

# Why Get a Body Scan?



## Early Detection Saves Lives!

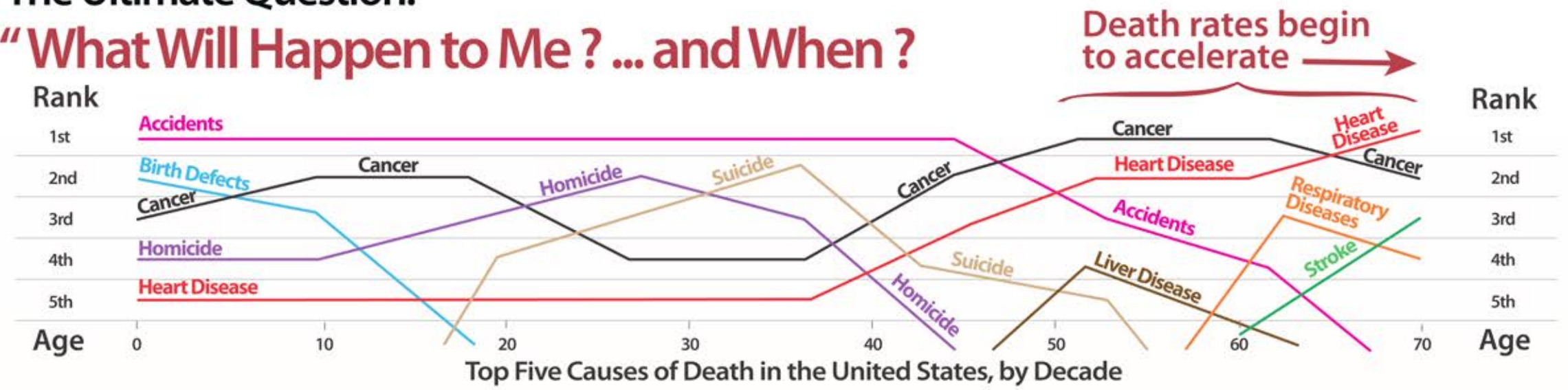
Our Full Body Scan provides a thorough assessment of your organs from your neck to your pelvis. In just 20 seconds, less than one breath-hold, our ultra-fast scanner acquires hundreds of extraordinarily detailed 3D color images of your body. **No needle! No injection! No Pain!** Our expert radiologists search for early signs of potentially lethal diseases such as heart disease, cancer and stroke. Other conditions such as cysts, aneurysms, gallstones and kidney stones are often discovered, even though you may feel well and you have no symptoms at all!

The results of your body scan, coronary calcium score, bone mineral density test and physician interview with a medical lifestyle consultation give you both a "rear view mirror" (to show where you have been medically) and a "road map" that guides you to a better life.

Throughout the decades of life, the top five causes of death vary. Throughout the first five decades, accidents do take the highest toll. But, note the "competition" for "second-place" on the graph. Also, as we age, be mindful of the fact that death rates increase dramatically among the middle-aged and elderly (better to be elderly if it is you!). The "driving force" for mortality inevitably relates to increased prevalence of potentially lethal heart disease and cancer, which together account for 75% of all premature deaths after age 50.

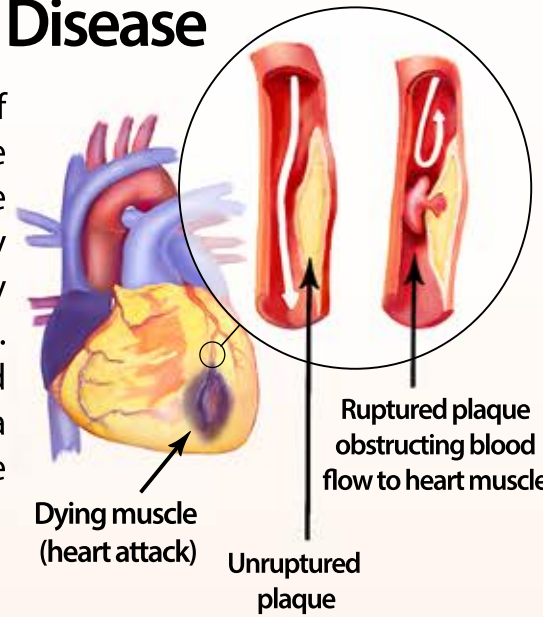
## The Ultimate Question:

# "What Will Happen to Me? ... and When?"



## Understanding Heart Disease

Half of all men and women will die of heart disease. The underlying cause is the build-up of cholesterol plaque inside the coronary arteries. It accumulates slowly and silently until a plaque spontaneously ruptures, releasing particles of debris. These particles clog-up the vessel and obstruct vital blood flow, precipitating a heart attack within minutes. Sadly, the immediate result is often sudden death.



## Hot Tea?

Think of heart disease like a pot of tea on a stove. The "set point" for hotness of the flame is largely determined by your genetics (what your mama gave you).



However, the flame burns hotter for each of several risk factors, including: high cholesterol, high blood pressure, diabetes, smoking and obesity. Importantly, each of these risk factors can be easily identified and quantified - then treated or eliminated, effectively resetting your "flame" to a much lower temperature.

## Avoid Premature Heart Disease

Don't let your pot of tea "boil over" before you have had a chance to enjoy your golden years. Your calcium score provides an accurate measure of your total plaque burden. This percentile rank of your coronary artery plaque provides a valuable guide to proper treatment. Our recommendations may include combinations of weight loss, diet change, exercise, baby aspirin, cholesterol-lowering medications, further testing and consultation with a heart specialist.

## About Cancer

We all fear cancer and for good reasons. Forty-percent of all Americans will personally experience cancer. Many of us will experience cancer more than once. Twenty-five percent (25%) of us will die from cancer.

## Fighting Cancer

Risk of acquiring different types of cancer, such as lung cancer and skin cancer can be reduced by lifestyle changes (such as avoiding smoking and excessive ultraviolet light). Other common cancers such as breast, colon and prostate cancer can be detected early through screening, enabling a better outcome or even a cure following swift and effective treatment.



## Arm Yourself!

Empower yourself with knowledge and take ownership of your health! Be proactive. Reduce risk. Practice early detection and seek prompt and effective treatment. If you are over forty, a body scan is a good start, especially if you have a family history of heart disease or cancer or have high blood pressure, diabetes, or elevated cholesterol levels.

## Prepare Your Battle Plan

**Call (951) 894 - 4418** and schedule your Full Body Scan at our Health Scan Imaging facility in Murrieta. We offer great value - including the lowest cost Full Body Scan in the Inland Empire. The exam is fast, safe, painless and accurate. We share valuable knowledge and give you an action plan that provides a basis for optimism and confidence about your future health and longevity.