

Questions About Your Appointment?

Thank you for choosing Advanced Body Scan to assist you in this life saving opportunity. Please read over this pamphlet before your appointment to better understand what to expect during your visit.



How Is A CT Scan At Advanced Body Scan Different?

The majority of CT scanners are very high radiation dose devices, forcing patients to weigh the benefits of early detection versus their risk of excessive radiation exposure.

The CT used at Advanced Body Scan is the latest generation low dose CT scanner. Additionally, most scans are completed within ten minutes, dressed as you are.

What Are The Benefits Of A Heart Scan?

A heart scan can let you know whether you have calcium buildup in your arteries, which carry oxygen and nutrients from your heart to the rest of your body. Pieces of calcium in the heart are called calcifications and when present are often an indicator of coronary artery disease, the most common reason for heart attacks.

Cardiovascular disease is the leading cause of death in America, contributing to one out of every three U.S. deaths. For many of these victims, the first sign of their heart attack, was the heart attack. When detected early this disease can be prevented, treated, and even cured.

What Can A Lung Scan Detect?

The American Cancer Society as well as the American Lung Association now refer to CT scans as the “standard of care” in the early detection of cancer. It is predicted that thousands of American lives could be saved annually through early preventive screenings.

Lung Cancer is the leading form of terminal cancer claiming close to 200,000 lives each year in the U.S. When detected early this disease can be treated, however, due to its minimal symptoms, it is often not detected until it reaches stage 3 or 4. 85% of Americans currently diagnosed with Lung Cancer will not survive beyond five years.

Do You Need Follow Up?

With every preventive screening from Advanced Body Scan, you will receive a comprehensive radiology report. This report is prepared by a board certified radiologist to pinpoint any areas of concern and can be interpreted by the doctor of your choice.

Should you require further information about your test results, Advanced Body Scan’s Medical Director is available for consultation.

For more information on the benefits of preventive health CT screenings, visit **AdvancedBodyScan.com** or call **214-214-SCAN**.



Additional Scans Available

In addition to heart and lung screenings, Advanced Body Scan offers a variety of preventive screenings that are non-invasive, fast, and simple to take. The most commonly requested scans include:

Body Scan: This screening includes a heart scan, lung scan, and abdomen/pelvis scan.

This scan enables you to find and track very small abnormalities throughout the majority of your body including cardiovascular disease, stroke, and cancer.

There are over 100 different types of cancer that can occur throughout your body. Taking a proactive approach is your best defense against this deadly disease as many are preventable, treatable, and even curable when detected early.

Virtual Colonoscopy: Prevention has never been easier. As opposed to using an optical scope, your interpreting physician can literally view the colon in a virtual simulation. Your doctor has the added flexibility to stop, zoom in on specific areas of concern, take detailed measurements and much more.

Better yet this is also a fast (generally under 15 minutes), minimally invasive test with minimal prep. No anesthesia is required and you can drive yourself to and from your appointment.

While colorectal cancer is 90% preventable, it remains one of the leading causes of cancer deaths in America.

Survivor Stories

"I was told by a cardiologist that I should have an annual scan to see if there was a progression of coronary disease. I had been experiencing a few mild symptoms. The calcium scan revealed evidence of coronary artery disease with a very high calcium score. Had it not been for the scan I received at your facility, I likely would have progressed to symptomatic cardiovascular disease or worse care scenario experienced a heart attack with no warning."

~Richard C., MD, Oklahoma City, OK

"On August 14, 2012 I had a very successful Quadruple Bypass Surgery, I had over 90% blockage... Thank you very much for alerting me to this potentially fatal threat (I had no symptoms) before it was too late. I sincerely believe that had I waited any longer, the result would have been disastrous. My family truly thanks you for our future together."

~Tim S., Olympia, WA

"I wish to thank Advanced Body Scan for the services you provided. My husband and I came in for a Heart and Lung Scan but decided to upgrade to the Full Body Scan. They found 2 hemangiomas on my liver which are benign, but will need to be removed. On my thyroid, the scan found 2 nodules, which were Papillary Thyroid Cancer. I have had surgery to remove all of this. I did not have and still do not have any symptoms. At my yearly checkup with the family doctor and all my blood work was perfect, and my thyroid was functioning normally. I have recommended Advanced Body Scan to anyone who will listen, it saved my life and I pray it will save many more".

~Amy C., Tipton, OK

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A Reminder...

Thank you for participating in this very special health promotion. Not only are you saving over 90% on the cost of this preventive screening, but, most importantly, the information provided is often **Life Giving**.

Included in this promotion is a **special pre-scan 60 minute private** consultation. This includes a review of your family history, personal lifestyle, and other preventive health services offered by Advanced Body Scan. **Please allow yourself 90 minutes for this appointment** for your consultation and screening. Bring in any questions that you feel would assist in protecting your family's future health.

This is a very limited opportunity; therefore the following minimal qualifications apply:

- Married couples (significant others) must attend together regardless of who will be receiving the actual scan(s). We are providing this exceptional opportunity as a way to introduce our preventive services to your family should these services be beneficial to you in the future.
- This special offer is **limited to people between the ages of 40-72 years of age**. We know that everyone could benefit from this important health care information; however, we are limited to how many scans we can provide at this special offer. Statistically, people in this age group are at the highest risk of **undetected** heart disease or cancer.
- *Sorry, we are unable to accommodate children during your appointment.*

This is a limited time offer. One promotion per person/couple and this is only available to new patients. Therefore, please let us know if for any reason you are unable to attend your appointment so that we can extend your opportunity to someone else.

Should you have any questions prior to your appointment we welcome your call at (405) 242-1400 or you can visit AdvancedBodyScan.com for more information.

For more information on the benefits of preventive health CT screenings, visit **AdvancedBodyScan.com** or call **214-214-SCAN**.



DID YOU KNOW

Cardiovascular disease is the leading cause of death in America, contributing to **1 out of 3 US deaths**. If not you personally, the odds are overwhelming that someone in your immediate family will suffer from this deadly disease.

60 million US citizens have one or more types of Cardiovascular Disease with more being diagnosed every day. **Every 25 seconds** an American has a **Coronary event; every minute someone** in the US **dies from heart disease. Cardiovascular Disease is the leading cause of permanent disability.**

According to the World Health Organization, at least one-third of all **cancer** cases are **preventable. However, worldwide cancer is expected to rise 75% by 2030.**

Every 3 minutes, two people in the US die from cancer.

There are over **100 different types of cancer.**

1 of 6 U.S. men will be diagnosed with **Prostate Cancer.**

75% of patients with **Pancreatic Cancer** die less than one year after diagnosis, **94% die within 5 years.**

Lung Cancer is the leading form of killing cancer claiming close to 200,000 U.S. lives each year.

225,000 additional people are diagnosed every year with lung cancer in the U.S.

According to the American Cancer Society **85% of these people will die within five years** of diagnosis.

Although it is **90% preventable, colorectal cancer** remains one of the leading causes of cancer deaths in America claiming **over 50,000 lives annually.**

A 1% reduction in cancer deaths would be worth \$500 Billion, almost 2.5 times what the US spends each year on the disease.

YOU DO NOT NEED TO BE PART OF THESE STATISTICS. ALL OF THE ABOVE DISEASES ARE PREVENTABLE, TREATABLE AND EVEN CURABLE WHEN DETECTED EARLY.

YOUR MUST HAVE HEART TEST

Why a Low Dose CT Scan May Be The Most Important Test You Will Ever Take

- Heart disease is the world's leading killer. The World Health Organization states that over 17 million people die annually from this disease.
- Your chance of getting heart disease is higher in America than in any other country in the world.
- Heart disease accounts for nearly one-third of all deaths in America.
- Most Americans over age 35 already have heart disease - whether they know it or now. An American has a coronary event every 25 seconds, **The Majority are Fatal.**
- Heart disease is a **silent killer**. For 150,000 Americans this year, the first sign of heart disease will be a fatal heart attack - **NO SYMPTOMS.**
- Current risk assessment methods like blood pressure, cholesterol, and stress tests miss as many as 75% of patients who develop heart problems.

**Heart Disease may be completely unnecessary because in many cases it could be:
PREVENTED, REVERSED, OR EVEN CURED.**

What Is A Heart Scan?

The Low Dose CT Scan is a nonsurgical scanning procedure administered by Advanced Body Scan. The CT Scan is an ultra-fast scan that creates very precise, three dimensional images of the heart and coronary arteries. These images provide an accurate view of development of calcium deposits in your coronary arteries. The test is often referred to as the **"Gold Standard" in the early detection of Heart Disease.**

What Is Coronary Artery Disease?

Coronary artery disease, also referred to as heart disease or coronary atherosclerosis, is the leading cause of death in America. It occurs when calcium deposits (plaque) develop in and obstruct the coronary arteries. Removal of the blockage typically requires angioplasty, stent placement, or possibly other major surgery, and if left untreated can result in a heart attack and possible death. The CT Heart Scan is the single most effective technology available to detect the buildup of these calcium deposits **simply and NON-INVASIVELY.** Other diagnostic procedures generally only capture signs of the disease once you are experiencing 50 to 75 percent arterial blockage. Even if you recently had a normal stress, MRI, CT scan, or PET scan, if you fall into high-risk category you should consider having a Low Dose CT Heart Scan.

FREQUENTLY ASKED QUESTIONS

1) How safe is a Low Dose CT Scan?

The radiation exposure of a Low Dose CT Scan is low. Typical, less accurate CT or CAT scans, can expose you to up to 20 times more radiation. With a Low Dose CT Heart Scan, there are no shots, no dyes to drink, no fasting, and no medication to take. The Low Dose CT Heart Scan is an open structure making it non-claustrophobic. Come in dressed as you normally would with NO PREP.

2) How quick is the Low Dose CT Scan?

The entire scan takes only a few minutes. After your scan is complete, our radiologist will prepare a full report, pointing out any significant calcium buildup within the arteries.

3) Is it painful?

No it is not painful. A CT Heart Scan is non-invasive, meaning there are no shots, no dyes to drink, no fasting, and no medications to take. The test is over in minutes. If you are claustrophobic, you will appreciate the open design of the chamber.

4) How much does a Low Dose CT Scan Cost?

A Low Dose CT Heart Scan with calcium scoring and radiologist interpretation normally costs \$640.

5) Do I need a doctor's order?

The Low Dose CT Heart Scan is a screening exam and therefore appointments can be made by anyone, or scheduled by a physician's office. The scan usually takes less than 10 minutes and there is no preparation necessary. It is so simple that it doesn't even require you to remove any of your clothing as long as you don't have any metal around your chest (under-wire, snaps, zippers...).

6) Who should consider a Low Dose CT Heart Scan?

What factors put someone at risk for heart disease? Just as everyone in their 40's and 50's should begin undergoing regular colon exams and mammograms, people over the age of 40 with specific cardiac risk factors should consider having a Low Dose CT Heart Scan performed on a regular schedule. If you are between the ages of 40 and 70, with any of the following, you are considered an optimal candidate for the Low Dose Heart Scan.

(See next page)

FREQUENTLY ASKED QUESTIONS CONT.

- Diabetes
- Obesity
- High Stress
- High blood pressure
- High cholesterol
- Tobacco usage, including prolonged exposure to second hand smoke
- Family history of heart disease

You do not have to be referred by a physician to take the test, although they often may recommend it. Many scanning patients are, in fact, self-referred. And the reason given most often for taking it?

To gain a peace of mind that cannot be measured in dollars.

7) What to expect during the Low Dose Heart Scan test?

This simple, non-surgical test requires no injections, dyes, fasting or other preparations - everything about your test has been designed with your comfort in mind. EKG electrodes will be placed on your chest. Lying on your back in the open scanning chamber it quickly and painlessly scans your heart area. The images of your organs at a speed (1/20th of a second) that is much faster than other traditional CT or CAT machines. Because your organs, blood and fluid are in constant motion, only the fastest possible technology can capture an image clear enough for a doctor to determine what is happening inside you. The test takes only a few minutes to perform.

8) What does the Low Dose Heart Scan test reveal?

After the scan, you are given a score representing coronary calcification. First the score is compared to others of the same sex and age group. Doing this allows us to see how your heart health measures up to people in your age range. Radiologists review the scoring and finalize the interpretation for a complete report. When a complete report is prepared, you may also wish to receive helpful advice on what therapy is most appropriate for you if necessary. Because the Low Dose Heart Scan creates such precise results, your primary care physician and/or cardiologist can use follow up scans to monitor your progress over time.

9) When do I receive my results?

Your report is typically mailed to you within 7-10 business days after your scan is complete.

PREVENTIVE SCREENINGS

In addition to heart and lung screenings, Advanced Body Scan offers a variety of preventive screenings that are non-invasive, fast, and simple to take. The most commonly requested scans include:

Lung Screening: Lung Cancer is the leading cause of cancer death in both men and women. In the U.S., about 225,000 people per year are diagnosed with Lung Cancer.

According to the American Cancer Society, as well as the American Lung Association, the 5-year survival rate is only 15%; **the majority will die from this disease if they wait for symptoms to appear.**

However, early detection is changing the way doctors diagnose & treat the condition, thus saving lives.

Through a Low Dose CT scan, doctors can detect pre-cancerous conditions. At this early stage, victims can be treated or even cured with less invasive methods and smaller incisions made in the body.

If you even remotely suspect that you are or were once at risk for cancer, get a Low Dose CT Screening, **YOU MAY BE CURED.**

Body Scan: This screening includes a heart scan, lung scan, and abdomen/pelvis scan.

This scan enables you to find and track very small abnormalities throughout the majority of your body including cardiovascular disease, stroke, and cancer.

There are over 100 different types of cancer that can occur throughout your body. Taking a proactive approach is your best defense against this deadly disease as many are preventable, treatable, and even curable when detected early.

Virtual Colonoscopy: Prevention has never been easier. As opposed to using a traditional optical scope, your interpreting physician can literally view the colon in a virtual simulation. Your doctor has the added flexibility to stop, zoom in on specific areas of concern, take detailed measurements and much more.

Better yet this is also a fast (generally under 20 minutes), **minimally invasive** test with minimal prep. No anesthesia is required and you can drive yourself to and from your appointment.

While colorectal cancer is 90% preventable, it remains one of the leading causes of cancer deaths in America. Over 50,000 Americans will die this year from this disease; **the majority are needless deaths.**

Be sure to inquire about any preventive screenings that may be of help for any health concern specific to your family history during your upcoming consultation/scan appointment.

SURVIVOR STORIES

"I was told by a cardiologist that I should have an annual scan to see if there was a progression of coronary disease. I had been experiencing a few mild symptoms. The calcium scan revealed evidence of coronary artery disease with a very high calcium score. Had it not been for the scan I received at your facility, I likely would have progressed to symptomatic cardiovascular disease or worse care scenario experienced a heart attack with no warning."

~Richard C., MD, Oklahoma City, OK

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~Amy C., Tipton, OK

"I think if not for the heart scan I could have had a heart attack and may not be here today. I'm writing this to thank you for saving my life"

~Sherrell T., Tulsa, OK

"I purchased a heart & lung scan from you for my Aunt... The results came back relatively quick. The scan showed several very serious issues, but most importantly identified a mass in her lungs (something that the emergency room missed). Because of the quality of the scan she was diagnosed with advanced stages of cancer. My Aunt died a couple of weeks later. Because of Advanced Body Scan she was able to say goodbye to her son, grandchild, friends and relatives. Thanks to this scan she was able to communicate her wishes and say goodbye to her family. I only wish that we would have had the scan done earlier. It might have saved her life"

~Kelly W., Oklahoma City, OK

DEFINITIONS

PREVENTION - "The act of stopping something from happening or arising."

In regard to your health, **prevention means being proactive**; detecting and taking care of health issues prior to symptoms.

SYMPTOM - "A physical or mental feature that is regarded as indicating a condition of disease, particularly such a feature that is apparent to the patient; a sign of the existence of something, esp. on an undesirable situation."

By definition, symptoms are **not an early warning indicator**, symptoms mean the existence of something after the fact, the condition could have existed for years or even decades prior to symptoms appearing.

LAPAROSCOPY - "A surgical procedure in which a fiber-optic instrument is inserted through the abdominal wall to view the organs or to permit a surgical procedure."

This is a very low risk 45-90 minute surgical procedure that involves 3 small incisions; in the majority of cases the bodily trauma is so slight that patients often return home the same day. This type of procedure is not the standard care for lung cancer and other surgeries, but only if the condition is detected early.

STRESS - "A state of mental or emotional strain or tension resulting from adverse or very demanding circumstances".

Medical professional now believe that the majority of people experiencing serious disease/hospitalization are suffering as a direct result of stress accelerating their condition.

CANCER - "A malignant tumor of potentially unlimited growth that expands locally by invasion and systemically by metastasis; an abnormal bodily state marked by such tumors."

The most insidious part of cancer is its very nature: it is self-generated in the sense that it is our own cells gone awry. There is no outside invader. **Cancer is a sleeping giant lying dormant in all of us.**

HEALTH - "The condition of being sound in body, mind, or spirit; especially: **freedom from physical disease** or pain. The general condition of the body".

It is important to understand that health is NOT just DNA. Genetics is more about our RISK than our FATE. **It governs probabilities, not destinies.**

For this reason, we believe that by utilizing modern technology to proactively control such risk factors, everyone is now able to have an effective preventive health plan which becomes the first step towards a long, high quality healthy life.

SELF-SCORING QUIZ

The following quiz will give you a better idea of how meaningful your upcoming consultation/screening(s) will be to you and your family.

	SCORE
1) Age Under 30 = 2 Over 70 = 3 40-50 = 4 50-70 = 5	<input type="text"/>
2) On a scale 1-5 When it comes to your health do you believe it is important to be pro active? (5 being the most important)	<input type="text"/>
3) On a scale of 1-5 How is your stress level? (work - personal - health) (5 being the most stressful)	<input type="text"/>
4) On a scale of 1-5 Have any of your family members suffered from Cancer-Heart Disease- Stroke-Diabetes (5 being the most severe/death)	<input type="text"/>
5) On a scale of 1-5 Do you trust your current Insurance Plan/Medical checkups To be the best way to detect health problems or illness in the time to be PREVENTED (5 being least trustful)	<input type="text"/>
	TOTAL <input type="text"/>

A total **score of under 7** indicated that you do not consider prevention to be of immediate importance to your or your family.

A total **score of 7-15** that this preventive screening could be **very important in establishing a base line of your health.**

A total score of over 15 indicates that your upcoming appointment will be extremely helpful in assisting you in creating a proactive health care strategy.