

## Keeping an eye on first responder heart health

**Run time - :29**

LEDE: First responders may not live as long due to the stress of the job. Luckily, there are heart screenings to prevent the worst of it. Tim Ditman of OSF HealthCare has more.

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A stress test has you run on a treadmill while your heart rate is monitored. A provider may take pictures of your heart to look for precursors of plaque disease.

OSF cardiologist Doctor Alaa Ujayli:

*SOUNDBITE: "Cardiovascular disease is a preventable illness. If we establish preventive measures, we have a significant impact on the progression of the disease."*

I'm Tim Ditman.

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TAG: Talk to your doctor if you think you need a heart screen. In the meantime, practice good habits with eating, sleeping, exercise and mental health care.