

Monthly information from
January 2017



YOUR PARTNER IN HEALTH



Fun Evening Takes Women's Health to Heart

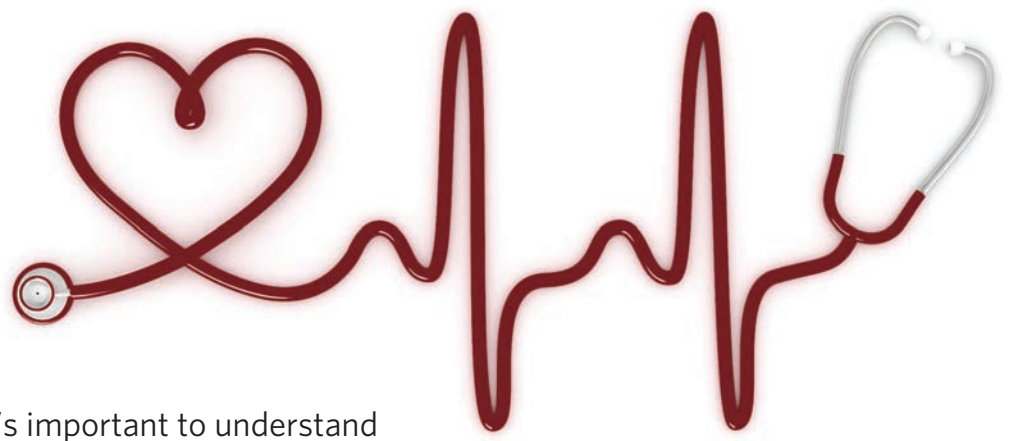
On behalf of our entire hospital family, we send you warm wishes for a healthy New Year! As always, we have many projects in the works during 2017, including the continued expansion of our hospital campus, and of course, a variety of education and outreach programs.

Right now, we're busy preparing our annual effort to help women understand the importance of heart health. Did you know that one of three deaths in women is attributed to heart disease? I hope you'll read the article below for more information and you'll consider joining us for our annual **Women and Heart: Wine, Cheese and Chocolate** event.

Again, our very best wishes to you in 2017 as we work for a healthy community.

Jennifer Montgomery, MSA, RN, FACHE, President and CEO

*Many people are surprised to hear that **heart disease** is the number one killer of U.S. women*



Heart disease is not just a "man's disease," and it's important to understand heart attack symptoms that may be unique to women and know when to call 911.

Some symptoms that are particular to women include:

- *Uncomfortable pressure, squeezing, fullness or pain in the center of your chest. It lasts more than a few minutes, or goes away and comes back.*
- *Pain or discomfort in one or both arms, the back, neck, jaw or stomach.*
- *Shortness of breath with or without chest discomfort.*
- *Other signs, such as breaking out in a cold sweat, nausea or lightheadedness.*

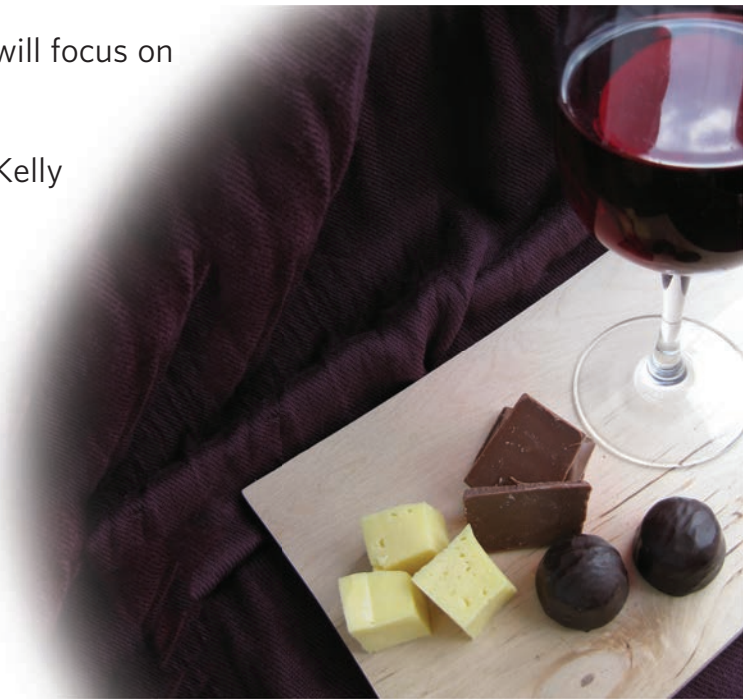
According to the American Heart Association, the most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience shortness of breath, nausea/vomiting and back or jaw pain.

This year's annual **Women and Heart: Wine, Cheese and Chocolate** will focus on recognizing heart attack symptoms and when to call 911.

"Our number one goal is education, but we balance it with fun," says Kelly DiNardo, RN, BSN, community outreach and education coordinator.

Women can gather and enjoy each other's company with some wine and light appetizers, while perusing vendor stations that feature items such as essential oils, fine chocolates, jewelry, loose teas, and artful crafts. All participants will also receive blood pressure screenings. The educational program's keynote address is by emergency physician Michael Paul, MD.

Dr. Paul will discuss information about heart attack symptoms that may be unique to women, and when to call 911. Ellen Hoover from our nursing administration office will also share a personal story about women and heart disease.



In addition to knowing the signs, a significant tool for survival is the emotional factor.

"We (women) tend to try to rationalize everything, or we're afraid of being embarrassed even though we know we're having symptoms," says Kelly. *"We have to get over that and seek help. Quick treatment is everything to surviving a heart attack. We need to get the word out and not only take care of ourselves, but our sisters, our mothers, our friends."*

**Women and Heart: Wine, Cheese and Chocolate
Thursday, February 9, 6 - 8 p.m.**

- ✧ Black River Country Club, 3300 Country Club Dr, Port Huron
- ✧ Cost: \$17/\$15 for members of Women's Wellness Place
- ✧ Ticket includes two glasses of wine and light appetizers
- ✧ Please wear red to support women and heart health!

*To register,
call HealthAccess:
(800) 228-1484*

 **McLaren**
PORT HURON