



## Colorado Firefighter Trust Heart Disease Screening Confirmation

Employer: \_\_\_\_\_

The Heart Disease Screening is intended to provide a basic level test to determine if any further testing is needed. Where an applicant falls into a high risk level in any two areas it is then recommended to proceed to an appropriate next level test. The basic required screenings are:

**Resting 12-lead electrocardiogram (ECG)**

- A 12-lead ECG establishes a baseline for the individual and may reveal waveform changes and/or rhythm changes that may require further screening or medical review. There are many changes that do not result in signs and/or symptoms.

**Fasting glucose and lipids with Cholestech equipment or equivalent**

- This requires a finger prick to draw a few drops of blood. The results are available within just a few minutes.
- Fasting glucose is a helpful screening tool for diabetes and impaired fasting glucose, which is a precursor to diabetes. Diabetes is a risk factor for heart disease.
- Fasting lipids provide values for total cholesterol, LDL (low density lipoprotein), HDL (high density lipoprotein) and triglycerides. These are risk factors for heart disease.

**Height and weight**

- Height and weight measurements allow for the calculation of body mass index (BMI), a risk factor for heart disease, providing a very rough estimate of body fat composition.

**Waist circumference**

- Waist circumference indicates the amount of abdominal fat deposition. Excess abdominal fat is a risk factor for heart disease.

**Resting blood pressure**

- High blood pressure (hypertension) is a silent killer and a risk factor for heart disease. It has few signs or symptoms until the damage caused by high blood pressure is extensive. Early detection is important for appropriate management.

**Review of family and personal health history**

- Family history is the best screening tool for congenital heart defects. Congenital heart defects often cause early sudden cardiac death.
- Despite its importance, providing family history will remain optional because of GINA (the Genetic Information Nondiscrimination Act).
- Personal health history will include a questionnaire about common signs and symptoms of heart disease.

**Smoking status**



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For the purposes of the Employer obtaining Heart Fitness Grant funds, the below signed hereby certifies that the described Cardiac System Health testing, issues and discussions were completed for the applicant firefighter(s) listed below. Make copies of this page to add additional firefighters and/or physicians.

Applicant Firefighter	Year of Birth	Type (FT, PT, Volunteer)	Date of Test

Name of Physician: \_\_\_\_\_ Name of Clinic/Hospital: \_\_\_\_\_

Signature of Physician: \_\_\_\_\_ Date Signed: \_\_\_\_\_