

Celebrate Heart Month



With Methodist Heart Services

METHODIST HOSPITAL
METHODIST HEART HOSPITAL*
METHODIST SPECIALTY AND TRANSPLANT HOSPITAL*
METHODIST CHILDREN'S HOSPITAL*
METROPOLITAN METHODIST HOSPITAL*
METHODIST STONE OAK HOSPITAL
NORTHEAST METHODIST HOSPITAL*
METHODIST TEXSAN HOSPITAL*
METHODIST AMBULATORY SURGERY HOSPITAL

HEARTCHECK® HEALTH FAIR

Saturday, February 19, 9 a.m. to 11:30 a.m.

TriPoint at 3233 North St. Mary's St.

(located at Highway 281 and North St. Mary's St.)

Methodist Healthcare will provide the following FREE Services:

- ♥ Complete Lipid Profile** (Total cholesterol, HDL, LDL, triglycerides)
- ♥ Blood Pressure Check
- ♥ Diabetes and Nutrition Education
- ♥ Glucose Check
- ♥ Body Mass Index Assessment
- ♥ Ask a Registered Nurse Booth
- ♥ Bone Density checks provided by Walgreens

**Participants must not eat for 12 hours before screening.

Open to the public above 15 years of age. No registration required. For more information call the Methodist Healthcare HealthLine at 210-575-0355. Also, don't miss your opportunity to network with the Methodist Healthcare Human Resources recruitment team!

FREE CARDIAC CONNECTIONS SEMINARS & HEALTH SCREENINGS

YOU ARE INVITED TO ATTEND THESE METHODIST HEART SERVICES EVENTS

These Cardiac Connections seminars are free but registration is required. Please call the Methodist Healthcare HealthLine at 210-575-0355 to RSVP.

HOW DOES HIGH BLOOD PRESSURE AFFECT THE HEART?

FRIDAY, FEBRUARY 11, 9 A.M.

Wonderland of the Americas Mall

4522 Fredericksburg Rd., Second Floor Meeting Room

Presented by Ramavathi Nandyala, M.D., Cardiologist

High blood pressure can lead to many complications including heart attack, congestive heart failure and more. Learn the serious effects of high blood pressure on the heart, causes of high blood pressure and what you can do to reduce your risk.

YOU AND PERIPHERAL VASCULAR DISEASE (PVD)

TUESDAY, FEBRUARY 15, 10:30 A.M.

Metropolitan Methodist Hospital, 1310 McCullough Ave., Classroom Two

Presented by Chad Christopherson, M.D., Interventional and Peripheral Cardiologist

PVD refers to the narrowing of blood vessels that carry blood to our legs, arms, stomach or kidneys. This disease affects the vessels outside the heart and brain. A symptom of this disease includes pain in the muscles of the legs during movement that often subsides when standing still. PVD increases your risk of heart attack and stroke. Join us as Dr. Christopherson explains more about this serious condition.

CHOLESTEROL MANAGEMENT

FRIDAY, FEBRUARY 18, 10:30 A.M.

Metropolitan Methodist Hospital, 1310 McCullough Ave., Classroom Two

Presented by Prasad Vemulapalli, M.D., Cardiologist

High blood cholesterol increases your risk for heart disease. High cholesterol itself does not cause symptoms. Learn how cholesterol affects the heart and what you can do to lower your cholesterol and risk of heart disease.

WHEN THE HEART GROWS OLDER...

MONDAY, FEBRUARY 21, 10:30 A.M.

Northeast Methodist Hospital, 12414 Judson Rd., Live Oak, Texas

Community Health Center

Presented by Max Garoutte, M.D., Cardiologist

As you age, your chance of developing heart disease rapidly increases. There are steps that you can take to reduce your risk. Join Dr. Garoutte as he discusses the risk factors, symptoms and warning signs of heart disease and what you can do to protect yourself or your aging loved ones.

HOW DOES WEATHER AFFECT THE HEART?

THURSDAY, FEBRUARY 24, 6 P.M.

Methodist Stone Oak Hospital, First Floor Classroom One, 1139 E. Sonterra Blvd.

Presented by Devang Patel, M.D., Cardiologist

Many people are unaware of the serious affect that cold and hot weather have on the heart, especially if you already have a preexisting heart condition. Those with heart disease are especially susceptible to heart failure related to the body's inability to heat or cool itself. Even moderately cold weather can cause accidental hypothermia. Dr. Patel will discuss the facts you should know to protect your heart and answer your questions.

HER HEART™ — FREE WOMEN AND HEART DISEASE SEMINAR, ZUMBA® DEMONSTRATION AND LUNCH

THURSDAY, FEBRUARY 24, 11:00 A.M. – 12:45 P.M.

CHECK-IN BEGINS AT 10:30 A.M.

Methodist Texsan Hospital, 6700 IH 10 West, San Antonio, Texas 78201

Learn about women and heart disease, during our educational seminar. According to the American Heart Association, more than one in three female adults has some form of cardiovascular disease. During our informative seminar, a medical expert will discuss the risk factors for heart disease and ways to reduce your risk, including aerobic exercise. Zumba® is the latest exercise craze sweeping through the nation. It is a fusion of Latin and International music that creates a dynamic, exciting, and effective work out. Afraid you can't dance? That's the beauty of Zumba, you don't need to be an expert dancer. There are a few basic moves, and the rest is just having fun! Come have a great time and learn how to Zumba in this 15 minute, introductory lesson. Always consult your doctor before beginning any exercise program. A complimentary heart healthy box lunch will be served. This event is free but advance registration is required and seating is limited.

**METHODIST**
HEART SERVICES
Choice Matters
www.SAHeart.net



www.Facebook.com/MethodistHealthCareSanAntonio

Methodist is the preferred choice for cardiac care.™

The following are chest pain accredited hospitals.

Northeast Methodist*

Metropolitan Methodist Hospital*

Methodist Hospital

Methodist Stone Oak Hospital

Methodist Texsan Hospital*



ALWAYS A GOOD SOURCE FOR YOUR GOOD HEALTH.

Log on to
www.SAHeart.net
for information about your heart and a free E-Heart newsletter. We send up-to-date information from national health resources that's personalized to your needs and interests.

For a free copy of the informative *HeartMatters®* Magazine, call the Methodist HealthLine at **210-575-0355**.

*A Methodist Hospital facility. **Source: January 2010 – April 2010 National Research Corporation