

Heart Health and EHR

Did you know that your heart beats approximately 103,000 times per day? Each beat is vital to your health and ensures that the rest of your body can function properly. It's important to live a heart healthy lifestyle, and that both you and your doctor are aware of the condition of your heart. Cardiovascular Disease takes the lives of more than 800,000 people in the United States each year, 151,000 of which are under the age of 65.¹ If your doctor has the necessary information about your cardiovascular health, it will be much easier to treat you.

Healthcare providers are now using Electronic Health Records (EHRs) to ensure that they have the information they need to provide the best diagnosis and treatment. EHRs enable storage and transfer of your records between hospitals, specialists and clinicians. Everyone with a part in caring for your health will see your history, risk factors, previous conditions and other vital information that will allow them to be aware of any heart-related issues you may have. An example of an EHR that tracks patient history is TRAKnet™ DPM; this customizable, easy to use EHR and Practice Management system was designed by and for Podiatric Physicians. Its electronic filing, image sharing, data integration and standardized reporting will have up-to-date and accurate information that is easy to access while still following HIPPA guidelines.

With the help of EHRs, tracking cardiovascular health is easier and a collaborative effort between you and your healthcare provider. One way to test your cardiovascular health is by asking for a Peripheral Arterial Disease (P.A.D.) test using a system like PADnet™+. P.A.D. is most often seen in lower extremities and affects the arteries outside of your heart as plaque buildup constricts blood flow. Common symptoms of P.A.D. include: cramping, aching, numbness, skin discoloration and weakness after exercise. If you experience any of these symptoms, report them to a healthcare provider and ask about testing for P.A.D.

[Visit the BioMedix™ Location Finder](#) online to find a healthcare professional near you that can provide a PADnet™+ test and evaluate your risk for Peripheral Arterial Disease. To learn more about TRAKnet™ DPM or P.A.D. visit www.BioMedix.com.

1) *Cardiovascular Disease Statistics*. Retrieved February 17, 2011, from American Heart Association: <http://www.americanheart.org/presenter.jhtml?identifier=4478>