

Cardiac Connections

METHODIST
HEART SERVICES
Choice Matters
www.SAHeart.net

2008

SEPTEMBER "FREE HEARTCHECK® HEALTH SCREENING"

SATURDAY, SEPTEMBER 20, 2008

8:30 A.M. TO 11:00 A.M.

DAVIS-SCOTT YMCA • 1213 IOWA STREET, SAN ANTONIO, TEXAS

PROVIDING THE FOLLOWING FREE SERVICES:

- GLUCOSE CHECK **
- COMPLETE LIPID PROFILE** (TOTAL CHOLESTEROL, HDL, LDL, TRIGLYCERIDES)
- BLOOD PRESSURE CHECK
- BODY MASS INDEX ASSESSMENT
- DIABETES AND NUTRITION EDUCATION
- STROKE PREVENTION SCREENING AND EDUCATION
- OSTEOPOROSIS SCREENING AND EDUCATION

** PARTICIPANTS MUST NOT EAT FOR 12 HOURS PRIOR TO THE SCREENING

HEARTCHECK®
a service of Methodist Healthcare
www.SAHeart.net



**NO REGISTRATION
REQUIRED.
OPEN TO THE PUBLIC.**

OCTOBER "Lowering Cholesterol by Changing your Diet"

*Presented by Jamil N. Bitar, MD, Private Practice
in Cardiovascular Diseases*

Diet changes are usually the first step in lowering cholesterol before medicines are prescribed. Eating a sensible diet in low and saturated fat can lower high cholesterol levels. Dr. Bitar will provide an overview of how making this lifestyle change can decrease LDL (bad) cholesterol and raise HDL (good) cholesterol.

Registration is required. Space is limited.

To RSVP call Methodist Healthcare HealthLine at 210-575-0355.

- **Wednesday, October 15, 2008**
- 10:00 a.m. to 11:00 a.m.
- Texas Neurosciences Institute, First Floor Conference Room
- 4410 Medical Dr., San Antonio, Texas

NOVEMBER "Are Chronic Pain and Cardiovascular Disease Related?"

*Presented by Ellen W. Lin, MD, Private Practice
in Advanced Spine and Pain Center*

Most chronic pain problems start with an acute pain episode. Effective early care is vital in preventing chronic pain. Untreated or inadequately treated pain contributes to risk factors for heart disease. Dr. Lin will explain the causes of chronic pain and will provide an overview on the treatment and management of painful conditions.

Registration is required. Space is limited.

To RSVP call Methodist Healthcare HealthLine at 210-575-0355.

- **Friday, November 14, 2008**
- 10:00 a.m. to 11:00 a.m.
- Texas Neurosciences Institute, First Floor Conference Room
- 4410 Medical Dr., San Antonio, Texas