

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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