



Orange County Employees Association

The O.C.E.A in association with Pacific Health and Wellness

is offering non-invasive ultrasound screenings to help our members identify their risk for serious illness: Stroke, Heart Attack, Osteoporosis, Organ Disease and Metabolism Disorders.



PACIFIC HEALTH AND WELLNESS

Body Scans Here

* Free Bone Density Screenings *

Are now available to
Orange County Employees
at **O. C. E. A.**

830 North Ross Street
Santa Ana, CA 92701

On Wednesday, March 14th, 2012

Family and Friends Welcome

PRE-REGISTER BY MARCH 4TH, 2012 TO

RECEIVE AN ADDITIONAL **\$69 DISCOUNT**
OFF THEIR FULL BODY SCREENING.

www.PHAWS.com



Am I at Risk?

- ♥ Diabetes ♥ Exercise Infrequently
- ♥ Smoker ♥ High Blood Pressure
- ♥ Overweight ♥ Family History

ULTRASOUND TECHNOLOGY

NO X-rays (no radiation!)

- **Affordable**
- **Accurate**
- **Fast, Safe**
- **Private**
- **Non-invasive**

Results given **on the spot** for you to take to your doctor.

Pacific Health and Wellness ♥ 2110 Artesia Blvd., Suite 323 ♥ Redondo Beach ♥ CA 90278 ♥ (866) 500-PHAW ♥ www.PHAWS.com

See New Discounted Pricing Below:



NON-INVASIVE ULTRASOUND BODY SCANS O.C.E.A. MEMBERS & FRIENDS

"EARLY DETECTION THROUGH SCREENINGS CAN SAVE LIVES!"

TOTAL BODY SCANS PERFORMED NON-INVASIVELY

Where: **O. C. E. A.**
830 North Ross Street
Santa Ana, CA 92701
--- * Assembly Room * ---

When: Wednesday, March 14th, 2012

Family and Friends Welcome

FREE BONE DENSITY SCREENING

FOR ALL
O.C.E.A. MEMBERS
NO X-RAYS (NO RADIATION!)

- ACCURATE
- FAST, SAFE
- PRIVATE
- NON-INVASIVE

**FLEX
SPENDING
APPROVED**

RESULTS GIVEN ON THE SPOT FOR YOU TO TAKE TO YOUR DOCTOR
HOSPITAL TRAINED ULTRASONOGRAPHERS RESPECTED BY PHYSICIANS
CHOOSE ONE SCREENING OR THE WHOLE BODY

PRE-REGISTRATION FOR AN
APPOINTMENT IS REQUIRED.

CALL US AT:

310-798-5000

AND PLEASE VISIT
OUR WEBSITE AT:

www.PHAWS.com



PACIFIC HEALTH AND WELLNESS

PRE-REGISTER BY
MARCH 4TH, 2012

AND BE ELIGIBLE TO
RECEIVE A DISCOUNT OF

\$10.00 OFF ANY 3

OR MORE PAID SCREENINGS

OR

**** \$499.00 FOR**

OUR FULL BODY SCREENING

CARDIOVASCULAR SCREENING

A) STROKE SCREENING – CAROTID ARTERIES (IN YOUR NECK)	\$ 39
B) ABDOMINAL AORTA SCREENING – MAIN ARTERY ANEURYSM	\$ 39
C) PERIPHERAL ARTERY DISEASE (PAD) SCREENING – BLOOD CIRCULATION	\$ 39
D) HEART SCAN – DETAILED LOOK AT HEART (ECHOCARDIOGRAM)	\$149
* SAVE BY TAKING THE CARDIOVASCULAR SCREENINGS: A, B, C, & D FOR ONLY.....	\$229
E) LIPID PROFILE – 5-MINUTE CHOLESTEROL & DIABETES BLOOD TEST	\$ 79
** SAVE BY TAKING ALL CARDIOVASCULAR SCREENINGS: A, B, C, D, & E FOR ONLY....	\$299

CANCER SCREENING

F) THYROID SCREENING – CANCER; GOITER; HYPO/HYPERTHYROID	\$ 39
G) KIDNEY SCREENING – CANCER; KIDNEY STONES	\$ 69
H) LIVER SCREENING – CANCER; FATTY (UNHEALTHY) LIVER	\$ 39
I) SPLEEN & * PANCREAS SCREENING – CANCER; ENLARGED SPLEEN	\$ 39
J) GALLBLADDER SCREENING – CANCER; GALLSTONES	\$ 39
*** SAVE BY TAKING ALL CANCER SCREENINGS: F, G, H, I, & J FOR ONLY.....	\$199

WEIGHT MANAGEMENT SCREENING

K) METABOLISM – LOSE WEIGHT BY FINDING OUT HOW MANY CALORIES YOUR BODY ACTUALLY BURNS ON A DAILY BASIS. NO MORE FAD DIETS!	\$ 69
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OSTEOPOROSIS SCREENING

L) OSTEOPOROSIS SCREENING – ARE YOUR BONES STRONG OR WEAK?	\$ 39
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SAVE EVEN MORE WITH THESE PACKAGES – ANY \$39 TEST CAN BE COMBINED FOR SAVINGS...

PACKAGES OF: 3 FOR \$115; 4 FOR \$140; 5 FOR \$165; 6 FOR \$190; 7 FOR \$215; 8 FOR \$240

***** SIGN-UP FOR ALL 12 SCREENINGS (A THRU L) AND**

SAVE EVEN MORE *** JUST \$569 *******

A) STROKE occurs when a blood vessel feeding the brain bursts or is clogged, causing a sudden disruption in the blood flow to the brain. Approximately **75%** of all strokes are caused by blockages in the carotid arteries, which are easily detectable using ultrasound.

Screening Information for Carotid Arteries:

Preparation: None.

Procedure: Technician traces a transducer (wand) against the neck. Ultrasound technology sends an image to a TV monitor.

Time: 3-7 minutes.

B) ABDOMINAL AORTIC ANEURYSM (AAA) is an enlargement in the blood vessel caused by a breakdown of the lining of the vessel. As the lining gets weaker, primarily due to age and other risk factors, the vessel wall becomes thinner and expands. Medical research indicates that as many as 8 out of every 100 people over the age of 60 have an undetected AAA. An aneurysm can rupture, producing catastrophic bleeding and, in 90-95 percent of people, death.

Screening Information for AAA:

Preparation: Fasting for six hours prior to test. Two piece outfit. Moderate amount of water is allowed. Medication is permitted.

Procedure: Technician traces a transducer against the abdominal area of the body.

Time: 3-5 minutes.

C) PERIPHERAL ARTERY DISEASE (PAD) is a narrowing of the blood vessels in the legs or arms caused by the build-up of fatty plaque.

PAD is a strong predictor of heart disease, and may show up in leg arteries before there are any signs or symptoms in the heart. It is estimated that up to 50 percent of patients with PAD may also have blockages in the heart arteries with no symptoms of chest pain.

Screening Information for Peripheral Arteries:

Preparation: Removal of shoes and socks. Short sleeves.

Procedure: Ankles and arms have blood pressure and doppler readings taken by technician.

Time: 5-10 minutes

D) AN ECHOCARDIOGRAM is an ultrasound of your heart. It is useful for viewing the valves of your heart; the function of your heart; and the size of your heart.

Screening Information for the Echocardiogram:

Preparation: No special preparation is necessary. Clothing from the upper body is removed and covered by a gown or sheet to keep you comfortable and maintain privacy. Privacy screens are also used.

Procedure: Individuals lie on an examination table and electrodes are attached to the chest and shoulders and connected to wires. The echo technologist then makes recordings from different parts of the chest to obtain several views of the heart. It is also recorded on photographic paper and on videotape. The tape offers a permanent record of the examination.

Time: 20-40 minutes.

Appointments are limited.

E) LIPID PROFILE / BIOMETRIC SCREENING – A simple finger blood stick to determine the level of TC (total cholesterol), HDL (good cholesterol LDL (bad cholesterol), triglycerides and blood glucose (diabetes) is obtained. Blood pressure and a body composition analysis are also performed to help identify potential risk for developing cardiovascular disease and diabetes.

Screening Information for Lipid Profile / Biometric Screening:

Preparation: fasting for 12-hours prior to test (no food or drink, except water).

Procedure: A finger prick blood sample is taken utilizing a sterile procedure. The sample is analyzed to identify blood levels. Additionally a blood pressure and body composition analysis is performed (height, weight, waist circumference, body muscle percentage, body fat percentage, and BMI is calculated.

Time: 10-12 minutes

F) THE THYROID controls metabolism. It also controls all of the hormonal organs, including ovaries, testicles and the pituitary at the base of the brain and the adrenal glands on top of the kidneys. It is very important to screen for cysts and solid masses on the thyroid gland using ultrasound. Cysts with fluid in them are normally benign. Masses which are solid may require a biopsy.

Screening Information for Thyroid:

Preparation: None.

Procedure: Technician traces a transducer (wand) against the neck.

Time: 3-7 minutes

G) THE KIDNEYS - The kidneys filter undesirable substances and excess water from the blood. Urine is stored in the bladder. The kidneys and bladder, along with their various connecting tubes are known as the urinary or excretory system. Problems occur when the kidneys are enlarged, shrunken, have cysts, have stones or have fluid build-up.

H) THE LIVER is the main metabolic organ of the body. It metabolizes what we eat, and processes protein, fat, and

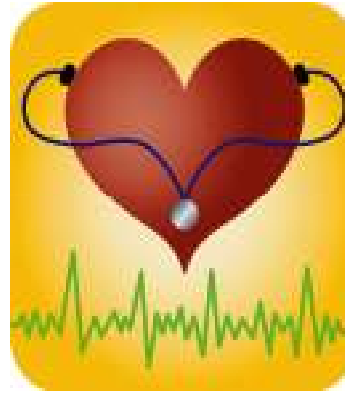
carbohydrates. A liver cyst may be due to a parasitic disease. If a mass on the liver is detected, investigation may be required to determine if it is a significant finding.

Screening Information for the Liver:

Preparation: No preparation required. Two piece outfit.

Procedure: Technician traces transducer against the abdomen from the mid-point to the right side.

Time: 3-7 minutes



I) THE SPLEEN - Shaped much like a loose fist and tucked under the left side of the diaphragm, the spleen is the most ignored and misunderstood of all organs. The spleen removes old, worn-out red cells and helps to recycle their iron. Problems occur when the spleen appears enlarged, if any masses or cysts are visible or if the texture is inhomogeneous.

Screening Information for Spleen:

Preparation: No preparation is required.

Procedure: Individual reclines on their side as the ultrasound technologist traces the ultrasound transducer against the spleen and the image appears on the video monitor.

Time: 3-5 minutes

J) THE GALLBLADDER is a storage tank for bile. When we eat, bile is released to break down food for digestion. The gallbladder may develop stones made of calcium, bile, and other substances. Problems occur when stones try to pass and become stuck in the common bile duct, backing up bile and causing jaundice.

Screening Information for Gallbladder:

Preparation: Fasting for six hours prior to test. Two piece outfit. Moderate amount of water is allowed. Medication is permitted.

Procedure: Technician traces a transducer against the abdominal area of the body.

Time: 3-5 minutes

K) METABOLISM- Calories are how we measure the energy in the food we eat and the energy our body uses. Your metabolic rate is how many calories your body burns in a day.

Screening Information for Metabolism:

Preparation: No caffeine or large meal one hour prior.

Procedure: Individual relaxes while breathing into a sterile tube.

Time: 10-20 minutes

L) BONE DENSITY - Utilizing ultrasound (bone Sonometry) to determine bone mass density identifies an individual's risk for osteoporosis or bone loss. Osteoporosis is painless in early stages and if detected early, can be prevented. Osteoporosis affects both men and women. Early evaluation and intervention is a key factor to maintaining a healthy lifestyle. It is not an inevitable fact of aging.

Screening Information for Bone Density:

Preparation: Removal of shoes and socks.

Procedure: Foot is placed comfortably in ultrasound unit. Ultrasound measures the bone mineral density of the heel.

Time: 3-5 minutes