

Making a Difference

Our **Cardio Wellness program** is committed to providing state-of-the-art management in cardiovascular risks. It is the most efficient, effective, and safest way to prevent and treat heart disease.

The one-on-one consultations and immediate feedback regarding your risks will improve your understanding, compliance, and results.

Studies prove that, by controlling your risk factors, you will decrease your chance of angioplasty, heart attack, stroke, and cardiovascular death.

We Make House Calls

In addition to our onsite Cardio Wellness program, we can bring health education to your business, school, church or other organization. We provide group presentations on various topics.

For more information, call:
(816) 751-8327

Cardio Wellness Medical Directors

James H. O'Keefe, Jr., MD, FACC

Richard M. Moe, MD, PhD

Cardio Wellness Clinic Manager

Becky K. Captain, RN, MSN, CLS, BC, FNP-C

Clinical Lipid Specialist

Nurse Practitioner

4330 Wornall Rd., Suite 2000

Kansas City, MO 64111

(816) 751-8327

20 NE Saint Luke's Blvd., Suite 110

Lee's Summit, MO 64086

(816) 751-8327

5844 NW Barry Rd., Suite 230

Kansas City, MO 64154

(816) 751-8327

12330 Metcalf Ave., Suite 280

Overland Park, KS 66213

(816) 751-8327

www.CardioWellnessCenter.org

Cardio  Wellness
A Preventive Cardiology Program

Your key to optimal health.



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Saint Luke's
Cardiovascular
Consultants

SAINT LUKE'S HEALTH SYSTEM

The Cardio Wellness Program

Our **Cardio Wellness Program** is designed to optimize your health & assist you in managing risk factors for heart disease.

We provide a **comprehensive evaluation of your cardiac risk status** and will advise you on your personal plan for risk reduction & optimization of your health.

Once your risk factors are detected & treated, your risk for a first heart attack or a second can be reduced by 30 to 50% or more.

Screen Assessment Includes:

Cholesterol	Blood Pressure
Blood Sugar	Waist Circumference
Body Mass Index	Exercise
Smoking	Erectile Dysfunction
Family History	Vascular Health
Nutritional Plan	



What Does Cardio Wellness Entail?

- ♥ Regular 15-30 minute appointments every 3-4 months.
- ♥ **Fasting for at least 12 hours** prior to your appointment.
- ♥ **Water, medications & black coffee** are permissible prior to the appointment.
- ♥ We prefer you **drink plenty of water** prior to your visit.

Additional Screenings

Cardio Wellness will also include the following screenings of non-traditional risk factors when necessary:

- ♥ Lp(a) (*Genetic Marker*)
- ♥ Fibrinogen (*Clotting Marker*)
- ♥ Apo B100 (*Measurement of Bad Cholesterol Particles*)
- ♥ HsC-Reactive Protein (*Inflammation Marker*)
- ♥ Apo A-1 (*Measurement of Good Cholesterol Particles*)
- ♥ Vitamin D Level
- ♥ Advanced Lipid Testing

How to Enroll

Self-Referral
Direct Referral from Physician

Call to Optimize Your Health: (816) 751-8327

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Wellness Wednesday

Heart disease is currently the #1 killer in the United States.

Make an appointment for the first Wednesday of the month and receive a **FREE heart risk appraisal & consultation** with an experienced cardiovascular nurse or cardiology fellow. **Call (816) 751-8327 to register today!**

Family Matters

Heredity plays a role in heart disease.

Family Matters focuses on controllable risk factors for the entire family. Call and schedule your family heart assessment and educational consultation at **(816) 751-8327**.

