

From the Parish Nurse



Life Line screening is coming to United Lutheran Church May 2, 2024. Have you wondered how your cardiovascular health is? Life Line will be offering screening for Carotid Artery Disease, Atrial Fibrillation, Abdominal Aortic Aneurysm, and Peripheral Artery Disease . There are some other packages that include more. They offer affordable packages to assess your risk of stroke and cardio vascular problems. At this time insurance does not pay for these tests even tho they have been proven to be valuable. The tests are look-ing for plaque in the arteries called atherosclerosis. The tests examine the carotid arteries in the neck and the peripheral

arteries in your legs and the abdominal aorta.

If you have a health care spending account you probably will be able to use those funds to pay for the screenings that insurance does not pay for at this time. Life-Line has different packages you could get. At this time, they are offering the screenings for 50% off. Screenings are fast, painless, and non-invasive. About 7-14 days after your screening you will receive your results online. They are read by a certified doctor which includes an additional charge to lifeline. (If you do not have a computer they will make sure you can get your results). Life line offers one package for \$149 that check for Carotid Artery Disease, Atrial Fibrillation, Abdominal Aortic Aneurysm, and Peripheral Artery Disease.

PAD is a marker for cardiovascular disease and peripheral Artery Disease. It examines the arteries in your leg which can be blocked by plaque. They check for CAD coronary artery disease to see if you have fatty plaque. Abdominal Aortic Aneurysm uses an ultrasound to check for the presence of an enlarge-ment or an aneurysm. The Peripheral Artery Disease (PAD) is preformed using blood pressure cuffs on the arms and legs. If you have any questions about the screenings ask your doctor if they would recom-mend the screenings.

To register for your appointment and to receive the discount please call 1-800-640-6307. Fliers are available in the Narthex, please share with family and friends.

1 Corinthians 6; 19 What? Know that ye not that your body is the temple of the Holy Ghost which is in you, which ye have of God, and not your own.

If you would like a visit, blood pressure checked or information please contact Charlotte Spencer.

I have been asked about starting a walking group . Let me know if you are interested. Am looking at late mornings or early afternoon twice a week???????? Charlotte Spencer

—Charlotte Spencer, Parish Nurse