



**1 IN 4 PEOPLE WILL DIE FROM CARDIOVASCULAR DISEASE.
WHEN WAS YOU LAST ABI?**

A **FREE, SIMPLE, FAST, AND PAINLESS TEST**, CALLED THE ANKLE BRACHIAL INDEX (ABI), WILL INDICATE IF YOU HAVE PERIPHERAL ARTERIAL DISEASE. THE TEST MEASURES THE BLOOD PRESSURE AT YOUR ANKLES AND COMPARES IT TO YOUR ARM BLOOD PRESSURE. THIS TEST CAN DETERMINE YOUR RISK OF DEVELOPING HEART DISEASE AND STROKE. MOST IMPORTANT, IF YOU ARE DIAGNOSED, YOU CAN MODIFY YOUR RISK.

You could be one of the many Canadians with peripheral arterial disease and not even know it. In order to process your free ABI and be tested for peripheral arterial disease, please check all of the boxes that apply to you.

I am over 70 years of age.

I am over 50 and have the following medical history:

- I get pain in my legs or they get tired or numb when I walk.
- My mother/sister/daughter has had a heart attack or stroke before age 65.
- My father/brother/son has had a heart attack or stroke before age 55.
- I have had a heart attack, stroke, angioplasty/stent/bypass surgery.
- I have angina (chest pain) with activity or at rest
- I have been or am a smoker.
- I have high blood pressure.
- I have diabetes.
- I am overweight.
- I have high cholesterol.
- I have/had an abdominal aortic aneurysm.

I am under 50 and have the following medical history:

- I get pain in my legs or they get tired or numb when I walk.
- I have diabetes and smoke or have been a smoker.
- I have had a heart attack, stroke, or angioplasty/stent/bypass surgery.
- I have angina (chest pain) with activity or at rest.
- I have/had an abdominal aortic aneurysm.

Name: _____

Address: _____ Daytime Telephone #: _____

Location Preference for your ABI test:

- Health Sciences Centre
- Grace General Hospital

PLEASE FAX THIS FORM TO 787-7488 OR CALL US AT 787-3617

