

UAMS News Bureau

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UAMS Now Offering Healthy Heart Screening Program

LITTLE ROCK — The University of Arkansas for Medical Sciences (UAMS) celebrated the opening of its Healthy Heart screening program today with a ribbon-cutting ceremony. The program offers same-day results for anyone without an existing heart disease diagnosis between the ages of 40 and 75.

For a one-time fee of \$99, patients can sign up for a scheduled cardiac evaluation designed to identify cardiovascular risk factors. The evaluation will take place in the UAMS Health Imaging Suite at the Premier Medical Plaza at 10915 N. Rodney Parham Road, Suite H, in Little Rock.

“This is a very convenient and cost-effective opportunity for anyone who wants to understand their risk of heart disease and stroke,” said Jorge Saucedo, M.D., chair of the UAMS Department of Internal Medicine and director of cardiovascular clinical services. “We use the most up-to-date equipment available and provide follow-up care for those who need it.”

The assessment will include a blood pressure and BMI check, a non-invasive heart CT scan that can quickly reveal all stages of heart disease, a resting electrocardiogram (EKG), a lipid panel, basic glucose screening, screening for urine protein, and a risk assessment score for developing heart disease and stroke.

“A key component of the program is education,” said Roger Swayze, RN, administrator of cardiovascular clinical services at UAMS. “All patients receive a consultation with a cardiac nurse and educational materials on reducing the risk of cardiac disease. Participants are offered guidance on ways to improve their cardiovascular health through nutrition, exercise and weight management.”

The screening program is not available for people who have stents or already have a diagnosis of heart disease. Anyone with abnormal findings or an elevated risk of

cardiovascular disease can then avail of expedited appointments with a cardiologist or other specialists at UAMS.

Cardiovascular disease is the leading cause of death in Arkansas and the United States. Many patients remain undiagnosed until late-stage complications arise. The screening is recommended for patients with a family history of heart disease, people with no prior heart disease but with known risk factors such as diabetes, high cholesterol or a history of smoking, and health-conscious patients interested in preventive care.

More information about the program is available at [UAMS.Health/HealthyHeart](https://www.uams.edu/Health/HealthyHeart).

To schedule an appointment, please call 501-603-1222.

UAMS is the state's only health sciences university, with colleges of Medicine, Nursing, Pharmacy, Health Professions and Public Health; a graduate school; a hospital; a main campus in Little Rock; a Northwest Arkansas regional campus in Fayetteville; a statewide network of regional campuses; and eight institutes: the Winthrop P. Rockefeller Cancer Institute, Jackson T. Stephens Spine & Neurosciences Institute, Harvey & Bernice Jones Eye Institute, Psychiatric Research Institute, Donald W. Reynolds Institute on Aging, Translational Research Institute, Institute for Digital Health & Innovation and the Institute for Community Health Innovation. UAMS includes UAMS Health, a statewide health system that encompasses all of UAMS' clinical enterprise. UAMS is the only adult Level 1 trauma center in the state. UAMS has 3,553 students and 902 medical residents and fellows. It is the state's largest public employer with about 12,000 employees, including 1,200 physicians who provide care to patients at UAMS, its regional campuses, Arkansas Children's, the VA Medical Center and Baptist Health. Visit www.uams.edu or www.uamshealth.com. Find us on [Facebook](#), [X \(formerly Twitter\)](#), [YouTube](#) or [Instagram](#).

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