

HeartSmart Screenings



Nationally recognized cardiac and vascular care

MercyOne Siouxland Heart and Vascular Center brings together cardiologists, electrophysiologists, cardiothoracic surgeons and vascular surgeons with advanced technology to provide comprehensive care in a state-of-the-art facility. Our one-stop-shop includes physician clinics, diagnostics, rehabilitation, hybrid operating rooms, and catheterization and electrophysiology laboratories all in one area. We treat complex conditions conveniently close to home.

MercyOne is honored to be a leader in treating heart attack, heart failure and stroke. MercyOne Siouxland Heart and Vascular Center has been honored with multiple awards, distinctions and certifications.

Caring for your heart – How we can help

Vascular disease is a term used for a number of diseases that affect arteries and veins outside the heart. This can limit blood flow and usually begins in the abdomen, neck or legs. Left untreated, vascular disease can be very harmful to one's health.

NON-INVASIVE AND PAINLESS TESTS CAN DETECT VASCULAR DISEASE:

- Abdominal aortic aneurysm screening
- Electrocardiogram
- Lipid and blood glucose screening
- Peripheral arterial disease screening
- Risk assessment and body mass index
- Stroke/carotid artery screening

The above screenings are packaged together for \$50. Get a CT calcium scoring scan that evaluates the amount of calcified plaque in heart vessels for an additional \$50.

CHOLESTROL AND GLUCOSE SCREENINGS

Available Monday through Friday, 7–9 a.m., no appointment necessary.

- **Full risk assessment - \$12**
A blood test, which includes total cholesterol, triglycerides, HDL, LDL, cholesterol/HDL ratio and blood glucose and requires a 10-12 hour fast prior to blood collection
- **Cholesterol only - \$10**
No blood sugar test

Cholesterol screening is available at two convenient locations:

MercyOne Siouxland Heart and Vascular Center

Fifth floor
801 Fifth St.
Sioux City, IA
Walk-in Monday-Friday, 7-9 a.m.

MercyOne Dakota Dunes Medical Laboratories

101 Tower Road, Suite 220
Dakota Dunes, SD
Walk-in Monday-Friday, 7 a.m.-noon

CARDIAC REHABILITATION

Cardiac rehabilitation is a medically supervised comprehensive program individually tailored to the needs of patients with cardiovascular or peripheral artery diseases. Cardiac rehabilitation is recommended for people following a heart attack, bypass surgery, stent placement, valve replacement or repair and for patients with stable angina or heart failure. Patients are referred to the program by their cardiologist or primary care provider.

MercyOne Siouxland Heart and Vascular Center's Cardiac Rehabilitation Program includes exercise training, education on heart healthy living, and counseling to reduce stress and help you return to an active life. The program is designed to limit the physiological and psychological effects of heart disease and cardiac illness.



**Call 712-279-2795 today
for an appointment.**