



South Asian Heart Center
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SOUTH ASIAN HEART CENTER AT EL CAMINO HOSPITAL OFFERS SPECIAL HEART RISK ASSESSMENT FOR WOMEN

Comprehensive three-part test tailored to unique risk factors

MOUNTAIN VIEW, California, December 23, 2006 – South Asian women--those who trace their ancestry from India, Pakistan, Nepal, Bangladesh or Sri Lanka,--will have a rare opportunity to receive a comprehensive heart risk assessment provided by the South Asian Heart Center at El Camino Hospital on January 24, 2009 from 8 a.m. to noon. The three-part test is tailored to assess unique risk factors that contribute to a four-times greater risk of heart disease for South Asians, compared to the general population.

"More than half of heart attacks among South Asians occur before age 50, yet conventional guidelines for diagnosis don't call for evaluation until much later," said César Molina, M.D., Medical Director of the Center. "And the higher rate and earlier onset of heart disease applies across the board among both men and women. Even lifelong vegetarians, regular exercisers, and non-smokers aren't spared. The normal 'rules' just don't apply when it comes to heart risk in South Asians."

The three part screening includes a questionnaire-based heart health risk assessment, a brief physical exam and a blood draw for comprehensive metabolic analysis. The Center also will provide tailored follow-up and prevention recommendations for each participant based on the results of the screening. The out-of-pocket cost for the entire program is \$223 (with an additional discount of up to \$150 based upon the type of insurance). However, the first 50 women to register will receive the test free. For more information or to register, call 650.940.7242 or visit www.southasianheartcenter.org.

.The South Asian Heart Center at El Camino Hospital in Mountain View, California, is the first nonprofit center in the world devoted to the prevention of coronary artery disease (CAD) in people of South Asian descent.

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