

**Morehouse Healthcare
Cardiovascular and Metabolism Center
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Cardiovascular and Metabolism Center**

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P4
Women's
Health

PREDICTIVE
PREVENTIVE
PERSONALIZED
PARTICIPATORY

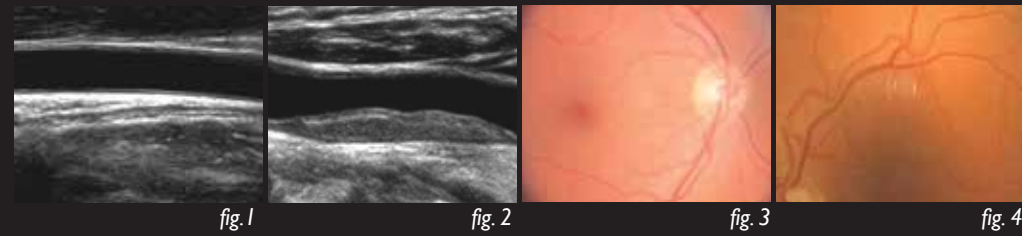


Cardiovascular &
Metabolism Center

Connecting Mind, Heart and Body
Detecting Heart and Blood Vessel Diseases
Before Symptoms Onset



Compassionate Care. Innovative Medicine.



Ultrasound of heart structure displaying normal (figure 1) and abnormal (figure 2) carotid artery
 Digital photograph showing normal (figure 3) and abnormal (figure 4) retina arteries

Cardiovascular and Metabolism Center

The P4 Women's Health Diagnostic Center at Morehouse Healthcare uses Predictive health technology to design your Personalized and Participatory cardiovascular disease Prevention. Our multidisciplinary team of Cardiologists, Primary Care Physicians, OB/GYN Specialists, Bio-Nutritionist, Nurse practitioners and Cardiovascular Sonographer will work with you and your physician to implement a customized P4 Health program for you.

P4 Women's Health

Detecting heart and blood vessel disease before symptoms appear...

1. Medical and family history and physical examination
2. Early detection with imaging, blood tests and diagnostic markers, including:

- Blood pressure response to treadmill exercise
- Digital photograph of the small arteries in the eye (Eye dilation not required)
- Electrocardiogram
- Measurement of elasticity of the artery walls
- Pulmonary function test
- Ultrasound examination to identify changes in the wall of the arteries of the neck
- Ultrasound examinations of Both the heart structure and abdominal aorta
- Urine test to detect a leak of albumin that occurs in small artery disease (micro albumin)

Results

- You and your physician will receive a CVD Prevention Results Summary, that includes your personal risk prediction score and recommendations for CVD and diabetes prevention
- Historically, 50 percent of individuals screened were free of early cardiovascular disease abnormalities
 - We recommend re-screening at approximately five-year intervals
- 20 percent received recommendations for lifestyle changes
 - We recommend re-screening within approximately one-to-two years
- 30 percent received recommendations for medications to slow or halt progression of early disease
 - Based upon individual results, the medications used include statin drugs, angiotensin converting enzyme inhibitors, angiotensin receptor blockers, antihypertensive drugs and aspirin

Other services

- Personalized Cardiovascular Risk Reduction Program: Designed for those with known cardiovascular disease to help reduce the risk of recurrent heart attack or stroke
- Treatment of obesity to prevent diabetes and other complications
- Treatment of Sleep Disorders
- Sexual Health

Why Are Cardiovascular Screenings Important?

American Heart and Stroke Association Statistics:

- More than one in three women adults has some form of Cardiovascular Disease (CVD)
- About 6.6 million fem are living with Coronary Heart Disease (CHD)
- 64% of women who died suddenly of CHD had no previous symptoms
- An estimated 3.8 million females are stroke survivors
- Each year about 55,000 more women than men have a stroke
- 19.7 million American Adults have physician diagnosed Diabetes. An estimated 10.1 million of them are women
- There are an estimated 8.2 million Americans with undiagnosed Diabetes and about 2.9 million are women
- An estimated 63.7% of women age 20 and older are overweight or obese

Metabolic syndrome is a serious health condition that affects about 35 percent of adults and places them at higher risk of cardiovascular disease, diabetes, stroke. The underlying cause of metabolic syndrome are obesity, overweight, physical inactivity and genetic factors.

Any information obtained from you will be protected according to the guidelines of the Privacy Act and HIPAA. We will not disclose any information without your written consent.

Research biorepository: We will invite you to join over 2,000 women who agree to have blood samples stored for future opportunities of participating in clinical research.