

# Stroke Prevention - In Less Than 30 Minutes You Can Prevent A Stroke

Stroke is the third leading killer in the United States with more than 750,000 victims each year, of these a staggering 600,000 could have been prevented. Of those, nearly 160,000 resulted in death. The statistics seem somewhat discouraging when you realize that a stroke can occur at any time and at any age however incredible advancements in medical treatment and technology provide the necessary tools for the early detection and treatment of strokes.

University Center Imaging (UCI) provides non-invasive, completely painless screenings using the most advanced ultrasound technology. All tests are performed by registered technologists and reviewed by Board Certified, on-site radiologists.

“Our goal is to offer a screening process to as many people as possible in an effort to encourage preventative medicine,” said Jenny Marshall, UCI Director of Operations.

These inexpensive preventative health screenings are completed in a matter of minutes. When a patient schedules a Stroke Risk Assessment Screening, they receive screenings for risk of the carotid artery, abdominal aortic aneurysm, and peripheral arterial disease, all at a discounted rate.

## Stroke Warning Signs:

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body.
- Sudden confusion, trouble speaking or understanding.
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness, loss of balance or coordination
- Sudden, severe headache with no known cause.

Carotid artery disease (CAD) is the leading cause of strokes. More than 50 percent of stroke victims present no warning signs. After the age of 55, the risk of stroke doubles every 10 years, according to a study conducted by the American Heart Association. Most significantly, 97 percent of the adult population cannot name a single warning sign of a stroke.

In the case of an abdominal aortic aneurysm (AAA), the abdominal aorta is the largest blood vessel in the body,

an enlargement occurs in the lining of that blood vessel. As the lining gets weaker the vessel wall becomes thinner and expands. As a result an aneurysm can rupture producing catastrophic bleeding. Most people with an abdominal aortic aneurysm present no warning signs.

Approximately 12-15 million American suffer from peripheral arterial disease (PAD), often referred to as hardening of the arteries or atherosclerosis. It is a condition in which the large and medium sized arteries supplying blood to the lower extremities become narrowed or clogged, caused by the buildup of fatty plaque, slowing or stopping the flow of blood. Individuals with (PAD) are at a four-fold increased risk of heart attack and a two to three-fold greater risk for stroke.

Each individual has the ultimate responsibility for their own good health. The importance of nutrition, physical fitness and preventative screenings in maintaining a healthy lifestyle is well documented. By scheduling a Stroke Prevention Study, and making necessary lifestyle changes, individuals can lead a happy, healthy life. Contact UCI at 321-726-3800 to schedule your Stroke Risk Assessment Screenings (all 3 exams)



for just \$99, individually \$35.

University Center Imaging is accredited by the American College of Radiology. A full service diagnostic imaging facility, UCI offers MRI, CT, Nuclear Medicine, Digital Mammography, Breast and Prostate MRI, Ultrasound, Osteoporosis (DEXA scans), Echocardiograms, Fluoroscopy, Coronary Calcium Scoring, Stroke and Lung Screenings, and X-ray. ❖