

## Testimonials

*"I have been trying to lose weight for years. I tried diet after diet, nothing worked. I even tried giving up drinking alcohol, that didn't work. A friend talked me into getting an ultrasound screening of my liver (because of heavy drinking) and my thyroid gland (because of my weight problem). Thank God I did. My liver is fine, which gave me comfort, but my thyroid gland was covered on both sides with clusters of nodules. I gave the radiologist's report to my doctor. Received treatment for my thyroid problem and I lost over 40 lbs. I recommend preventive health screening to anyone, but especially to anyone who is either overweight, or a heavy drinker, as I was. It can change your life."*

Lion Ron, Las Vegas, Nevada

*"In 1999 I was feeling well. I had my annual medical checkup and as usual everything was fine. My friend suggested I going for an ultrasound screening of my abdominal area. I agreed to go just to make her happy. What happened next was incredible. The ultrasound detected a tumor in my kidney. It turned out to be a rare form of a deadly kidney cancer. Lucky for me I was able to get immediate and aggressive treatment.*

*Almost eight years later I am healthy and happy to be alive. I recommend ultrasound screening to everyone. It doesn't matter how you feel. It doesn't matter that your doctor tells you how healthy you appear. Your doctor cannot look inside your body and spot these kinds of problems. By the time a cyst or tumor is large enough to be detected in a routine exam it may already be too late to get the help you need. Do yourself a favor and get checked today."*

Lion Jessica, Reno, Nevada

*"Under the encouragement of the Lions HealthFirst Foundation I had an ultrasound screening test performed. It turned out that I have stones in my gallbladder, which went undetected until now. Thankfully I was able to successfully deal with the problem with diet and herbal treatments and avoid painful surgery and the likely loss of my gallbladder."*

Lion S.C. Lee, Las Vegas, Nevada



## Our Mission

To reduce the rate of death or long-term disability from strokes and heart attack and the incidence of cancer among seniors. We believe early intervention and preventative care costs less than treating subsequent illness and disease.

Our goal is to inform the public about the benefits of preventive health screening; help make people aware of potential undetected health problems, and encourage them to seek follow-up care with a family physician.

## Lions HealthFirst Foundation

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## LIONS HEALTHFIRST FOUNDATION



## Your Good Health Is Important



**Affordable,  
comprehensive,  
non-invasive  
testing is now  
available in  
your area.**

Often there are no early warning signs to cancer, stroke, aneurysm and many other illnesses.

Ultrasound screening may detect blockages in the arteries, aneurysm in the abdominal aorta, tumors, cysts, stones and other abnormalities in the liver, kidneys, spleen, gallbladder and thyroid gland. That's what makes preventive health screening so important to you.



## Lions HealthFirst Foundation

Lions HealthFirst Foundation is a community service program of the Las Vegas International Lions Club. The International Association of Lions Clubs, founded in 1917, is the largest volunteer service organization in the world, with nearly 1.4 million members in 200 countries and geographical areas. There are 48 Lions Clubs in Nevada, with over 1,400 members whose volunteer efforts make a difference in the everyday lives of people in need.

## It's Your Health

Medicare and most insurance companies generally will not pay for a preventive health screening. Insurance companies prefer to pay only after symptoms develop and a physician determines the patient has a potentially serious medical problem. So your doctor cannot write a prescription for ultrasound testing.

To help your doctor give you the best medical care possible, the Lions HealthFirst Foundation was formed to provide health screening to the community at the lowest possible costs. By being pro-active with your health, LHF gives you the opportunity to detect problems and gives you the peace of mind that you are in good health if no abnormalities are found.

Ultrasound technology can pick up masses, cysts, tumors or blockages inside your body.

There are no serious symptoms to a stroke, heart attack or cancer until it is too late. LHF offers these ultrasound exams as a wellness prevention program. You will receive a report from a Certified Radiologist M.D. and a Certified Cardiologist M.D. and the ultrasound pictures. You can then take the results from our screening test to your doctor.

LHF gives you a "heads up" on what is going on inside your body. Our screening is painless, non-invasive and most important, no radiation and only takes approximately 60 minutes.



## Our Ultrasound Exams Include:

### Cardiac (Heart and Circulation)

- ✓ Stroke/Carotid Artery—checks for blockages and buildup of plaque—the major cause of a stroke.
- ✓ Abdominal Aorta—Major artery coming out of your heart that goes all the way down to your naval. A rupture is called an abdominal aneurysm and is called the "silent killer."
- ✓ Peripheral Arterial Disease (PAD)—Check for circulation problems that causes increased risk of coronary artery disease.
- ✓ Echocardiogram—Checks for leaky valves, size of the heart, heart murmurs and aortic stenosis (narrowing of the aortic valve)—all major contributors to a heart attack.

### Abdominal (Cancer and other Abnormalities)

- ✓ Liver—Checks for masses and density.
- ✓ Gallbladder—Checks for gallstones.
- ✓ Spleen—Checks for masses and enlargement.
- ✓ Thyroid Gland—Check for nodules and cysts.
- ✓ Kidneys—Check for tumors, cysts and stones.

### Pelvic Ultrasound (Women only)

- ✓ Check for ovarian and uterine cancer.

## What Will I Receive?

- ✓ A comprehensive report from a Board Certified Radiologist, MD.
- ✓ A comprehensive report from a Board Certified Cardiologist, MD on echocardiograms.
- ✓ A set of ultrasound pictures.

Call LHF today to schedule your appointment: 702-739-6393

