Cardiovascular disease remains a killer, particularly among the poor.

Lifestyle habits and little-known factors indicating increased risk.

The NHS is committing resources to more preventative programmes.
Getting to the heart of a societal problem

Despite great strides forward, cardiovascular disease remains a killer, particularly among the less well off in society.

With that level of information at our disposal, it would appear relatively straightforward to agree a targeted approach to CVD prevention, identifying those most at risk and providing the information, education and support they need. Yet still CVD affects around seven million people in the UK and is a significant cause of disability and death, affecting individuals, families and communities. CVD, especially diseases of the circulatory system, are the leading cause of death and highest cause of death after cancer, accounting for 27 per cent of all deaths each year, around 140,000. To put that into the context, this amounts to one death every three minutes.

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Lest we be tempted to think of this as a uniquely British problem, global figures for the incidence of CVD are also bleak. CVD is the number-one cause of death globally in 2015, representing 31 per cent of all deaths, compared with a rate of 29 per 100,000 in the least deprived de-

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There are many health apps available, but are they accurate and safe? The Apple Watch is categorised as a wellness tracker or monitor to be a medical device is a popular all-gold rush. In December 2014, Apple claimed as an FDA-approved medical device. This could boost sales at a critical time for Apple. How can you determine which apps are the most accurate and safe? The critical bit involves placing your smartphone to self-screen for AF. Almost 94 per cent were interested in using their apps easy to use and 63 per cent preferred the Preventicus app. They claimed that the app is a completely accurate with a smartphone camera, and it has ECG-comparable accuracy. Clinical studies have shown that the Preventicus app, which is a treatment or a diagnostic tech-
The app will be available in the ECG-compatible pdf report for you and your doctor.

**Q&A**

**What is the Preventicus Heartbeats app?**

This app allows you to easily use a standard fitness tracker to self-screen for AF. Almost 60% of those who downloaded the app used it regularly and reported their heartbeats to their doctor, who could then decide whether the app's findings warranted further investigation.

**What is AF?**

Atrial fibrillation (AF) is the most common sustained cardiac rhythm disorder, affecting more than 26 million people globally. This condition affects around 1 in 100 people and is more common in older age groups. The condition is associated with an increased risk of stroke.

**What are the signs and symptoms of AF?**

You may feel palpitations, which are often unrelated to AF. Other people may experience a fluttering sensation in the upper chest, as well as a feeling of being out of breath or feeling faint. The app can help you identify these signs and symptoms early and take appropriate action.

**What are my options with the Preventicus Heartbeats app?**

The app allows you to easily use a standard fitness tracker to self-screen for AF. Almost 60% of those who downloaded the app used it regularly and reported their heartbeats to their doctor, who could then decide whether the app's findings warranted further investigation.

**How often would I need to monitor myself with the Preventicus Heartbeats app?**

For at least two weeks, possibly four. You may also need to monitor yourself more frequently if you become unwell or your symptoms change.

**How does this compare with the Preventicus Heartbeats app?**

Clinical trials have shown that the Preventicus Heartbeats app is effective and safe. The app has been shown to detect AF in about 60% of those who downloaded it. The Preventicus Heartbeats app uses artificial intelligence to analyze heartbeats and detect AF. In contrast, the HeartBeats app uses a simpler method of detecting AF.

**Do other medical devices work?**

Yes, there are other medical devices available for detecting AF. However, they are not as user-friendly or as easy to use as the Preventicus Heartbeats app. The Preventicus Heartbeats app is also more affordable than other medical devices.

**What role does the Preventicus Heartbeats app play in the ecosystem of telecare?**

The Preventicus Heartbeats app is just one component of the Preventicus ecosystem. The app works alongside other telecare devices, such as medical devices and fitness trackers, to provide a comprehensive solution for managing AF.

**What is the future of Preventicus Heartbeats?**

The Preventicus Heartbeats app is just the beginning of Preventicus's ecosystem. The company plans to launch other telecare devices in the future, which will be integrated with the Preventicus Heartbeats app to provide a seamless and effective solution for managing AF.

**How can I learn more about the Preventicus Heartbeats app?**

You can learn more about the Preventicus Heartbeats app by visiting the company's website or contacting them directly. The company offers a range of resources, including detailed information about the app, case studies, and testimonials from users.

**Where can I find the Preventicus Heartbeats app?**

The Preventicus Heartbeats app can be found in the Apple App Store or the Google Play Store. The app is available for free, and you can download it on your smartphone or tablet.

**Who is Preventicus?**

Preventicus is a technology company that is focused on developing innovative solutions for managing chronic conditions. The company is headquartered in London, UK, and has a growing team of experts in the field of telecare.

**How can I get involved with Preventicus?**

Preventicus is always looking for new partners and investors. If you are interested in learning more about the company, you can visit their website or contact them directly. Preventicus offers a range of opportunities for those who are interested in making a difference in the field of chronic condition management.
Five things you didn’t know are ‘heart risky’

There are some surprising lifestyle habits and little-known factors that can indicate increased risk of cardiovascular disease.

AIR POLLUTION

“An increase in particulate matter...”

Air pollution is an increasing public health concern, and recent studies have linked it to an increased risk of cardiovascular disease. Exposure to air pollution has been linked to both increased mortality and hospitalization rates for heart disease.

WEAK HANDSHAKE

“Limp handshakes...”

Limp handshakes are a sign of weakened grip strength, and recent studies have shown that grip strength is a strong indicator of cardiovascular health. Those with a weaker handshake are more at risk of cardiovascular disease.

COFFEE CONSUMPTION

“Coffee lovers, rejoice!”

Contrary to popular belief, moderate coffee consumption is actually associated with a lower risk of heart disease. However, excessive coffee intake can be harmful.

GIVING A HEART PROCEDURE

“Aortic valve disease is common...”

Aortic valve disease is a common and serious condition that can lead to heart failure. However, recent advancements in technology have made it possible to perform aortic valve replacement procedures with fewer complications and a quicker recovery.

NOT ENOUGH COFFEE

“Coffee lovers, rejoice!”

Contrary to popular belief, moderate coffee consumption is actually associated with a lower risk of heart disease. However, excessive coffee intake can be harmful.

GETTING DIVORCED

“Divorced patients...”

Divorced patients are at a higher risk of heart disease compared to married patients. This may be due to a variety of factors, including stress, financial strain, and changes in lifestyle.

GUM DISEASE

“Gum disease is a common...”

Gum disease, also known as periodontal disease, is a common condition that can lead to inflammation and damage to the gums and teeth. It has been linked to an increased risk of heart disease.

COFFEE CONSUMPTION

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Contrary to popular belief, moderate coffee consumption is actually associated with a lower risk of heart disease. However, excessive coffee intake can be harmful.

THE OZAKI VALVE

“The Ozaki procedure...”

The Ozaki procedure is a new and innovative treatment for aortic valve disease that has shown promising results.

RISK INDICATORS

“Giving a...”

Grip strength is a strong indicator of cardiovascular health. Those with a weaker handshake are more at risk of cardiovascular disease.

WHEN TO GET A HEART PROCEDURE

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There are some surprising lifestyle habits and little-known factors that can indicate increased risk of cardiovascular disease.

AIR POLLUTION

Air pollution is an increasing source of concern, says Royal Brompton and Harefield Hospitals’ Dr Takahiro Ozaki.

“The study showed that people’s grip strength was as strongly associated with cardiovascular disease as their blood pressure,” says the surgeon, senior lecturer in cardiothoracic surgery and biomedical Sciences at UBCC.

“Getting divorced

The mental impact of an Anglican Church wedding is well-remarked on, with long-term effects for both the happy couple and their guests. It is a stress test for all.

GETTING DIVORCED

The mental impact of an Anglican Church wedding is well-remarked on, with long-term effects for both the happy couple and their guests. It is a stress test for all.

GUM DISEASE

A study published in 2017 demonstrates that gum disease, or periodontitis, is associated with cardiovascular disease.

“For a long time, gum disease has been considered a mouth problem. However, we now know that this disease can affect the whole body,” says Dr Ozaki.

COFFEE

Coffee, popularly reputed to be a ‘heart killer’, is actually a good source of heart health. If you drink a handful of coffee a day, it is as good for your heart as an aspirin, according to a study published in Nature Communications.

“A recent study showed that coffee is better for heart health than caffeine-free diet soft drinks,” says Dr Ozaki.

ROYAL Brompton and Harefield Hospitals

Aortic valve disease is common for many older patients, I have seen patients with aortic valve disease who need new technology to help,” says Dr Ozaki.

“The Ozaki valve procedure

Ozaki valve procedure

Ozaki valve procedure

The Ozaki valve procedure is currently offered to children and young adults as an alternative to open heart surgery. It is a latest example of how innovation is changing the way heart disease is treated.

“Aortic valve disease is common in those under 50, although sometimes it occurs among younger adults. The Ozaki valve procedure was developed by Professor Ozaki, who is a world-renowned heart surgeon in Japan. The procedure involves placing a custom-made valve directly into the aortic valve, which is typically replaced during open heart surgery. Ozaki and his team have demonstrated that this procedure can be performed successfully in patients with aortic valve disease, offering a minimally invasive alternative to traditional open heart surgery.

The Ozaki valve procedure is performed through a small incision in the chest, avoiding the need for the extensive surgery typically associated with open heart surgery. The procedure is also associated with lower risk of complications and faster recovery times.

“I was asked what I required and got a short answer – the Ozaki valve procedure,” says Dr Ozaki.

“Between 2007 and 2010, he performed the first Ozaki procedure on a patient in the UK, which was the first time the procedure was performed outside of Japan. He has since performed the procedure on several more patients in the UK, and has seen promising results.

“Consultants who seek the Royal Brompton and Harefield Hospitals’ expertise in aortic valve disease benefit from being exposed to cutting-edge technology and procedures that are not readily available elsewhere,” says Dr Ozaki.

“The Ozaki valve procedure is a great option for patients who are not good candidates for traditional open heart surgery. It is a cutting-edge procedure that offers a minimally invasive alternative to traditional surgery, and is associated with a lower risk of complications and faster recovery times. Ozaki and his team continue to refine and improve the procedure, and are committed to providing the best possible care for patients.”

For further information please visit

commercialfeature.com
Cardiovascular disease (CVD) accounted for one third of all mortalities last year and, despite being largely preventable, remains the most common cause of death worldwide.

**TOP CAUSES OF DEATH FROM CVD**

- Hypertensive heart disease: 32.26%
- Ischemic heart disease: 16.32%
- Neoplasms: 16.32%
- Diarrhoea, lower respiratory, and other common infectious diseases: 8.78%
- Chronic respiratory diseases: 4.48%
- Cerebrovascular disease: 3.16%
- Cardiovascular diseases: 3.05%
- Diabetes, urogenital, blood and endocrine diseases: 2.81%
- Other non-communicable diseases: 2.22%
- Neonatal disorders: 2.17%
- Stroke: 2.14%
- Cirrhosis and other chronic liver diseases: 2.12%
- Maternal disorders: 2.11%
- Neurological disorders: 2.09%
- Transport injuries: 2.08%
- Digestive diseases: 2.05%
- Self-harm and interpersonal violence: 2.03%
- Infectious and parasitic diseases: 2.01%
- Neuronal and muscular disorders: 1.99%
- Substance use disorders: 1.96%
- Other communicable diseases: 1.93%
- Mental and substance use disorders: 1.90%
- Other non-communicable diseases: 1.87%
- Nutritional deficiencies: 1.84%
- Cardiovascular diseases: 1.81%
- Other communicable, maternal, neonatal and nutritional diseases: 1.77%
- Other chronic conditions: 1.74%
- Nutritional deficiencies: 1.71%
- Other communicable, maternal, neonatal and nutritional diseases: 1.68%
- Other communicable diseases: 1.65%
- Other non-communicable diseases: 1.62%
- Other communicable diseases: 1.59%
- Other chronic conditions: 1.56%
- Other chronic conditions: 1.53%
- Other chronic conditions: 1.50%
- Other chronic conditions: 1.47%
- Other chronic conditions: 1.44%
- Other chronic conditions: 1.41%
- Other chronic conditions: 1.38%
- Other chronic conditions: 1.35%
- Other chronic conditions: 1.32%
- Other chronic conditions: 1.29%
- Other chronic conditions: 1.26%
- Other chronic conditions: 1.23%
- Other chronic conditions: 1.19%
- Other chronic conditions: 1.16%
- Other chronic conditions: 1.13%
- Other chronic conditions: 1.10%
- Other chronic conditions: 1.07%
- Other chronic conditions: 1.04%
- Other chronic conditions: 1.01%
- Other chronic conditions: 0.98%
- Other chronic conditions: 0.95%
- Other chronic conditions: 0.92%
- Other chronic conditions: 0.89%
- Other chronic conditions: 0.86%
- Other chronic conditions: 0.83%
- Other chronic conditions: 0.80%
- Other chronic conditions: 0.77%
- Other chronic conditions: 0.74%
- Other chronic conditions: 0.71%
- Other chronic conditions: 0.68%
- Other chronic conditions: 0.65%
- Other chronic conditions: 0.62%
- Other chronic conditions: 0.59%
- Other chronic conditions: 0.56%
- Other chronic conditions: 0.53%
- Other chronic conditions: 0.50%
- Other chronic conditions: 0.47%
- Other chronic conditions: 0.44%
- Other chronic conditions: 0.41%
- Other chronic conditions: 0.38%
- Other chronic conditions: 0.35%
- Other chronic conditions: 0.32%
- Other chronic conditions: 0.29%
- Other chronic conditions: 0.26%
- Other chronic conditions: 0.23%
- Other chronic conditions: 0.20%
- Other chronic conditions: 0.17%
- Other chronic conditions: 0.14%
- Other chronic conditions: 0.11%
- Other chronic conditions: 0.08%
- Other chronic conditions: 0.05%
- Other chronic conditions: 0.02%
- Other chronic conditions: 0.00%

**TOP 10 CAUSES OF DEATH WORLDWIDE**

- Cardiovascular diseases continued to be the biggest cause of death.
Cardiovascular disease (CVD) accounted for one third of all mortalities last year and, despite being largely preventable, remains the most common cause of death worldwide.
**Time to take prevention to heart**

The National Health Service is committing resources to preventative programmes aimed at keeping people out of hospital and saving the cash-strapped NHS billions

**MARTIN BARROW**

B en for an NHS agency that is meant to be in the business of saving lives, the recommendation that people over the age of 65 who have had a heart attack, should have their arteries checked every 10 years, could be seen as a missed opportunity for the nation’s healthcare system.

The NHS National Institute for Health and Care Excellence (NICE) is now recommending that people over the age of 65 who have had a heart attack, should have their arteries checked every 10 years, as a way of keeping them out of hospital and saving the cash-strapped NHS billions.

But how far can the state involve itself in the lives of individuals, and what are the implications for public health and the NHS?

**Cardiologists and patients support move to transradial approach**

Catheterisation into the groin was for some time the preferred approach for treating arterial disease. But the clinical, and patient benefits of entering the via the wrist have made transradial intervention commonplace.

**Terebra is a top supplier of transradial access technology for interventional cardiology.**

The transcatheter approach has been widely adopted by leading national and international centres, including those in the UK. Terebra, who supply transradial access technology, have now entered into a partnership with the European Interventional Systems, to deliver a complete solution for treatment of the wrist.

**TRADITIONAL ACCESS HAS BEEN SHOWN TO RESCUE EVENTS COMPARED WITH TRANSCARPAL ACCESS AND IS ASSOCIATED WITH:**

- Significant reduction in bleeding
- Significantly shorter length of stay
- Potential cost saving of up to £800,000, with more than half the cost of treating so-called lifestyle diseases, such as cardiovascular disease (CVD) and diabetes, is threatening to erode the NHS’s remaining CCGs within the UK’s most well-known interventional cardiology centre, was a randomised controlled trial of more than 8,400 people and it showed increased survival rates with coronary stenting. Further studies have become clearer to clinicians and patients published by Giuseppe Ferrante, was a randomised controlled trial of more than 8,400 people and it showed increased survival rates with coronary stenting. Further studies have demonstrated why transradial intervention in your clinic with confidence and efficiency.

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Time to take prevention to heart

The National Health Service is committing resources to preventative programmes aimed at keeping people out of hospital and saving the cash-strapped NHS billions.

MAITIN BARROW

B est for an NHS specialty that’s health-shy NHS, a goal set for 2020 will be a real green for the green and how we can improve people’s lives. A report due to be published later this year suggests that the health service is now spending 11% of the total cost of health care on cardiovascular disease. It forecasts that the proportion will rise to 19% by 2020.

UK is one of the worst countries in Europe for heart attack and stroke. The NHS and the UK government have set ambitious targets to reduce the number of people who die from these conditions over the next decade. But with the projected increase in the population, the targets are likely to be missed.

The report shows that the NHS is investing in new treatments and technologies to improve outcomes for patients with heart disease. It also highlights the importance of prevention and early diagnosis.

The report says that while the NHS is making progress, there is still work to be done to reduce cardiovascular disease. This includes improving care for people in the community, as well as further investment in research and development.

The report concludes that the NHS is making progress in reducing cardiovascular disease, but there is still work to be done to reach the targets set by the government.

Significant resources are now being committed to keeping people out of hospital for as long as possible.

Cardiologists and patients support move to transradial approach

Catheterisation into the groin was for some time a preferred approach for treating arterial disease. But the clinical, cost and patient benefits of entering via the wrist have made transradial intervention commonplace.

The advantages of this method over femoral access are greater efficiency and reduced cost, more comfort and easier recovery, shorter length of stay, improved cost-effectiveness and reduced complications when attempting to access and treat blocked arteries, which currently stands at 29%.

As clinicians increasingly favour the transradial approach over femoral access, according to a recent trial of more than 8,400 people and it demonstrated why transradial intervention is now commonplace.

A study of more than 7,000 US patients, called the TRANSRADIAL Atrial fibrillation study, found that the transradial approach was associated with lower risk of death, major adverse cardiovascular events and stroke compared with femoral access.

The company’s most used products for interventional cardiology, Terumo’s radial introducers have a very low incidence of radial artery complications. A study of more than 7,000 US patients, called the TRANSRADIAL Atrial fibrillation study, found that the transradial approach was associated with lower risk of death, major adverse cardiovascular events and stroke compared with femoral access.
A new trial of a natural dietary supplement suggests natural compounds can reduce the risk of hardening.
A trial of a new dietary supplement suggests natural compounds can reduce the risk of heart disease.

Did you know cardiovascular diseases can be prevented?

Our Total Body Scan, with a full cardiovascular screening tells you exactly what your risks are. Come visit us at Highgate, London.

**TOP NUTRIENTS FOR CARDIOVASCULAR HEALTH**

### Omega-3 Fatty Acids

- **Why**: These unsaturated fatty acids reduce inflammation, decrease triglyceride and cholesterol levels, and reduce blood pressure.
- **Where**: Found in fatty fish, eggs, some nuts, and seeds.

### L-Carnitine

- **Why**: An amino acid that helps convert fatty acids into energy, reducing cholesterol levels.
- **Where**: Found in red meat.

### Magnesium

- **Why**: A mineral essential for converting the body's energy into useful power and maintaining normal blood pressure.
- **Where**: Found in a variety of foods, including legumes, whole grains, and nuts.

### Polyphenols

- **Why**: Increases nitric oxide production to lower blood pressure; also found in certain plant extracts and foods.
- **Where**: Found in berries, onions, and tea.

### Catechins

- **Why**: Antioxidants found in green and black tea, which improve blood flow.
- **Where**: Found in green and black tea.

### Resveratrol

- **Why**: Prevents blood clots and reduces inflammation.
- **Where**: Found in red wine, red grapes, and red berries.

### Folate

- **Why**: A vitamin that helps the body produce new cells, including red blood cells.
- **Where**: Found in leafy greens, legumes, and pumpkin seeds.

### Biotin

- **Why**: A vitamin that helps maintain healthy cholesterol levels.
- **Where**: Found in organ meats, eggs, and dairy.

### Selenium

- **Why**: A mineral that helps protect cells from damage.
- **Where**: Found in fish, eggs, and garlic.

### Pomegranate

- **Why**: A natural antioxidant that may help reduce inflammation.
- **Where**: Found in pomegranates and pomegranate juice.

### Flaxseed

- **Why**: A natural source of Omega-3 fatty acids.
- **Where**: Found in flaxseed and flaxseed oil.

### Plant-starches

- **Why**: Helps prevent blood clots and reduce inflammation.
- **Where**: Found in legumes, nuts, and seeds.

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Defying the odds as a ‘heart-healthy’ country

Famous for manufacturing smartphones and cars, South Korea can add another reason for being in world top rankings – reducing heart disease

Oliver Pickup

W

ISRAEL 76.8

France 72.9

South Korea 74.6

Japan 69.3

Cameroon 76.4

Krygyzstan 547.6

Ukraine 528.2

Us 76.8

Global CVD rates: Best and worst nations

Effective medicines only work when people take them.

Sponsor of Spoonful has been working with companies since 2011 to ensure that perceptions and beliefs are not a barrier to optimal outcomes

sos-adherence.co.uk

tom@sos-adherence.co.uk
Defying the odds as a ‘heart-healthy’ country

Famous for manufacturing smartphones and cars, South Korea can add another reason for being in world top rankings – reducing heart disease

Cardiovascular diseases are very common, complicated and often unpredictable. But in South Korea, the number of those who fall victim to them, or die from them, has dropped dramatically in recent years. This dramatic fall in the number of people who die from heart disease has dropped dramatically in recent years. The WHO’s most recent findings, taken again from 2015 data, indicate that South Korea lost 55,000 lives in 2015, 150,000 people a year, second only to Thailand (181,300) using an age-standardised death rate. The fall in South Korea is the result of a reduction in mortality rates and trend changes, which can indicate changes in countries. If you were revisiting the study, the UK is certainly likely to be there, too.

Cardiovascular disease is one of the leading causes of death in the world. It occurs when we are having the lower rate of inflammation caused by cardiovascular disease (CVD) through exercise, diet, and the like. The WHO has already warned that diet, exercise, and the like are the leading causes of death in the world. It is important to note how the WHO has already warned that diet, exercise, and the like are the leading causes of death in the world. It is important to note how the WHO has already warned that diet, exercise, and the like are the leading causes of death in the world.

While the WHO has already warned that diet, exercise, and the like are the leading causes of death in the world, it also recommends that we pay attention to the importance of diet, exercise, and the like. The WHO has already warned that diet, exercise, and the like are the leading causes of death in the world. It is important to note how the WHO has already warned that diet, exercise, and the like are the leading causes of death in the world.

The WHO’s report makes a strong case for why the South Korean government should continue to take action to reduce the impact of CVD. The WHO’s report makes a strong case for why the South Korean government should continue to take action to reduce the impact of CVD. The WHO’s report makes a strong case for why the South Korean government should continue to take action to reduce the impact of CVD.

It is quite amazing that South Korea is now almost at the top of the rankings. That South Koreans enjoy a moderate level of coffee and cigarette, and yet their CVD rates are so low, is indeed surprising. A WHO report on the global cardiovascular health-related deaths, published earlier this year, found that 37.5 per cent of South Koreans smoke, and 14.3 per cent had blood pressure, raised blood cholesterol, or were overweight. A similar study revealed that coffee consumption was not directly linked to a decline in CVD risk for Korean males and females. But last year, the WHO reported that three out of people who drink coffee every day and more than half of those in South Korea and Japan have a relatively high alcohol consumption. And there are more proximal determinants, such as tobacco use, blood pressure, and obesity.

The data that we have shows very clearly that the South Korean government is doing a little bit better with its present mark. French and South Korean may be the two most proudest countries in the world when it comes to having the world’s best medical services and quality of life. In the WHO排名 table, on 94.4.
NINE OUT OF TEN STROKES ARE PREVENTABLE!*  


REGULAR CARDIAC RHYTHM MEASUREMENTS HELP PREVENT STROKES!

WHY?

Stroke is the second most common cause of death world-wide. The main risk factors include undetected cardiac rhythm disorders – primarily atrial fibrillation. Atrial fibrillation frequently occurs only sporadically and without symptoms, making it often difficult to detect by routine diagnostics or check-ups. Preventicus Heartbeats was developed for exactly that unmet need – as an effective add-on to a physician’s or even a cardiologist’s diagnosis. Regular self-measurements can detect sporadic atrial fibrillation and are especially indicated in persons aged 55 years and older in association with risk factors like high blood pressure, heart palpitations, diabetes or chest pain.

PREVENTICUS HEARTBEATS  