

Keeping an eye on first responder heart health

High stress jobs like police officers and firefighters may lead to heart issues

*****SOT*****

Christina Reifsteck (REEF-streck), Rantoul, Illinois, police sergeant and OSF HealthCare patient

“We wanted to make sure our officers have a better knowledge of what is going on inside their body. Sometimes you can’t see the problems.” (:11)

*****SOT*****

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“The treadmill started out slow, and every couple minutes it got faster, and the incline raised higher. You did feel like at the end you were getting a workout. But it felt fine.” (:13)

*****SOT*****

Dr. Alaa Ujayli (AL-ah // you-JAY-lee), interventional cardiologist at OSF HealthCare Cardiovascular Institute in Urbana, Illinois

“With the stress test, we try to identify someone’s functional capacity and if they demonstrate any evidence of impairment of blood flow to the heart.” (:14)

*****SOT*****

Dr. Alaa Ujayli (AL-ah // you-JAY-lee), interventional cardiologist at OSF HealthCare Cardiovascular Institute in Urbana, Illinois

“We look at calcification of the coronary arteries, which is the beginning of plaque disease.” (:06)

*****SOT*****

Dr. Alaa Ujayli (AL-ah // you-JAY-lee), interventional cardiologist at OSF HealthCare Cardiovascular Institute in Urbana, Illinois

“Cardiovascular disease is a preventable illness. If we establish preventive measures, we have a significant impact on the progression of the disease.” (:18)