



Well timed.

According to the American Heart Association, **coronary heart disease is America's number one killer.** Stroke is number three and a leading cause of disability. Could you be at risk for heart disease? Find out by taking the cardiac risk test on the back of this card.



Providence Medical Center
CARDIAC CENTER

Well into the future.

913-596-5030

Cardiac Disease Risk Analysis

Your answers to these questions will help you to know if you are at risk for Coronary Artery Disease (CAD).

Please answer the following questions. Check either “Yes” or “No” for each.

Do you have high blood pressure? Y N

Is your total cholesterol higher than 200 mg? Y N

Are you more than 25 pounds overweight? Y N

Do you have a family history of diabetes? Y N

Do you have an inactive life-style? Y N

Do you smoke? Y N

Do you eat fried or fatty foods three times a week or more? Y N

Do you experience a lot of stress? Y N

Do you drink Alcohol regularly? Y N

Do you have Peripheral Vascular Disease? Y N

Do you have a family history of heart disease? Y N

The more “yes” answers you checked, the more important it is for you to see your physician. We recommend you to discuss your responses to this questionnaire with your physician.

To find a physician, call Providence’s Physician Referral Line at 913-281-7777 or toll free at 1-800-281-7777.

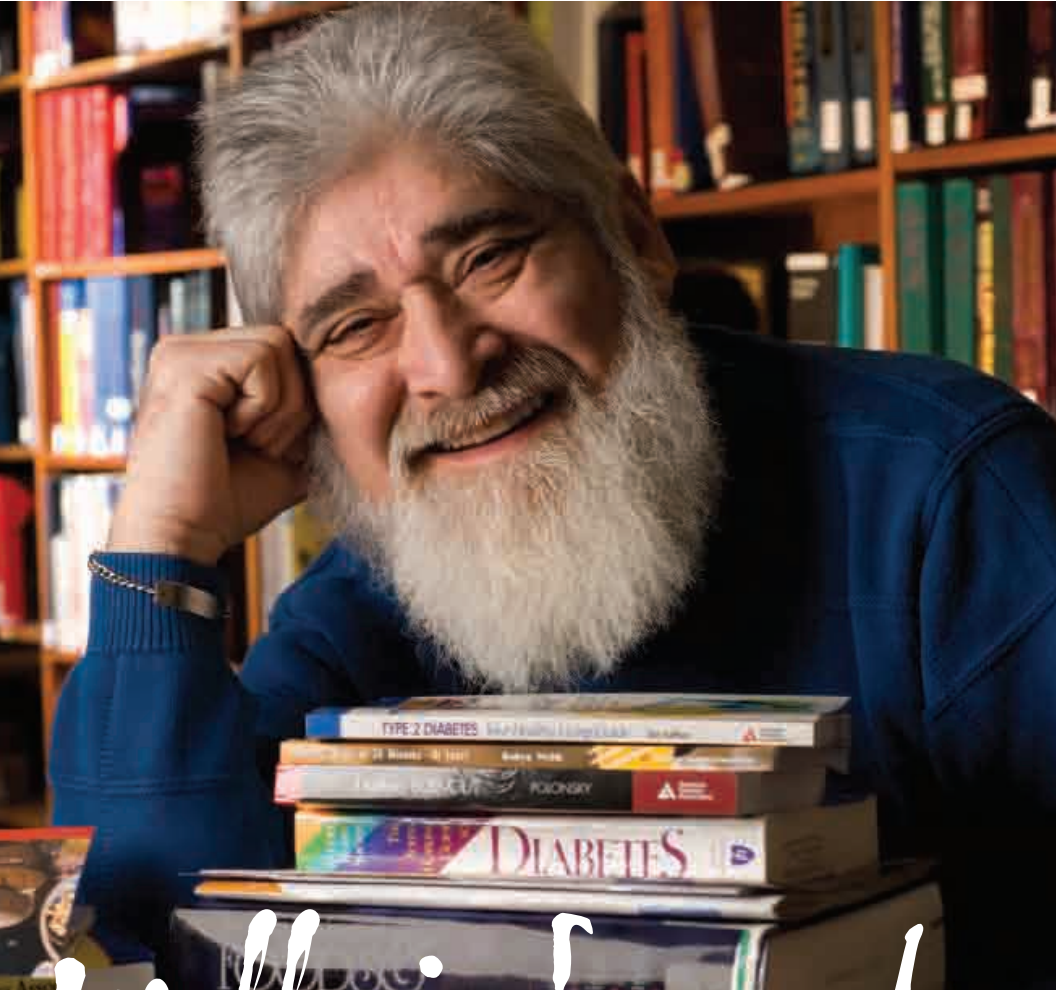


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and





Well informed.

According to the American Diabetes Association,
one third of people with diabetes don't know they have it.
20.8 million living with diabetes • 6.2 million undiagnosed
Could you be at risk for diabetes? Find out by taking the
diabetes risk test on the back of this card.



Providence Medical Center
DIABETES CENTER

913-596-3970

Could you have diabetes and not know it?



Take the test. Know your score.

Take this test to see if you are at risk for having diabetes. Diabetes is more common in African Americans, Latinos, Native Americans, Asian Americans and Pacific Islanders. If you are a member of one of these ethnic groups, you need to pay special attention to this test.

Write in the points next to each statement that is true for you. If a statement is not true, put a zero. Then add your total score.

1. I am a woman who has had a baby weighing more than nine pounds at birth. Yes 1 _____
2. I have a sister or brother with diabetes. Yes 1 _____
3. I have a parent with diabetes. Yes 1 _____
4. My weight is equal to or above that listed in the chart. Yes 5 _____
5. I am under age 65 and I get little or no exercise. Yes 5 _____
6. I am between ages 45 and 64. Yes 5 _____
7. I am age 65 or older. Yes 9 _____

TOTAL

*At-Risk Weight Chart

*Body Mass Index

Height	Weight
in feet and inches without shoes	in pounds without clothing
4' 10"	129
4' 11"	133
5' 0"	138
5' 1"	143
5' 2"	147
5' 3"	152
5' 4"	157
5' 5"	162
5' 6"	167
5' 7"	172
5' 8"	177
5' 9"	182
5' 10"	188
5' 11"	193
6' 0"	199
6' 1"	204
6' 2"	210
6' 3"	216
6' 4"	221

Scoring 10 or more points: You are at high risk for having diabetes. Only your health care provider can check to see if you have diabetes. See yours soon and find out for sure.

Scoring 3 to 9 points: You are probably at low risk for having diabetes now. But don't just forget about it. Keep your risk low by losing weight if you are overweight, being active most days and eating low fat meals that are high in fruits, vegetables and whole grains.

Diabetes is a serious disease that can lead to blindness, heart disease, strokes, kidney failure and loss of a limb. Whether you are at high or low risk for diabetes, finding out more about the disease could someday help you or someone you love. For more information on the symptoms and treatment of diabetes, please call the Providence Diabetes Center at 913-596-3970.



Providence Medical Center
DIABETES CENTER



Well rested.

More than 80 million Americans have serious, impairing sleep problems.

Many are unaware of their condition and thus, few seek treatment. The first step is to determine if you have symptoms of a sleep disorder, such as sleep apnea. To find out if you should seek further testing, take the self-screening test on the back of this card. The more symptoms you indicate, the more likely you may have a sleep disorder.



Providence Medical Center
SLEEP DISORDERS CENTER

Well into the future.

913-596-4704

Sleep Disorders Self Screen

Please answer the following questions. Your answers to these questions will help you to know if are likely to have a sleep disorder. Check either ‘Yes’ or ‘No ‘for each.

Do you snore loud enough that it bothers other people? Y N

Have you ever been told you stop breathing in your sleep? Y N

Do you feel rested after a full night’s sleep? Y N

Do you get sleepy while driving? Y N

Have you ever had a car accident caused by sleepiness or fatigue? Y N

Do you have high blood pressure? Y N

Do you fall asleep when you don’t want to? Y N

The following questions should be completed by a physician or nurse.

Does the patient have any of the following:

Atrial fibrillation Y N

Congestive heart failure Y N

Neck size greater than 16 inches for women/17 inches for men Y N

Crowded airway (large tongue, tonsils, uvula) Y N

Ejection Fraction less than 30 percent Y N

Body mass index greater than 30 Y N

Providence and area physicians offer expertise in diagnosing and treating sleep disorders. To discuss any of the above symptoms or for a more in-depth evaluation, please talk to your physician or call the Providence Sleep Disorders Center at 913-596-4704.