

ONE IN THREE AMERICANS SUFFER FROM SOME FORM OF HEART DISEASE.¹

COULD IT BE YOU?

FOR MOST, HEART DISEASE IS **PREVENTABLE** AND **REVERSIBLE**. TAKE STEPS TO UNDERSTANDING YOUR RISK.

Learn how Boston Heart can help get your heart healthy.



Advanced Blood Testing

Boston Heart goes beyond the “good” and “bad” cholesterol to give a more complete picture of your heart health.



Easy to Understand Reports

Receive reports using your blood test results, family history and other health factors that create your personal health story.



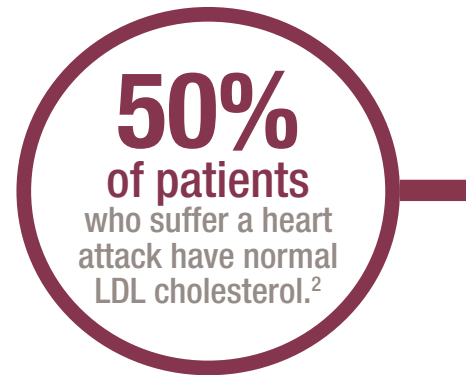
Personalized Nutrition and Life Plan

Take action with a personalized Life Plan that incorporates your test results and individual food and activity preferences.



Support from Registered Dietitian Coaches

Option to work with our Registered Dietitian Coaches to set goals, overcome challenges and keep you motivated.



Adults with diabetes have heart disease death rates

2-4 x higher

than those without diabetes.³

FOR MORE INFORMATION, VISIT
BOSTONHEARTDIAGNOSTICS.COM
OR SCAN THIS QR CODE



References:

1. Noble D, Mathur R, Dent T, Meads C, Greenhalgh T. Risk models and scores for type 2 diabetes: systematic review. *BMJ*. 2011;343:d7163.
2. Sachdeva A, Cannon CP, Deedwania PC, et al: for the GTW Steering Committee and Hospitals. Lipid levels in patients hospitalized with coronary artery disease: an analysis of 136,905 hospitalizations in Get With The Guidelines. *Am Heart J*. 2009;157(1):111–117.e2.
3. Centers for Disease Control and Prevention Fact Sheet American Diabetes Association Standards of Care.