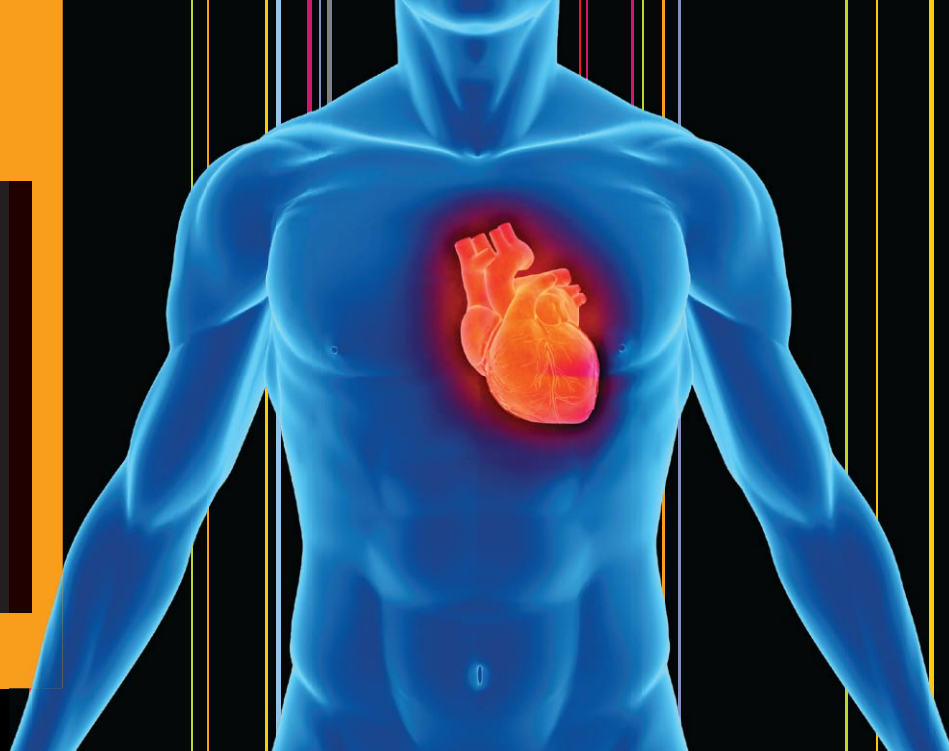


**YOU ARE
ONLY AS OLD
AS YOUR
ARTERIES!**



At last a simple and non invasive way to check the health of your ARTERIES with the CardioCheck



What does CardioCheck test? CardioCheck is effective at testing Endothelial Dysfunction and large Artery stiffness.

What is Endothelium & Endothelial Dysfunction? Endothelium is the inner lining of blood vessels. Endothelial dysfunction is the result of the cumulative damages to the endothelium by cardiovascular disease risk factors such as smoking, high blood pressure, diabetes, sedentary lifestyles, genetics and others.

Does Endothelial Dysfunction have any significance? YES! Endothelial dysfunction is now widely recognized in the medical community as the earliest clinically detectable indication of heart disease. The good news: it is reversible

What is arterial stiffness? Arterial stiffness is a condition when the arteries lose their elasticity (hardening of arteries). Hardening of the Arteries are present in 90% of victims of heart disease, which therefore makes knowledge about the stiffness of the arteries a very important factor.

Should I get checked out? Yes, if you have the following risk factors: smoking, obesity, high blood pressure, diabetes, elevated cholesterol, history of heart disease in the family, sedentary lifestyle or just as a preventative measure.

Is it safe? YES. Anyone can have this test. It is a non invasive and perfectly safe, even for pregnant women.

What does the result from a CardioCheck test tell me? CardioCheck can give a more precise understanding of the condition with the Arteries – all in a few minutes. The CardioCheck will also calculate the biological age (BA).

At the same time the results can also be incredibly useful and include:

Assessing your heart health
Monitoring the progression of disease of the blood vessels
Monitoring the effectiveness of any supplement or medical regime
Monitoring the effectiveness of lifestyle and diet changes

What happens if the test detects anything wrong? Depending on the findings you will be advised what action needs to be taken. There is a whole range of actions and natural remedies (e.g. lifestyle modifications) available.

How much does the test cost? The test cost is £20 and any subsequent test that may be needed will cost £15.

How often should I have the test? A person with ongoing cardiovascular problems should have the test carried out every three months in order to monitor the progress of the treatment she or he is undergoing. A healthy person should have the test once a year as a preventative measure.

How do I prepare for the test? No tea or coffee 2 hours prior to the test, no alcohol 24 hours prior to the test, no tight clothing, do not rush to get to the test, be relaxed as you can be, no nail varnish on fingers.

Do I need to book an appointment for the test? Yes you need to book an appointment. You can do this via e-mail or over the phone.

Contact Details:

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*The CardioCheck is approved by the Medical Devices Agency in the UK



fresh horizons

