



# The Cardiovascular Blind Spot

5 Silent Warning Signs Your Heart May Be in Danger – And the Scans That Detect Them Before It's Too Late

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20 YEARS OF CARDIOVASCULAR IMAGING. BROUGHT TO YOUR HOME.

*For educational purposes only. Not medical advice.*

# Most Cardiovascular Events Don't Announce Themselves

After 20 years performing cardiovascular ultrasounds in clinical settings, I've seen the same story play out hundreds of times. A patient arrives after a cardiac event – a heart attack, a stroke, a blood clot – and says: **"I had no idea. I felt completely fine."**

Cardiovascular disease is the leading cause of death in the United States. Yet the majority of people who suffer a major cardiac event had no warning. Not because the disease was hiding – but because **nobody looked**.

BlackPoint Diagnostics was built on a single belief: nobody should be blindsided by a disease that imaging can detect years in advance. This guide covers five warning signs that are easy to miss, dismiss, or explain away – and the specific ultrasound tests that reveal what's happening beneath the surface.

❏ **"Cardiovascular disease accounts for 1 in every 5 deaths in the US. The majority are preventable with early detection."**

– American Heart Association

# Fatigue, Breathlessness & Swollen Ankles

## ⚠ Sign 1: Unexplained Fatigue & Shortness of Breath

**What most people think:** "I'm just out of shape" or "I'm getting older."

**What it can actually mean:** The heart may not be pumping efficiently. Early heart failure and cardiomyopathy often present as fatigue and exertional breathlessness before any other symptom appears.

**The scan:** Echocardiogram — measures ejection fraction, wall motion, and valve function.

Heart failure affects **6.7 million Americans**. Most are diagnosed late because early symptoms are attributed to aging.

## ⚠ Sign 2: Swollen Ankles or Feet

**What most people think:** "I've been on my feet all day."

**What it can actually mean:** Venous insufficiency, deep vein thrombosis (DVT), or early heart failure can all cause fluid accumulation in the lower extremities.

**The scan:** Venous Duplex Ultrasound — evaluates blood flow and valve function in leg veins, detecting clots and chronic reflux.

DVT affects up to **900,000 Americans** annually. Up to 100,000 die from complications — many dismissed their symptoms.

# Neck Pulsations, Dizziness & Leg Pain

## ⚠ Sign 3: Neck Pulsations or Dizziness

**What most people think:** "My blood pressure was just a little high."

**What it can actually mean:** Carotid artery disease — plaque buildup in the arteries supplying blood to the brain — is a leading cause of stroke. It is silent until it isn't.

**The scan:** Carotid Duplex Ultrasound — visualizes plaque, measures stenosis, and evaluates blood flow velocity.

Stroke is the **5th leading cause of death** in the US. **80% of strokes are preventable.** Carotid screening can identify risk years in advance.

## ⚠ Sign 4: Cold Feet or Leg Pain When Walking

**What most people think:** "Poor circulation — probably normal at my age."

**What it can actually mean:** Peripheral Arterial Disease (PAD) — blockages in the leg arteries restricting blood flow. Left untreated, PAD can progress to limb-threatening ischemia.

**The scan:** Peripheral Arterial Duplex — measures blood flow and identifies blockages in the femoral, popliteal, and tibial arteries.

PAD affects **8-12 million Americans**. It is chronically under-diagnosed because symptoms are mistaken for arthritis or normal aging.

# The Silent Aneurysm: A Pulsating Sensation in the Abdomen

**What most people think:** "Just my heartbeat – I can feel it sometimes."

**What it can actually mean:** An Abdominal Aortic Aneurysm (AAA) – a dangerous enlargement of the aorta that can rupture without warning. AAA has virtually no symptoms until rupture, which carries an **80% mortality rate**.

**The scan:** AAA Screening Ultrasound – a painless 15-minute exam that measures aortic diameter and identifies aneurysm before rupture.

## Who should screen?

The US Preventive Services Task Force recommends one-time AAA screening for all men aged 65–75 who have ever smoked. AAA affects approximately **200,000 Americans annually**.

Most aneurysms are discovered incidentally – or not at all until it's too late. A single 15-minute scan can change that outcome entirely.

HOW IT WORKS

# Clinical-Grade Screening — At Your Home

01

## Book Online in 2 Minutes

No referral needed. No physician order required. Schedule at [blackpointdiagnostics.com](https://blackpointdiagnostics.com).

02

## A Sonographer Comes to You

Evening and weekend appointments at your home or workplace throughout Southern Maine.

03

## Clinical-Grade Portable Ultrasound

Painless, non-invasive exam. 30–45 minutes. The same technology used in hospital settings.

04

## Cardiologist Review Within 48 Hours

Your study is reviewed by Dr. Glenn Gandelman, MD, FACC — board-certified cardiologist.

05

## Written HIPAA Compliant Report to Your Inbox

Plain-language results you can understand and share with your primary care physician.

**\$397**

### One Flat Rate

No facility fees. No surprise bills. HSA and FSA accepted.

**48h**

### Results Turnaround

Board-certified cardiologist review, every time.

**20**

### Years of Experience

Emanuel Papadakis, RDCS, RVT performs every screening personally.

# Your Next Step Takes Two Minutes

If anything in this guide resonated with you – if you recognized a symptom, thought of a family member, or simply realized you've never had your cardiovascular system properly evaluated – **this is the moment to act.**

## Exclusive Offer for Guide Readers

Use promo code **BPD50** at checkout for **\$50 off** your first screening.

~~\$397~~ → **\$347**

[Book Your Screening →](#)

## Contact Emanuel Directly

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Evening and weekend appointments available. Every screening performed personally by Emanuel. Results reviewed by Dr. Glenn Gandelman, MD, FACC.

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