

Uncover Your Hidden Risk of Diabetes and Heart Attack

Indians and South Asians are at a higher risk for diabetes and heart disease, which strike more severely and at younger ages.

2x

Heart Disease Risk

50%

Heart Attacks Before Age 55

4x

Diabetes Risk

Risk factors traditionally evaluated at annual physicals uncover just the tip of the iceberg.

- Lipid Panel (Cholesterol)
- Blood Pressure
- Body Mass Index: BMI



Discover Your **ABC Risk Profile With Our Comprehensive Screening**

Atherogenic Risk

Drivers of arteriosclerosis and plaque stability

Lipid panel/Cardio IQ
Lp(a)
hsCRP
CT Scan CA Score
Atherogenic Ratio: Non-HDL/ApoB

Behavioral Risk

Drivers of physiologic stability

Smoking/Alcohol habit
Level of physical activity
Servings of vegetables/fruits
Hours of sleep
Stress management routine

Cardio-Metabolic Risk

Efficiency of cellular metabolism

Fasting Glucose
HbA1c
Insulin
Central Obesity: Waist to Height
Insulin Resistance: TG/HDL



**STOP DIABETES.
HALT HEART ATTACKS.**

Comprehensive Evaluation, Expert Lifestyle Counseling, Personalized Health Coaching.

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