

OFFERING SPORTS PHYSICALS by MARQUE PHYSICIANS for **\$50** with **50% GOING BACK**



We want to wish all of you a successful and healthy sport season!

1-877-MY-DOC-NOW

Due to the high volume of athletes that will need physicals completed, we're offering the following dates and times in Our Newport Beach clinic to get students in and out in a timely manner.

2075 San Joaquin Hills Road, Newport Beach, 92660

May 24: 2 - 8 PM May 30: 8 AM - 8 PM

*We will have additional physician on-site those days dedicated to getting you in and out fast. Please be on time for your appointment at our Newport Beach clinic. If you need to cancel, please give us a call to let us know.

Book your Appointment Today! Call or Go Online:

1-877-MY-DOC-NOW (693-6266) Ext. 1101

Go to: <https://www.marquemedical.com/services/urgent-care/uni/>

For those who cannot make the above dates and want to walk-in or come another day, we're open seven days a week:
Monday - Friday: 8 AM - 8 PM and Saturday - Sunday: 9 AM - 5 PM

TO UNIVERSITY'S ATHLETIC DEPARTMENT



Let's Go Trgjans!

If Student's Not Accompanied by Parent, Please Fill Out:

Consent/Patient Information

Student's Full Name: _____ Parent/Guardian: _____

Contact Phone Number: _____ Street Address: _____

City: _____ Zip: _____

Date: _____

I authorize Marque Urgent Care and its associates to perform a sports physical on my child:

Parent/Guardian Signature: _____

Cardiac Screening Available!



\$99



Includes ECHOCARDIOGRAM (ECHO), ELECTROCARDIOGRAM (EKG), Pulse Oxygen Analysis and Lung Function testing which typically costs thousands of dollars and not covered by insurance.

Please email smartbeatsport@marquemedical.com or let the front desk know when you check in for your sports physical you'd like to book an appointment



Early Detection Saves Lives | Stop Sudden Cardiac Arrest (SCA)

What is Sudden Cardiac Arrest (SCA)?

Sudden Cardiac Arrest is often confused with a heart attack. Although a prior heart attack increases one's risk for SCA, the two are quite different; with distinct risk factors, treatment options and outcomes. SCA is caused by an "electrical problem" in the heart. It occurs when the heart's lower chambers (ventricles) suddenly develop a rapid, irregular rhythm (ventricular fibrillation) causing the ventricles to quiver rather than contract. The chaotic quivering of the ventricles renders the heart an ineffective pump that can no longer supply the body and brain with oxygen.

What is SmartBeat Sport?

SmartBeat Sport is the student-athlete version of our SmartBeat screening program. It's a cardiovascular screening program using advanced diagnostic technology that can reveal health problems in young adults. Testing can reveal disturbances in heart rhythm or detect abnormal electrical patterns. The cardiac screening includes:

- Echocardiogram (ECHO): Creates a picture of your heart using ultrasound
- Electrocardiogram (EKG): Shows if the rhythm of your heartbeat is normal
- Pulse Oxygen Analysis: Used to measure the oxygen levels in the blood
- Lung Function Test: Help diagnose COPD, asthma and indicates risk for disease

**All results are read by Marque's Board-Certified Cardiologists*

Did You Know?

A young athlete dies from SCA every 3 days? SCA is the #1 killer of women and kills 450,000 annually. Early detection saves lives. The test is quick, easy and painless.

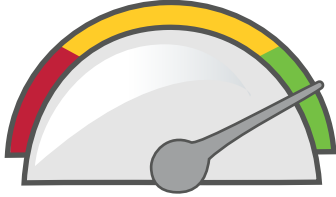
Get Piece of Mind | Get Screened Today!

To make an appointment, please email:
smartbeatsport@marquemedical.com



SMARTBEAT SPORT RESULTS

Sample Patient



81%

YOUR OVERALL HEART SCORE

The Overall Heart Score is a cumulative score based on personal medical history and results received. This score helps give a quick snap-shot of your heart's health and ability to function during normal activity and sports.

DATE	DOB	AGE	GENDER	RACE	PHYSICIAN/CLINIC
3/10/2018	08/12/2003	14	Male	Non-Hispanic, White	Dr. John Smith
Weight	Height	HIPS	WAIST	PERSONAL MEDICAL HISTORY	
178	72	34	27	Shortness of Breath, Irregular Heartbeat	

BIOMETRIC RISK LEVEL

LOW MED HIGH RESULT

<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	24.1
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	1.1
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	110
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	99
<input checked="" type="radio"/>	<input type="radio"/>	<input type="radio"/>	98
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	Borderline
<input type="radio"/>	<input checked="" type="radio"/>	<input type="radio"/>	56

BODY MASS INDEX (BMI)

BMI is a ratio between your weight and height. An ideal range is between 18.5 and 24.9 and puts you at Low Risk. 30 or greater puts you at a High Risk for obesity.

WAIST-TO-HIP RATIO (WHR)

Low Risk is .8 or lower for women and .95 or lower for men. High Risk is .86 or higher for women and 1.0 or higher for men.

HIGHEST BLOOD PRESSURE

Systolic pressure of 140 and above puts you at risk for a stroke, kidney failure, a heart attack, and heart failure. Systolic pressure between 120 and 139 is called prehypertension, which is an increased risk for having high blood pressure.

PULSE OXIMETRY

Pulse oximetry is a procedure used to measure the oxygen level (or oxygen saturation) in the blood. Ideal range is 95-100%

PULMONARY FUNCTION

The lung function test can help diagnose and manage COPD and asthma or indicate risk for lung disease. FEV1/FVC ratio indicates what percentage of the total volume of air was expelled. Ideal range is 70-100% or more.

ELECTROCARDIOGRAM

An Electrocardiogram, also called an EKG or ECG, shows if the rhythm of your heartbeat is steady (normal), abnormal, or borderline. The results detect heart attacks, heart failure, and arrhythmias, as well as presence of a left ventricular hypertrophy (LVH), or an enlargement of the wall in your heart.

ECHOCARDIOGRAM

An Echocardiogram (ECHO) creates a picture of your heart using an ultrasound. The Ejection Fraction (EF) measures the amount of blood the left ventricle pumps out. An EF higher than 75 might indicate a present heart condition. Between 40 and 55 indicates damage, like a previous heart attack, and below 40 could indicate heart failure.

PHYSICIAN RECOMMENDATIONS

- ☐ Urgent results, follow-up ASAP
- ☐ Schedule non-urgent follow-up
- ☐ Patient may pick-up results
- ☐ Patient may continue Sport/Activity
- ☐ Improve BP Control
- ☐ Weight Reduction
- ☐ Suggest a Sport/Activity Change
- ☐ Suggest Stress Test
- ☐ Suggest Sleep Lab Study
- ☐ Refer to Specialist
- ☐ Additional Diagnostic Tests
- ☐ Other, will discuss with patient