

METHODIST HEART SERVICES

"Serving Humanity to Honor God"

www.SAHeart.net

Celebrate Heart Month with us!

Methodist Stone Oak Hospital
Methodist Ambulatory Surgery Hospital
Methodist Hospital and its campuses including:
Methodist Heart Hospital
Methodist Specialty and Transplant Hospital
Methodist Children's Hospital
Metropolitan Methodist Hospital
Northeast Methodist Hospital
Methodist Texsan Hospital

HeartCheck® Health Fair

Saturday, February 18, 2012

9 – 11:30 a.m.

**Y Living Center (YMCA), 835 W. Southcross
(located off IH-35 and W. Southcross)**

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
- ♥ New Diabetes Shoe Fitting Program provided by Walgreens

*Participants must not eat for 12 hours before screening

Open to the public 15 years of age and older. No registration required. For more information, call the Methodist Healthcare Healthline at 210-575-0355.

AUGUSTHEART HYPERTROPHIC CARDIOMYOPATHY SCREENING FOR YOUNG ATHLETES

Saturday, February 25

9 a.m. – Noon

**Methodist Boerne Emergency Center, a Department of
Methodist Hospital, 3rd Floor Medical Office Building,
134 Menger Springs Rd, Boerne, 78006**

Hypertrophic Cardiomyopathy (HCM) is the leading cause of sudden cardiac death in young people. Methodist Healthcare is partnering with AugustHeart to provide screenings for young athletes, ages 14 – 18. A parental waiver must be signed in order for the athlete to receive a heart screening. Please visit www.augustheart.org to download waiver and to find out more information about August-Heart and Hypertrophic Cardiomyopathy. Registration is required.

***This screening is free but registration is required. Visit
www.augustheart.org to RSVP.***

*Free Cardiac Connections
Seminars and Health Screenings*

YOU ARE INVITED TO ATTEND THESE METHODIST HEART SERVICES EVENTS. ENJOY GIVE AWAYS AND REFRESHMENTS!
These Cardiac Connections Seminars are free, but registration is required. Please call the Methodist Healthcare HealthLine at 210-575-0355 to RSVP.

SMOOTH SAILING FOR YOUR CIRCULATORY SYSTEM

Thursday, February 2, 2012, 6 p.m.

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

Presented by Matthew Sideman, MD

Vascular disease includes any condition affecting the circulatory system. Join us as Dr. Sideman discusses signs, symptoms and treatment for vascular disease.

REACHING YOUR HEART THROUGH YOUR WRIST: A New Twist on Cardiac Caths

Friday, February 10, 2012, 9 – 10 a.m.

**Wonderland of the Americas, 4522 Fredericksburg Rd., 2nd Fl Meeting Rm
Presented by Sridevi Pitta, MD**

Learn about new innovative procedures with Cardiac Catheterizations, including the radial approach. Dr. Pitta will be here to discuss the procedure and its benefits.

IS YOUR HEART SENDING YOU AN S.O.S.?

Friday, February 17, 2012, 10:30 – 11:30 a.m.

**Metropolitan Methodist Hospital, 1310 McCullough Ave, Classroom Two
Presented by Roger Muse, MD**

Sudden cardiac death (SCD) is an unexpected rapid cardiac death. Are there signs and symptoms that can be detected to prevent death? Dr. Muse will discuss what you need to know about sudden cardiac death.

FIGHT LIKE A GIRL! LEARN ABOUT WOMEN'S SYMPTOMS FOR HEART DISEASE

Wednesday, February 22, 2012, 12 Noon

**YMCA TriPoint Classroom
3233 North St. Mary's St.**

Presented by Ramavathi Nandyala, MD

Women differ from men when it comes to many things, including heart disease. Signs and symptoms of cardiovascular diseases are different for women. Dr. Nandyala will discuss what you need to know about women and heart disease. Join us as she answers the age old question of how women are different than men, especially when it comes to the heart.

HER HEART™ - FREE WOMEN AND HEART DISEASE SEMINAR, HEART HEALTHY COOKING DEMONSTRATION AND LUNCH

Wednesday, February 29, 2012

11 a.m. – 1 p.m.

**Methodist Texsan Hospital, 3rd Floor Bluebonnet Room, 6700 IH 10 West
Presented by Renee Fletcher, MSN, RN, Director of Cardiopulmonary
Rehabilitation**

Learn about women and heart disease during our educational seminar. Renee Fletcher, RN, will discuss how heart disease affects women. Chef Mark Marin and Donna Kahn, MBAHCM, CDM,CFPP, of Metropolitan Methodist Hospital will whip up a heart healthy dish during a cooking demonstration.

**Cardiac
Connections**

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