



Introducing: Choices Cardiology

147-32 Jamaica Avenue, Jamaica NY 11435

What's New at Choices

September 2015

Choices Cardiology

Heart Examinations and Testing for Women and Men

Beginning September 24, 2015 - Every Thursday Afternoon

Heart Disease is the #1 killer of women.

It's called the "silent disease" because often people don't realize there is a problem until it is too late and they have a serious heart attack or stroke. Heart health is important for everyone with **special risk factors** such as:

1. High Blood Pressure
2. Smoking
3. Diabetes
4. High Cholesterol
5. Being overweight or obese
6. Poor diet – eating lots of processed or junk foods
8. Stress – Family or work related, and socio-economic pressures

If any of these apply to you,
Call **718-937-5000** or

Visit www.choicesmedical.com (link below) for your appointment with Choices Cardiology now.

[CLICK HERE: Choices Cardiology Online Appointments](#)

Cardiovascular Care and Non-Invasive Heart Testing at Choices will make sure your heart is healthy. At Choices, testing is the first step in prevention and treatment.

Specialized Heart Testing at [Choices Medical Center](#) is conducted by a team of skilled



professionals under the direction of Dr. Perry Frankel, well known cardiologist, lecturer and author. All tests are completely painless, brief and non-invasive. The tests include:

- **Carotid Doppler** – A simple, brief and painless ultrasound scan of your neck to detect disease that blocks the arteries to the brain and is a leading cause of strokes. Strokes are the third leading cause of death in the U.S. with nearly 157,000 dying annually and the leading cause of permanent disability in older people. (Symptoms include numbness or weakness in your face, arm or leg, trouble speaking, trouble walking and severe headache.)
- **Abdominal Aorta Aneurysm (AAA) Ultrasound** – An ultrasound scan of the abdomen to detect heart aneurysms when a part of the artery balloons out and could rupture, causing severe internal bleeding or sudden death. This type of condition is often caused by high blood pressure. Nearly 200,000 people in the U.S. are diagnosed each year. A one-time ultrasound screening is recommended for men 65 and older (55 if you have a family history) and for women 65 and older who smoke or with a family history of AAA. (Symptoms include a pulsating feeling near your naval, severe abdominal pain and back pain.)
- **Peripheral Artery Disease (PAD) Screening** – Detects blockages in blood flow. PAD affects more than eight million people in the U.S., especially those over 50, and 10s of thousands each year lose a leg due to severe PAD. (Symptoms include leg pain especially when walking.)
- **Vestibular Screening** – Assesses inner ear problems that can affect your balance, causing unsteadiness or dizziness that can limit mobility and contribute to falls. (Symptoms include perceived hearing loss, unexplained falls, dizziness, vertigo and light-headedness.)



Choices Cardiology Testing and Care is offered for both women and men.

What to expect: Testing begins with answering simple yes/no questions about your health and habits. A Choices cardiologist will then review your answers to determine what screenings are necessary. Most tests take less than 30 minutes, and you will get the results on the spot with recommendations for follow-up and

treatment if necessary.

Counseling for heart-healthy nutrition is also available, and our experienced counselors are available for **advice on stress relief** and referrals for other services.

Choices Cardiology

147-32 Jamaica Avenue, Jamaica NY 11435

Call **718-937-5000** for your appointment now!

Do you know...

- More women and men die from heart disease than anything else, including all forms of cancer.
- Heart disease symptoms are often different in women than men and go unrecognized. A frequent early-warning sign of heart attack in women can be a sudden onset of extreme weakness that feels like the flu, often with no chest pain at all.
- Under age 50, women's heart attacks are twice as likely as men's to be fatal, perhaps because symptoms are not recognized and treatment is delayed.



Meet Dr. Perry Frankel, Director of Choices Cardiology

Dr. Perry Frankel is a Board Certified Cardiologist and Lipidologist who has been in private practice since 1992. Before joining Choices Cardiology, Dr. Frankel co-founded Advanced Cardiovascular Diagnostics of Lake Success and was Chief Medical Resident at Long Island Jewish Hospital. His affiliations include St. Francis Hospital and Long Island Jewish/North Shore Health Systems. Dr. Frankel is a Fellow of the American College of Cardiology and is a distinguished speaker who has given presentations for many organizations.

Choices...our specialty is you.