

Hello,

I'm sharing this with you because I want your heart to be healthy. I've been working on keeping my heart healthy by researching and following the supplement guidelines that I put together for a healthy heart.

I call it www.healthyheartformula.com

You find all my recommendations there.

Love,

Bonnie

Ruth O'Sullivan
1547 Palos Verdes Mall
314
Walnut Creek CA 94597

Study Location: Tice Valley Community
Center
Date of Study: 12/04/2008

Dear Ruth O'Sullivan:

Thank you for your recent participation and interest in our screening program. Your written report is enclosed. We hope that your screening experience was a positive one and that you recognize the value of the educational information we have provided. Recognizing signs and symptoms and understanding the benefits of lifestyle modification and risk factor management are proactive steps you can take to reduce your risk of stroke and vascular disease. Please share this information with your primary care physician.

The results of your Life Line Screening examinations are as follows:

CAROTID ARTERY / STROKE SCREENING RESULTS

Left <u>X</u>	Right <u>X</u>	WITHIN NORMAL RANGE. - Essentially minimal to mild plaque buildup. Blood flow velocities within normal limits.
—	—	Mild/Moderate. - Fairly low to moderate amount of plaque buildup not affecting blood flow velocities.
—	—	Moderate. - Plaque buildup in moderate range resulting in moderately increased blood flow velocities.
—	—	Findings of Possible Significance. - Large amounts of plaque and/or high blood flow velocities. See enclosed information. SEE YOUR PHYSICIAN.

NOTE TO PHYSICIAN: This test is not meant to be a comprehensive carotid duplex exam, but rather a screening to visualize the presence of excessive plaque and hemodynamic changes. For "findings of possible significance," a comprehensive carotid duplex exam is strongly recommended.

Within Normal Range. The results of your carotid artery screening fall within the normal range. This indicates that you have negligible to minimal plaque buildup in these arteries, which is insignificant. We have also measured the velocity of your blood flow and have found it to be within normal range as well. Since the plaque buildup is not affecting the rate of blood flow, the velocity measurements for the internal carotid arteries will not be stated specifically in this report. However, your velocities fell below 110 centimeters per second, which is within normal limits. Pictures of your arteries will not be included because our interpreting physician has not recommended further evaluation at this time. It is suggested that you be re-screened for the complete vascular tests in 2-3 years.

Understanding your Results:

A stroke results from the disruption of adequate blood flow to the brain. The most common source of disruption is a significant blockage of the carotid artery caused by the excessive accumulation of fatty plaque buildup along the artery walls. The carotid arteries are the main blood supply to the brain, and plaque buildup in these arteries is the leading cause of stroke. The carotid arteries travel up the side of the neck and branch into two arteries. The first is the INTERNAL CAROTID ARTERY, which supplies blood to the brain. The other is the EXTERNAL CAROTID ARTERY, which supplies blood to the face and scalp.

The amount of plaque identified in your arteries will not be given as a percentage, but is marked in one of four (4) categories: **Within Normal Range, Mild-Moderate, Moderate, and Findings of Possible Significance.**

ATRIAL FIBRILLATION SCREENING RESULTS

☒ **NO ATRIAL FIBRILLATION DETECTED**

☐ Possible Atrial Fibrillation Detected

☐ Incidental Finding

No Atrial Fibrillation detected. Our physician has reviewed the ECG tracing and Atrial Fibrillation was not identified.

Understanding your Results:

Atrial Fibrillation is the most common type of irregular heart rhythm in which the two upper chambers of the heart do not beat effectively and the blood isn't pumped completely out of them. This blood may pool and form a clot and the clot may travel to the brain through the carotid arteries, the main blood supply to the brain. A clot in the carotid arteries or brain can cause a potential stroke.

ABDOMINAL AORTIC ANEURYSM SCREENING RESULTS

☒ **NO ANEURYSM(less than 3 cm)**

☐ ANEURYSM(3 cm or greater) Further evaluation suggested. See enclosed information.

No abdominal aortic aneurysm has been detected. Our physician has reviewed the ultrasound images and measurements of the aorta and bifurcation of the iliac arteries. All measurements are within normal limits.

Understanding your Results:

The abdominal aorta travels from the breastbone to the level of the umbilicus (your navel) where it branches into the iliac arteries that supply blood to the legs. The aorta's many branches supply blood to the organs of the abdomen. The aorta should measure less than three (3) centimeters. When it measures three (3) centimeters or greater, an aneurysm is suspected. There are two types of aneurysms: A fusiform aneurysm is a generalized enlargement where all of the walls of the aorta are enlarged. A saccular aneurysm is a focal enlargement creating a bulge on one side of the aorta.

PERIPHERAL ARTERIAL DISEASE SCREENING RESULTS (ABI INDEX)

Systolic left arm 100

Systolic right arm 108

Systolic left ankle 124

Systolic right ankle 120

Left Side Index 1.14

Right Side Index 1.11

Left Right

X X

NORMAL(.90 or greater) Within Normal range.

— —

ABNORMAL(Less than .90)

— —

ABNORMAL(unable to compress artery)

Normal classification with an index of .90 or greater. This result indicates that the pressures in your ankles are almost as high or higher than the pressure in your higher arm. This is a normal result.

Understanding your Results:

The ankle/brachial pressure index (ABI) is a ratio between the pressure in your arms and legs. This ratio is an indication of adequate or inadequate blood flow to the legs. Systolic pressures are taken using a hand held Doppler probe in both of the arms and legs. The results are calculated by dividing each ankle pressure by the one **higher** arm pressure. The lower arm pressure is not used to calculate the index. The higher arm pressure is used as a reference point to tell us what is normal for you. If there is plaque buildup in the arteries of the legs, this will cause the pressure in the ankle to drop, which will result in an index of less than .90. This screening is a basic physiological test that will identify most cases of peripheral arterial disease at rest. The Ankle Brachial Index was developed by the University of Pittsburgh School of Medicine.

Interpreting Physician: (Signature on file)

Report Date: 12/04/2008



Dr. Robert Thompson

Ruth O'Sullivan, we would like to thank you again for participating in the Life Line Screening Program. We hope that the information you have been provided on understanding vascular disease and osteoporosis and on the status of your health in the above areas will be useful to you and your physician. Our efforts have focused on an effective prevention strategy that is of value as it relates to not only the detection and identification of disease but also our educational mission to make individuals aware of the risk of vascular disease. Identification of "silent diseases" has relevance as it relates to early intervention. It is a vital part of a personal prevention and wellness program.

Please remember that the results of these screenings must be interpreted in the context of your clinical history. Only your physician can fully evaluate your test results and recommend a treatment plan for you. It is imperative that you seek follow-up consultation for any test results that fall outside the normal range.

For information about Life Line Screening please visit our website at www.lifelinescreening.com and for questions pertaining to these results please call 1-800-897-9177 ext 1196.

Wishing you the best of health,

Life Line Screening