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SMH offers heart health information, screenings at Matters of the Heart

(Slidell, La.—April 30, 2010)—Nearly 70 percent of Americans are at risk of experiencing heart complications in their lifetimes. To educate the community about the importance of maintaining a heart-healthy lifestyle, Slidell Memorial Hospital (SMH) offers another way to be heart smart: Matters of the Heart, a health fair dedicated to cardiovascular health. The event will feature blood pressure, cardio risk assessments and full lipid profile cholesterol screenings—a \$250 value for only \$15—and will take place Sat., May 8, in the hospital’s atrium, 1051 Gause Blvd., from 7 to 11 a.m. Appointments are required by calling (985) 649-8585.

Because one in every four deaths in the United States is due to heart disease, it is important for people to assess their cardiac risk. As with past Matters of the Heart events, this year’s will kick off with lipid profile screenings beginning at 7 a.m. and continuing until 11 a.m. This is one of the most important screenings available and the cholesterol test preferred by physicians. A 12-hour fast is necessary. Additional information can be found at SMHMOH.org.

“In many cases, heart disease can be prevented, but many people don’t know the risk factors or treatments available,” said Sam Caruso, Jr., director of Public & Governmental Relations. “Matters of the Heart is an opportunity to raise awareness in our community and encourage heart health.”

Matters of the Heart draws more than 300 community members to SMH to learn about heart health. Representatives from several hospital departments offer informational booths to educate the public about heart disease prevention and treatment. Participants will find heart-healthy nutrition tips from SMH Certified Dietitians, heart disease information from SMH Cardiovascular Services, sleep quizzes from the SMH Sleep Disorders Center, CPR and Automatic Defibrillator demonstrations by SMH Cardio-Pulmonary Rehab Services, American Heart Association resources, plus heart-healthy refreshments. Additionally, community cardiologists will be available to answer questions and provide details on different treatments for specific conditions.

ABOUT SMH

Slidell Memorial Hospital is a full-service 182-bed acute care not-for-profit community hospital located at 1001 Gause Blvd., in the heart of Slidell. Founded in 1959, SMH is the third-largest employer in St. Tammany Parish, employing 1,100 full, part-time and pool employees. SMH serves as a primary healthcare resource for families in St. Tammany Parish, La.; Pearl River County, Miss.; and the greater Mississippi Gulf Coast region. It is located online at <http://www.slidellmemorial.org>.

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