diabetes.³

References:

1. Noble D, Mathur R, Dent T, Meads C, Greenhalgh T. Risk models and scores for type 2 diabetes: systematic review. *BMJ*. 2011;343:d7163.
2. Sachdeva A, Cannon CP, Deedwania PC, et al: for the GTW Steering Committee and Hospitals. Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines. *Am Heart J*. 2009;157(1):111-117.e2.
3. Centers for Disease Control and Prevention Fact Sheet American Diabetes Association Standards of Care.

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Learn how Boston Heart can help get your heart healthy.



Advanced Blood Testing

Boston Heart goes beyond the “good” and “bad” cholesterol to give a more complete picture of your heart health.



Easy to Understand Reports

Receive reports using your blood test results, family history and other health factors that create your personal health story.



Personalized Nutrition and Life Plan

Take action to improve your health with the Boston Heart Lifestyle Program. You will receive a personalized Life Plan that incorporates your test results and individual food and activity preferences.



Support from Registered Dietitian Coaches

Work with our Registered Dietitian Coaches, who are health and nutrition experts, to set goals, overcome challenges and keep you motivated.

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3 ASK YOUR HEALTHCARE PROVIDER IF BOSTON HEART'S TESTING AND LIFESTYLE PROGRAM IS RIGHT FOR YOU.



FOR MORE INFORMATION, VISIT
BOSTONHEARTDIAGNOSTICS.COM
OR CALL **877.425.1252**.

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