



Direct Specialty Cardiology • Madison, WI

## Executive Cardiovascular Evaluation

*A Concierge-Grade Cardiac Assessment by Dr. J. Michael Frangiskakis, MD, PhD, MBA, FACC*

### A Personalized, Proactive Approach to Heart Health

The Executive Cardiovascular Evaluation is a comprehensive, unhurried cardiac assessment designed for the discerning individual who values time, precision, and personalized care. Dr. Mike — a board-certified cardiologist with nearly 20 years of experience — personally performs the majority of your evaluation uniting advanced diagnostics, from echocardiography to rhythm monitoring, with a deeply individualized consultation to deliver a complete picture of your cardiovascular health.

### WHAT IS INCLUDED

Every Executive Cardiovascular Evaluation includes the following comprehensive services:

♥ <b>Initial 100+ Minute Consultation</b>	Start your evaluation with an extended, in-depth visit with Dr. Mike for a thorough exam and to review your history, symptoms, lifestyle, and risk factors.
♥ <b>12-Lead Electrocardiogram</b>	Standard electrical tracing, an ECG or EKG, of the heart to identify rhythm abnormalities, conduction issues, and signs of prior cardiac events.
♥ <b>1-Week Extended Holter Monitor</b>	Continuous heart rhythm recording worn discreetly for seven days to capture intermittent arrhythmias or palpitations.
♥ <b>Comprehensive Bloodwork Panel</b>	One blood draw, over 50 individual data points — covering metabolic health, thyroid function, blood counts, advanced lipids, inflammation, and fasting blood sugar.
♥ <b>Body Composition Analysis</b>	Bioelectrical impedance assessment to assess lean mass, body fat, and hydration — key metrics for cardiovascular and metabolic health.
♥ <b>Screening Echocardiogram</b>	Heart ultrasound performed by Dr. Mike to assess major valve function, chamber size, and overall cardiac performance.
♥ <b>Coronary Calcium Scoring*</b>	Low-radiation CT scan to detect calcium buildup in the heart arteries, recommended for appropriate individuals (generally 40+ years old).
♥ <b>Follow-Up Results Review</b>	A dedicated in-office or teleconference visit to walk through every result and craft your personalized action plan.

\* – performed in collaboration with MH Imaging; <https://www.mhimaging.com/>

### *Additionally Available (Where Clinically Appropriate)*

♥ <b>Abdominal Aorta Screening</b>	Ultrasound evaluation of the abdominal aorta to detect enlargement before it becomes a silent emergency.
♥ <b>Obstructive Sleep Apnea</b>	Wear a monitor at home to assess for interruptions in breathing while sleeping, as they can be associated with high blood pressure, arrhythmia, and heart failure.
♥ <b>Exercise Stress EKG</b>	Supervised treadmill test monitoring heart rate, rhythm, and electrical activity during physical exertion.

## BLOODWORK PANEL — IN DETAIL

The laboratory panel is carefully curated to go well beyond routine testing, providing a nuanced view of metabolic and cardiovascular risk.

**One blood draw. Over 50 individual data points.**

Lab Test	What It Tells Us
Comprehensive Metabolic Panel	Kidney, liver, electrolytes, and fasting blood sugar
Complete Blood Count (CBC)	Red cells, white cells, platelets, and full cell differential
TSH with Free T4	Thyroid function (can mimic or worsen heart disease)
Fasting Lipid Panel	Total cholesterol, LDL, HDL, non-HDL, and triglycerides
Apolipoprotein B (ApoB)	Accurate marker of atherogenic particle burden
Lipoprotein(a) [Lp(a)]	Inherited cardiovascular risk factor, checked once in a lifetime
Urine Albumin-to-Creatinine Ratio (UACR)	Checks for early signs of kidney damage or stress
Cystatin C	Assesses how well the kidneys are filtering waste
High-Sensitivity C-Reactive Protein (hsCRP)	Measures general inflammation levels linked to heart disease
Glycoprotein Acetylation (GlycA)	Tracks long-term body inflammation and chronic disease risk
Hemoglobin A1c (HbA1c)	Three-month average blood sugar; screens for prediabetes/diabetes
Diabetes Risk Index (DRI)	Calculates your likelihood of developing type 2 diabetes
High sensitivity Troponin T (hsTrop T)	Detects very minor, early signs of heart muscle injury
NT-proBNP	Checks for heart strain, stress, or heart failure
Fatty Acid Balance	Evaluates the ratio of healthy to unhealthy dietary fats

## WHY CHOOSE THE EXECUTIVE EVALUATION

*Designed for those who expect the very best:*

- ✓ **Time:** Your 100+ clinic minute visit is yours alone — no rushed handoffs, no 15-minute limits.
- ✓ **Expertise:** Dr. Mike is board-certified in internal medicine, cardiology, echocardiography, nuclear cardiology, and advanced cholesterol management.
- ✓ **Completeness:** Imaging, monitoring, labs, and exam — all coordinated in one streamlined evaluation.
- ✓ **Clarity:** A dedicated results visit ensures you fully understand every finding and your next steps.
- ✓ **Access:** Most patients are seen within a few business days. No months-long wait.

### Ready to Take Control of Your Heart Health?

Schedule your Executive Cardiovascular Evaluation today.

 (608) 924-5655, Option #1  [Hello@EvexeyaHealth.com](mailto:Hello@EvexeyaHealth.com) [www.EvexeyaHealth.com](http://www.EvexeyaHealth.com)

4652 S. Biltmore Lane, Madison, WI 53718

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