

## Chicago Neuroscience Institute “Test’s 4 Life” Program

The Chicago Neuroscience Institute (CNI) is a respected healthcare facility committed to excellence in diagnostic neurology, the promotion of neuroscience education and the support of neuroresearch.

CNI developed the “Tests4Life” screening program to serve patients and the community with accurate methods to help detect early-stage cardiovascular disease and risk for stroke. Too often screenings are limited to the assessment of risk factors rather than the presence of an early disease process. For example, blood pressure and cholesterol screens do not reveal whether clogged arteries (atherosclerosis) are present. Ultrasound imaging offers this capability.

Awareness of early stage disease is a powerful motivator for change and healthcare compliance. CNI is committed to making you aware of unrecognized cardiovascular disease.



**Digital Stethoscope**  
“Listening to heart valves”



**Ultrasound Imaging**

### Screening Methods

CNI uses sophisticated technology to perform screenings. The technology categories includes:

- ultrasound imaging
- bio-impedance analysis
- retinal photography
- special forms of electrocardiography (EKG).

## Why Should I Consider Screenings?

Consider having a screening test if you have any of the following disorders or risk factors; diabetes, hypertension, heart disease, high cholesterol, dyslipidemia, edema, shortness of breath, heart irregularity, vision difficulty, overweight status and/or a family history of cardiovascular disease.

Priority needs to be placed on prevention, early detection and timely intervention. Too often health care is received after a disease process has progressed, become symptomatic, and has caused permanent tissue damage.

CNI is committed to offering screenings which lead to decisions which help improve the quality and length of life.

**TAKE ACTION and schedule an  
affordable and accurate health  
screening today to  
IMPROVE YOUR HEALTH!**

### Available Screening Options

The “Tests4Life” screening program at CNI offers numerous options for assessing cardiovascular risk as well as, for detecting the presence of heart disease and peripheral vascular (blood vessel) disease. Available screening tests include the follow-

- Abdominal Aorta Aneurysm Screening
- Atrial Fibrillation Screening
- Body Composition Screening
- Carotid Artery Screening
- Heart Murmur Screening
- Peripheral Artery Disease Screening
- Retinal Imaging Screening

**DETAILS ABOUT SCREENINGS ON BACK**

## Facts Which Support Screenings

- Cardiovascular disease (CVD) is the leading cause of death, accounting for approximately 1 of every 3 deaths in the US.
- According to the American Stroke Association (ASA), stroke is the number 2 cause of death in the United States and it is “preventable, treatable and beatable.”
- Approximately 8.5 million people in the United States have peripheral artery disease (PAD).
- Individuals with combined peripheral arterial disease (PAD) and microvascular disease (MVD) are at increased risk for injury/infarction of involved tissues including the heart, eye and brain and other organs.
- Cardiovascular diseases claim more lives each year than all forms of cancer and respiratory diseases combined.
- In the four out of five people who have a stroke, the first symptom is usually the stroke.



**Body Composition  
Analysis**



**Retinal Imaging**

## What to Expect During at an Screening

CNI “Tests4Life” screening services are delivered using safe, convenient, and non-invasive methods. At the time of your appointment, a “Tests4Life” screening tech will call you to the private screening area to conduct your tests. Each test takes you a few minutes. You can remain clothed and will be made comfortable. Once you have completed the screening procedure you will receive your results.

## Screening Tests

**Abdominal Aorta Aneurysm Screening:** The aorta is the largest artery in the body. It originates in the heart and travels through the chest and abdomen. If the artery lining weakens due to age, disease or other factors, the vessel wall can thin and expand; thus, increasing the risk for leaking or rupture. Ultrasound is used to assess abdominal aortic artery integrity and to screen for aneurysms.

**Atrial Fibrillation Screening:** A limited form of electrical recording (EKG) is used to detect atrial fibrillation (AF), an irregular heartbeat that causes the heart's upper chambers (the atria) to beat irregularly and fast, preventing blood from being pumped efficiently. AF increases blood clotting and stroke risk.

**Body Composition Screening:** Body composition analysis is used to measure variables which influence health and body weight such body mass index, percent body fat, water distribution, fat mass, muscle mass, and lean mass distribution.

**Carotid Artery Screening:** The carotid arteries supply blood to the brain. Ultrasound imaging is used to detect plaque (atherosclerosis) in the arteries which could compromise blood flow, increasing the risk for stroke. Carotid artery disease typically develops slowly and without symptoms.

**Heart Murmur Screening:** A specialized electronic (digital) stethoscope is used to listen to and to help analyze heart valve sounds. This provides an effective method for detecting the presence of heart valve dysfunction or disease.

**Peripheral Artery Disease Screening:** A special form of ultrasound is used to assess blood flow and blood pressure in the arms and legs. The blood pressure values helps determine whether there is an arterial blockage in an extremity. The test is often referred to as the ankle brachial index (ABI).

**Retinal Imaging Screening:** Digital retinal screening refers to the use of a special microscope and camera to image and photograph the back of the eye, an area referred to as the retina. The images reflect the health of numerous tissues including the optic nerve, macula, retina and small blood vessels.

## Director of the Institute David H. Durrant, BS, DC, PhD(c)



Dr. Durrant is the current Director of the Chicago Neuroscience Institute. After his doctoral training Dr. Durrant completed a residency and achieved board certification in neurology. He is pursuing a PhD in Health Services with emphasis on the application of molecular imaging in neurology. Dr. Durrant has maintained active Diplomate status with the American Chiropractic Board of Neurology. Dr. Durrant has attained prestigious Fellow status with American College of Spine Physicians and Fellow status with the International Academy of Chiropractic Neurology. He is the current President of the American Academy of Spine Physicians. Dr. Durrant has a longstanding interest in the area of neurology and sports medicine. He spent time observing and studying physical performance testing protocols at the United States Olympic Camp.

## Professional Experience

- Board Certified Chiropractic Neurologist
- Director of Chicago Neuroscience Institute
- President of the American Academy of Spine Physicians
- Board Member of the International Spine Association
- Fellow of International Academy of Chiropractic Neurology
- Diplomate of the American Board of Chiropractic Neurology
- Author of a benchmark Neurology Textbook
- Prior Advisor to the Board of the Marine Military Academy
- Prior consultant to the Human Performance Lab at the Marine Military Academy
- Physician consultant to Elite and Olympic athletes



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# "Tests 4 Life" Screening Program



***Do not let heart disease  
and stroke take you away  
from loved ones or com-  
promise the life you love.***

**(847) 888 1811**

**www.CNIhealth.com**