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HEART HEALTHY LIFESTYLE: NUTRITION, DIET AND EXERCISE

February is American Heart Month

Heart disease is the leading cause of death in the United States and is a major cause of disability and morbidity. The most prevalent heart disease in the U.S. is coronary heart disease which can manifest as a heart attack. More than 1.5 million Americans suffer a heart attack every year. Steps can be taken to lower and prevent factors that put people at high risk for developing cardiovascular disease that leads to heart attacks. If you would like copies of any of these articles, or if you would like further information on this topic, please contact any Library staff member.


Do you need patient level information about a healthy heart diet, or about preventing or treating heart disease? Contact the Stabins Wellness Information Center in the Medical Library at 922-WELL (922-9355) or e-mail us @ wellness@viahealth.org

We can be reached 24 hours a day by e-mail or phone mail

WERNER HEALTH SCIENCES LIBRARY
585-922-4743 Voice
585-544-1504 Fax

FEBRUARY 2008 LIBRARY HOURS
❖ Mon -Fri  8 AM – 9 PM
❖ Sat    8:30 AM – 5 PM
❖ Sun   12 NOON – 5 PM

Healthy Heart Fair
Thursday February 14th RGH will host the annual Healthy Heart Fair in the Atrium from 10 AM-3 PM. Join us for cholesterol checks, blood pressure checks, recipes, prizes and more.