



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

Body Scans
are now available to
Orange County Employees
at **O. C. E. A.**

830 North Ross Street
Santa Ana, CA 92701

On Thursday, July 30th, 2009

Family and Friends Welcome

PRE-REGISTER BY JULY 17TH, 2009 TO
RECEIVE A **\$20.00 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 Pricing Below:



NON-INVASIVE ULTRASOUND FULL BODY SCANS

AT THE O.C.E.A. ON THURSDAY, JULY 30TH, 2009

Body Scans are now available to
Orange County Employees

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

When: **Thursday, July 30th, 2009**
Appointments start at **8:30am**

Family and Friends Welcome

TOTAL BODY SCANS ARE HERE

*** FLEX SPENDING APPROVED! ***

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
HOSPITAL TRAINED ULTRASONOGRAPHERS RESPECTED BY PHYSICIANS
CHOOSE ONE SCREENING OR THE WHOLE BODY

MOST SCREENINGS ONLY \$39

PRE-REGISTRATION FOR AN
APPOINTMENT IS REQUIRED.

CALL US TOLL-FREE,
1-866-500-7429

VISIT OUR WEBSITE

AT:

www.PHAWWS.com



PACIFIC HEALTH AND WELLNESS

PRE-REGISTER BY
JULY 17TH, 2009
AND BE ELIGIBLE TO
RECEIVE A COUPON FOR

\$10.00 OFF

ANY 3 OR MORE SCREENINGS

OR

\$20.00 OFF

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) CARDIOVASCULAR PROFILING – HARDENING OF THE ARTERIES	\$ 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 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) **CARDIOVASCULAR PROFILING** - To determine the level of elasticity in the large and small arteries, which identifies individuals who are potentially at risk for cardiovascular disease.

Screening Information for Cardiovascular Profiler:

Preparation: No caffeine or large meal one hour prior to test.

Procedure: Blood pressure cuff is placed on left arm. The first BP is taken. A wrist stabilizer is placed on right arm. CV Sensor is secured to right wrist. The second BP is taken. A wave form is taken, the data is analyzed, and the results of the test are printed on the report form.

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. Ultrasound technology sends an image to a TV monitor.

Time: 3-7 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. Positive findings may require physician follow-up.



Screening Information for Thyroid:

Preparation: None.

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

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** - Osteoporosis is painless in early stages, so most people are completely unaware of their condition until a fracture occurs. Osteoporosis can be prevented, detected, and treated. 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