

2013

PAID ADVERTISEMENT

REVIEW

JANUARY



Your Partner in Health

The Heart of the Community

The new year has arrived and in just a few weeks, it will be February -- American Heart Month.

We'll kick off Heart Month with our ninth Annual **Women and Heart: Wine, Cheese and Chocolate**, a fun evening that happens to have a serious message -- heart disease is the number one killer of women in the United States. It's important for women to take charge of their heart health.

As American Heart Month approaches, I would like to take a moment to mention a message that all of us Port Huron Hospital hope you will keep in mind. If you or someone you are with is experiencing any of the symptoms of a heart attack, it's very important to call 911. You need to get to the nearest emergency center. Don't hesitate and don't try to drive yourself. The sooner you get medical attention, the less likely you are to suffer permanent heart muscle damage. Remember this statement: **Stay Alive -- Don't Drive. Call 911!**

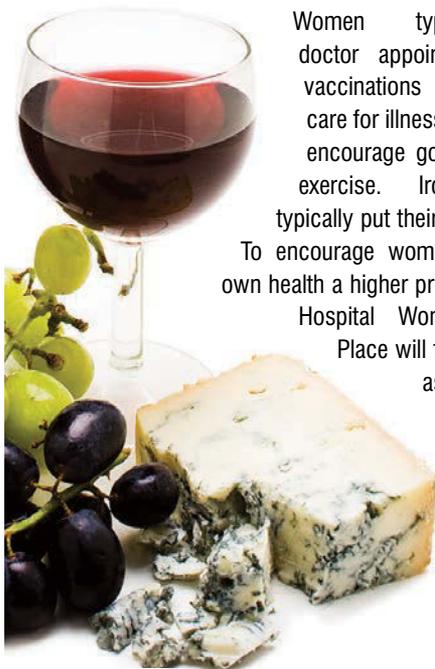
Thomas DeFauw, President and Chief Executive Officer

Celebrating Women - The "Heart" of the Family

It's generally accepted that women are the "gatekeepers" of health for the whole family. Women typically make doctor appointments, ensure vaccinations are up to date, care for illnesses at home, and encourage good nutrition and exercise. Ironically, women typically put their own health last.

To encourage women to give their own health a higher priority, Port Huron Hospital Women's Wellness Place will focus on Women as the Heart of the Family during its annual

Women and Heart: Wine, Cheese and Chocolate event.



This unique gathering is held annually to bring attention to the fact that heart health is very much a woman's issue. Heart disease is the number one killer of women and the leading cause of disability among women.

"We women need to realize that to care for our families, we have to take care of ourselves," says Kelly DiNardo, RN, Women's Services and 55 Plus program coordinator. "Women's Wellness Place is known for providing information and tools to help women take better care of their hearts and themselves."

This year's event will take place from 5:30 to 7:30 p.m., February 7, at the Black River Country Club. Nurse Practitioner DuWan Wetzel, MSN, ACNP-BC, will discuss the unique role that women play in family health as attendees enjoy a relaxed, fun atmosphere complete with an assortment of wine, cheese, and chocolates.

An information area will include booths including free blood pressure screening, pharmacists, fitness information and jewelry artisans. Participants are encouraged to wear red -- the national color for women's heart health awareness.



DuWan Wetzel

"Many women know the importance of cholesterol control, but we want them to know there's more to their 'health picture' including blood pressure, BMI, waist circumference and blood sugar," says Kelly. "These all impact heart health. Attendees will be given handy "know your numbers" cards to track vital health screening information."

Sponsored by Women's Wellness Place. Cost is \$10 and registration is required. Call HealthAccess at 800.228.1484 to register or go to www.porthuronhospital.org/events.

LUNCH WITH THE DOCTOR

Join us this Tuesday, January 15, 11:30 a.m. to 1 p.m., for **Lunch with the Doctor**. Richard Relken, MD, will discuss the latest changes in screening guidelines for cervical health. Cost is \$7/\$5 members of 55 Plus and Women's Wellness Place.

Call HealthAccess at 800.228.1484 to register or go to www.porthuronhospital.org/events.



For more information, please visit or contact us at:

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1.800.228.1484 or www.porthuronhospital.org