



A Word From The President

Among the wide variety of screenings offered by Heart Screen, is Thyroid Testing. Thyroid disease is far more prevalent than previously thought. Undiagnosed thyroid disease carries with it dangers of elevated cholesterol levels, an increased risk of clogged arteries and heart disease, and ovarian cancer, among other conditions.

“Good Health Begins 6 Inches Below The Chin”

Hypothyroidism is frequently associated with:

- Diabetes
- Arthritis
- Cardiac disease
- Depression
- Infertility
- Anemia
- Lupus, Celiac disease many other autoimmune

It fits in between cholesterol screening and blood pressure assessment. A functioning thyroid gland is the foundation of good health and opens the door to general wellness.

According to thyroid patient advocate and author Mary Shomon, "Even with the efforts of the past decade, we still have a long way to go in terms of thyroid awareness. People are struggling with obesity, depression, infertility, menopausal symptoms, low libido, high cholesterol, osteoporosis, and many other issues, and yet the majority of Americans have never had a thorough thyroid checkup. If properly informed, diagnosed and treated, some of these people would feel and live well, because they will discover that their symptoms were actually due to overlooked and untreated thyroid problems all along!"

Thyroid disease is very common and is best detected early so it can be treated without delay.

Early diagnosis can avoid more costly and debilitating conditions that result from untreated thyroid disease.

The gold standard for thyroid screening is the TSH test. Add Thyroid Testing with your biometric screening to identify individuals who may not be aware of potential thyroid issues. A simple Fingerstick with accurate results are

Heart Screen's Health and Wellness Screening Programs.

BIOMETRICS

- Cholesterol
- Glucose
- BMI Including Ht & Wt
- Blood Pressure

WOMEN'S & MEN'S HEALTH

- PSA For Prostate Cancer
- Thyroid (TSH)
- Bone Density

FITNESS SCREENINGS

- Aerobic Conditioning
- Body Fat Testing
- Body Mass Index (BMI)
- Grip Strength
- Flexibility

ADDITIONAL ON-SITE TESTING

- Auditory Screening (Hearing)
- Blood Pressure
- Bone Density
- Dueyes Simulator Goggles
- Glaucoma
- Grip Strength
- Hepatitis Screenings
- Lung Function & Lung Age
- Metabolic Testing (Weight Management)
- UV Photo
- Visual Acuity

STROKE PREVENTION

- Carotid Artery
- Arterial Stiffness Index

EDUCATIONAL

- Health Coaching
- Wellness Wagon
- Workshops / Lunch 'N' Learns
- Health Bingo
- Milk Taste Test (Nutrition)

HRA's (Emailed And On Line)

STRESS REDUCTION

- Massage
- Reflexology
- Aromatherapy
- Yoga Workshops

available in just ten minutes!

By adding TSH screening test to total cholesterol tests, there is an opportunity to prevent the progression of mild hypothyroidism to overt hypothyroidism as well as the symptoms of thyroid failure.

30 million Americans have poor functioning thyroid glands and fewer than half are diagnosed.

- 8 out of 10 people with thyroid disease are women.
- Women are 5 to 8 times to suffer with hypothyroidism, or an underactive thyroid.
- 15 to 20 % of people with diabetes and their siblings or parents are likely to develop thyroid disease.
- 50% of thyroid disease patients' offspring will inherit thyroid disease.
- By age 60, 17% of women and 9% of men may be hypothyroid.

Towards better health,

Barbara Parker

Overheard at a health club recently.

Trainer: "How much did you weigh when your weight problem began"

Client: 7 pounds, 8 oz.

- Tai Chi Workshop
- Stress Reduction Workshop
- Smoking Cessation
- Anger Management

NUTRITIONAL PROGRAMS

- Weight Management
- Wellness Wagon
- Lunch 'N' Learns
- Brown Bag Seminars
- Cooking Demo
- Rate Your Plate

STROKE PREVENTION

- Arterial Stiffness Index
- Carotid Artery
- Blood Pressure
- Workshops

FLU PREVENTION



Heart Screen Inc.

healthfairs a t w o r k®

Tel: 631.842.1122

Fax: 631.842.8480

Cell: 631.766.9702

MA: 508.209.2309

Web: <http://heartscreen.com>

WELLNESS TIP

Clean your telephone and computer keyboard frequently. If you get sick often, clean everything you touch regularly. You could be re-infecting yourself. Even if you have a regular cleaning crew, it never hurts to wipe down door knobs, faucets, and light switches with an anti-bacterial spray or wipe.

Thyroid Disease Affects Many Body Systems and Overall Health

- Thyroid**
 - Thyroid Disease Can Have Widespread Effects
- Liver**
 - Increased LDL Cholesterol
 - Elevated Triglycerides
- Intestines**
 - Constipation
 - Decreased GI Activity
- Reproductive System**
 - Decreased Fertility
 - Menstrual Abnormalities
 - May Harm Development of Infant
- Brain**
 - Depression
 - Decreased Concentration
 - General Lack of Interest
- Heart**
 - Decreased Heart Rate
 - Increased/Decreased Blood Pressure
 - Decreased Cardiac Output
- Kidneys**
 - Decreased Function
 - Fluid Retention and Edema