



OCA cardiologist Pamela Craven, M.D., FACC,

received her Doctor of Medicine degree from the University of

Oklahoma College of Medicine. Dr. Craven sees patients at Lakeside Women's Hospital and Deaconess Medical Offices. Dr. Craven is board certified in Cardiology and Nuclear Cardiology and is a Fellow in the American College of Cardiology. She has a special interest in the prevention, diagnosis and treatment of heart disease in women.

Heart disease and stroke are the most common cardiovascular diseases. They are the first and third leading causes of death for both men and women in the United States. Coronary heart disease is a leading cause of premature, permanent disability in the U.S. workforce. Stroke alone accounts for disability among about 1 million Americans.

—Centers for Disease Control & Prevention

SCHEDULING

If you have questions or would like to schedule an appointment, please call 405-604-4460.

Lakeside Women's Hospital

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GOLD

Oklahoma's Most Comprehensive Cardiovascular Evaluation for Women




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Cardiovascular disease (CVD) is largely a preventable disease.

Prevention is accomplished by identifying your risk—the earlier the better—making the needed lifestyle changes and following treatment recommendations.

Lakeside Women's Hospital and Oklahoma Cardiovascular Associates have developed one of the most comprehensive cardiovascular evaluations ever offered to the women of Oklahoma. Its name? "CardioGold." Three different levels of CardioGold have been created to offer a varied range of services and cost. CardioGold evaluations use the latest in available technology combined with expert analysis by a board-certified cardiologist.



There is a level of CardioGold that's just right for you.

LEVEL I

\$290⁰⁰

Entry level screening for sub-clinical CVD, diabetes, metabolic syndrome and initial assessment of lifetime cardiovascular risk.

Includes:

- Fasting lipid profile screen, fasting glucose and hs-CRP
- Screening ultrasounds of carotid arteries and aorta
- Screening Doppler for PAD (peripheral arterial disease)
- Cardiovascular nurse visit for blood pressure, waist measurement and screening questionnaire for risk factors for CVD
- Detailed final report with calculated risk assessment
- Follow up cardiovascular RN phone call to discuss results and answer questions

LEVEL II

\$690⁰⁰

This level of evaluation goes beyond Level I screening by searching further for sub-clinical CVD with additional information from the CT scan for coronary artery disease, electrocardiogram and screening echo (2D only). Also, a more detailed evaluation of your cholesterol profile is performed. Each of these tests expands the overall assessment of lifetime risk for cardiovascular disease and increases the accuracy of risk assessment and diagnosis.

Includes:

- All Level I features in addition to:
- Expanded lipid profile
- "HeartView" CT scan
- Electrocardiogram
- Screening echocardiogram
- Brief follow-up visit with cardiologist to discuss results and prevention

LEVEL III (Comprehensive)

\$1,390⁰⁰

Level III (Comprehensive) utilizes additional tests to screen for sub-clinical disease and to assess lifetime cardiovascular risk. This level includes a treadmill test and a blood analysis for plaque that may be more likely to rupture and cause a heart attack, plus face to face complete evaluation with the cardiologist. This evaluation is focused on prevention and has the added benefit of complementary access to CardioGold events throughout the year and access to the cardiologist for updates and questions.

Includes:

- All Level I & II features in addition to:
- Exercise stress test (supervised by cardiologist)
- Cardiology consult and follow up visit to review results and discuss recommendations and prevention measures (usually one and one half hours total)
- Psychological wellness evaluation
- "Plac" test to look for "vulnerable" plaque
- Lunch and a snack are provided
- Detailed notebook of results and recommendations provided

A detailed report with results and recommendations will be provided with each level. The participant is strongly advised to provide this to their physician for review. This program is recommended for all women over the age of 40 or for younger women with known risk factors such as a positive family history. If you have already been diagnosed with CVD, this program may not be appropriate and you should check with your cardiologist before enrolling.