

FREE CARDIOVASCULAR SCREENINGS

Presented by Holly Perry & Women's Center of Greater Lansing

Holly Perry, a longtime supporter of the Women's Center, is offering to test the heart health of anyone who wants it on **MARCH 6** at the Women's Center (1710 E. Michigan Avenue, Lansing).

The cardiovascular screening will provide the following information:

- **Average, high, and low heart rate, and a measurement of Heart Rate Variability (HRV).**
HRV values have come to be known as a good overall indicator of heart health. The higher number on your HRV the healthier your heart as it identifies the ability of the heart to adapt to changing environments quickly. The HRV result is in the upper left quadrant of the report, displayed on a beats/minute graph. The wider that band is the better your HRV, and better your overall heart health is.
- **Autonomic Nervous System Evaluation --**
Balance between sympathetic and parasympathetic nervous system responses. Ideally we want the two aspects of the ANS balanced. Test also takes the electric impulse from the Sino-atrial valve on the heart and breaks it down into frequencies to get identify the power of the impulse and the ANS response.
- **Physical Stress, mental Stress, and Stress Resistance Levels -**
Based upon integrity of your ANS. Also get an overall stress score which is on the sample report shows 46/100. We look for a reading less than 50.
- **Aging Vascular Health**
Determined from the wave form made by each heart beat and the percentage which falls into each of seven wave form categories. From this we will know:
 - Eccentric Constriction - How well the heart muscle constricts when it is pumping
 - Arterial Elasticity - Are the arteries elastic or begun to get hard?
 - Remaining Blood Volume - how much blood is left in the heart chamber with each constriction, efficiency of the pump

This cardiovascular screening would generally cost around \$100 in a doctor's office.

Other things to note:

- No coffee for 4 hours before screening
- Best not to have done strenuous exercise 2 hours before
- 3 minute test with a finger clip, with no talking, or moving (I tell people to be a statue)
- Does not work on acrylic finger nails (regular finger nail polish is ok..uses a red LED light through the fingernail to evaluate blood flow through the capillaries)

This will be a test that people can take to their next doctor's appointment to show the results.

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