

Northside Cardiology P.C.

5670 Peachtree Dunwoody Road Suite 880 Atlanta, GA 30342

634 Peachtree Parkway Suite 100 Cumming, GA 30041

Office 404.256.2525 Fax 404.845.4720 www.nscatl.com

Barry D. Silverman, M.D. Jack P. Chen, M.D. Michael A. Balk, M.D. Van Crisco, M.D.

Narendra Singh, M.D. Nabeel Hafeez, M.D. Kim Champney, M.D.

■ Your SCHEDULED ARRIVAL TIME is _____ for test preparation.

Important: you are expected to arrive 30 minutes prior to your scheduled test time. If you are more 15 minutes late from your arrival time, please understand that we may have to reschedule your test.

■ Your SCHEDULED TESTING TIME IS _____.

Aortic Aneurysm Ultrasound: You will need to go 8 hours without anything to eat or drink prior to the exam. An ultrasound scan for an aortic aneurysm is a painless test and is the easiest way to detect an aneurysm. The abdominal aorta is a main artery that stems from the heart and it is the largest blood vessel in the body. An aortic aneurysm is an enlargement in the lining of the aorta. The vessel wall becomes thinner and expands due to age and other risk factors. It is important to know the size of an aneurysm and an ultrasound is the easiest way to measure it. The size of the aneurysm determines the treatment required. An aneurysm can rupture and cause tragic bleeding and results in a casualty 80% of the time. The US Preventive Services Task Force (USPSTF) recommends a screening test for men between the ages of 65 and 75 who have ever smoked. Also, people who have a strong family history of an aortic aneurysm or another condition that puts them at risk, including Marfan's syndrome and Ehlers-Danlos syndrome, may benefit from a screening. Most people with an aortic aneurysm present no warning signs.

Carotid Ultrasound: There is no prep for this ultrasound study. This ultrasound is a painless exam that uses high frequency sound waves to view the carotid arteries. This is a painless test and can be performed in the office. These are major arteries in the neck and can become narrowed by plaque on the inside of the vessels. The buildup of plaque, which is fat and cholesterol deposits, not only narrows the artery but also decreases blood flow to the brain and can lead to stroke. Also, a piece of plaque can break off and travel to smaller arteries of the brain or a blood clot can form and block a narrowed artery. In addition, finding plaque in the carotid arteries may help predict future heart attacks. This study is recommended for anyone with heart disease and anyone over 60 years of age.

Ankle Brachial Index (ABI): Please be sure to bring a comfortable pair of walking shoes in case a treadmill test is required.

The ABI is a non-invasive, reliable test for diagnosing Peripheral Artery Disease or PAD which is performed in the office. This is a disease which blocks leg arteries that can lead to development of future leg rest pain, poor healing of foot wounds or the need for leg bypass surgery. The ABI can also predict how severe an individual's atherosclerosis is and the risk of developing future leg problems along with predicting the risk of a future heart attack and stroke. The ABI uses a Doppler which produces sound waves that measures blood pressure readings in the arms and ankles. Blood pressure cuffs are placed around your arms and ankles and inflated briefly then deflated and blood pressure measurements are subsequently taken. A treadmill test may be recommended to test further for PAD and the cause of pain.