

**February Heart Month/15% Discount**

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February is national Heart Month, a time for everyone to do their part in fighting the leading cause of death for American men and women. Health Testing Centers, a leading provider of online lab testing provides the most advanced cardiac blood testing on the market today, is joining this important initiative by offering a 15% off promotion on Heart Health Screenings Level I and II.

Experts in heart disease agree that regular testing is imperative to prevent cardiac problems or minimize those already in effect. Both cardiovascular disease and strokes account for the deaths of more than 630,000 Americans each year. For survivors of a cardiac event, it is a major cause of disability.

Among the facts:

- 785,000 Americans will suffer their first heart attack this year.
- More than \$316 billion will be lost due to heart disease, including health care costs, medications and loss of productivity.
- Less than 30 percent of men and women are aware of heart attack symptoms.
- Nearly 50 percent of sudden cardiac deaths will occur outside a hospital.

Knowing some of the common risk factors can help reduce the chances of a major cardiac event:

- Age – women 55 and older, men 45 and older are at higher risk for heart disease. No longer considered a “man’s disease,” heart attacks affect almost as many women as men and is the leading cause of death in women 65 and older.

- Family history of early onset of heart-related problems.
- Obesity and weight-related issues.
- Poor diet and lack of exercise.
- Onset of diabetes. If you've been diagnosed with diabetes, your risk for heart disease increases.
- High blood pressure and high cholesterol levels left untreated.
- A history of smoking or heavy drinking. Even secondhand smoke can be a risk.

Some of these risk factors are preventable, including diet, exercise, the use of tobacco products and tracking and maintaining a healthy level of cholesterol, a major indicator of a healthy heart.

Health Testing Centers offers three primary cost-effective ways to identify and track cholesterol. At the most basic level is the [Lipid Profile](#) (LP) which includes HDL, LDL, Total Cholesterol levels and Triglycerides.

The [Heart Health Screening Level I](#) includes a Basic Health Screening with Lipid Profile, CBC, CMP and the highly sensitive C - Reactive protein test to determine inflammatory factors that can lead to heart disease. **Take 15 percent off through the month of February using the coupon code HEART2012.**

The [Heart Health Screening Level II](#) of the Heart Health Screening provides a Basic Health Screening, an NMP Lipoprofile, a Lipid Profile, the highly sensitive C - Reactive protein Test and a Homocysteine test for the most comprehensive assessment of your heart health that's available, all without visiting a doctor. **Take 15 percent off through the month of February using the coupon code HEART2012.**

Additional, individualized tests Health Testing Centers provide in the fight to prevent heart disease include a Statin Check-up, NMR LipoProfile, Random Microalbumin, a Home Cardio Test Kit (Blood Spot) and an Essential Health Screen, which offers a basic health screen and a Lipid profile. Together, these tests form a comprehensive picture that identifies many common health concerns, including risk factors for heart disease. For a full range of lab testing available visit our website at [www.HealthTestingCenters.com](http://www.HealthTestingCenters.com)

Once your test results are in, take them to your physician for a frank discussion on your risks for heart disease and the preventive measures that are right for you.

Don't take a chance on developing cardiac disease. As February Heart Month continues, be kind to your heart, and to your overall health.

Call Health Testing Centers today at **1-877-511-LABS** and speak to a nurse about your concerns. Then order your tests, all of which are reliable, HIPPA-compliant and fully confidential.