

# NO MORE BROKEN HEARTS

*Because Every Heart Matters*

## ***KEEPING FAMILIES TOGETHER***



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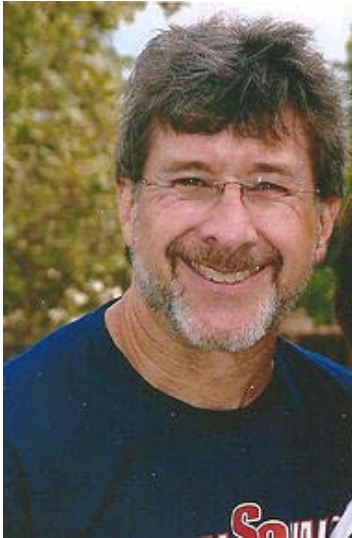
[www.nomorebrokenhearts.info](http://www.nomorebrokenhearts.info)

FB nomorebrokenhearts2014



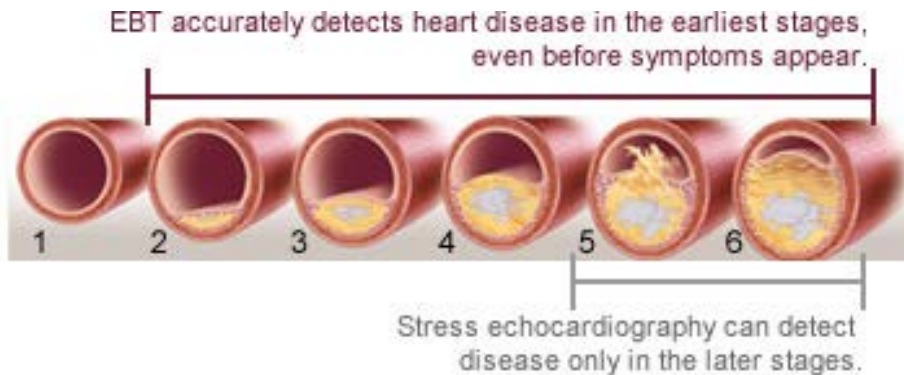
# Dean

- Died: September 29, 2013
- Age: 47
- Had no risk factors –Normal blood pressure, cholesterol, never smoked, no family history, exercised regularly - Asymptomatic
- (Picture) 8 hours prior to heart attack on ice rink playing ice hockey – Dean played every week for 15+ years
- Admitted to hospital for 5 hours – had stent implanted – coded shortly after - Hospital Bill was \$212,000
- Ischemic Heart Disease 2+ years - yet he passed his annual exam early 2013



# Sal

- Died: October 2, 2010
- Age: 57
- Had been on cholesterol medication
- Had cardiac stress test beginning of September with normal results
- Collapsed on October 2<sup>nd</sup> while chalking the field for his son's soccer game
- 2 fully blocked arteries / yet clean bill of health





# Steve

- Died: October 1, 2014
- Age: 49
- (Picture) 2 weeks prior to heart attack - participating Olympic triathlon
- Had been on high blood pressure medicine since his 20's / family history
- Low HDL cholesterol – Took Omega 3
- Normal EKG
- Collapsed 2 days before his stress test – 3 completely block arteries

2010 ACCF/AHA Guideline for Assessment of Cardiovascular Risk in Asymptomatic Adults: Executive Summary

## Recommendations for Calcium Scoring Methods

### Class IIa

Measurement of CAC is reasonable for cardiovascular risk assessment in asymptomatic adults at intermediate risk (10% to 20% 10-year risk).<sup>52,53</sup> (Level of Evidence: B)

### Class IIb

Measurement of CAC may be reasonable for cardiovascular risk assessment in persons at low to intermediate risk (6% to 10% 10-year risk).<sup>53–55</sup> (Level of Evidence: B)



# Judge Jim Bodiford

- From Atlanta, GA
- Valentines Gift from his wife
- So many bad blockages needed open heart surgery
- “The screening was really a gift – that we found out about my heart before I had a heart attack. It saved my life.”

# Early detection SAVES lives

- 37 million mammograms
- 14 million colonoscopies
- CT Screenings for early detection liver, kidney, lung cancer
- Why not the heart???

