

February is American Heart Month

CALENDAR OF EVENTS

Stony Brook University Medical Center is dedicated to the health and well being of our community. We are pleased to share with you important information that can help keep you healthy.

Throughout February, American Heart Month, Stony Brook supports the American Heart Association's national campaign, "Go Red for Women," and will host free opportunities for you to get screened, get educated and get involved in your own heart health. We hope you will join us for one or all events, and join in the fight against heart disease.

And should you ever need immediate heart care, you can count on our Heart Center to deliver world-class medicine, including state-of-the-art minimally invasive surgery, leading-edge interventions, access to clinical trials, and progressive, comprehensive care right here on Long Island.

A Heartfelt Invitation to Our Community

FRIDAY, FEBRUARY 4

National Wear Red Day

Wear red and show your support of the American Heart Association's "Go Red for Women" campaign, which raises awareness about heart disease among women and the funds to support research and education programs.

MONDAY, FEBRUARY 7

Lecture: "Current Prevention Strategies for Women"

Kathleen Stergiopoulos, MD

Learn ways to take better care of yourself with updated prevention strategies.

Noon to 1:00 pm

Main Lobby
Conference Room 1

WEDNESDAY, FEBRUARY 9

Lecture: "The Benefits of Exercise: How to Start and Progress an Exercise Program"

Kimberly Belizar, PT

A lecture appropriate for all ages discussing the difficult task of beginning that much needed heart-healthy exercise program. Includes tips for starting and/or progressing an exercise program.

Noon to 1:00 pm

Main Lobby
Conference Room 1

THURSDAY, FEBRUARY 10

Lecture: "Nutrition and Heart Disease: What Are the Best Things to Eat?"

Anne Marie Berggren, RD

A review of heart-healthy foods that should be enjoyed more often.

Noon to 1:00 pm

Main Lobby
Conference Room 1

FRIDAY, FEBRUARY 11

Lecture: "Update on Cardiovascular Disease in Women"

Noelle Mann, MD

Learn the latest in diagnosis and treatment modalities.

Noon to 1:00 pm

Main Lobby
Conference Room 1

TUESDAY, FEBRUARY 15

Lecture: "Depression and Heart Disease: Not Just a Simple Case of the Blues"

Corrine Jurgens, PhD, RN, ANP-BC, FAHA

Depression predicts health outcomes and quality of life. Increased awareness of and screening for depression among patients with heart disease is important. Depression, diagnosis, differences based on gender, and the importance of treatment will be discussed.

Noon to 1:00 pm

Main Lobby
Conference Room 1

WEDNESDAY, FEBRUARY 16

Lecture: "Medications: Know What You Are Taking and Why"

Barbara Mills, RN, DNP, ACNP, PNP, CCRN, PCCN

A discussion about cardiac medications, what they are used for and why.

6:00 pm to 7:00 pm

Heart Center, Level 5
Conference Room

THURSDAY, FEBRUARY 17

Lecture: "Stress Management through Massage Therapy"

Patricia Cadolino, LMT

Understand the damaging effects stress places on your heart and learn how to help reduce it.

Noon to 1:00 pm

Main Lobby
Conference Room 1

FRIDAY, FEBRUARY 18

Lecture: "Aortic Disease and the Mechanical Support Available for Women"

Allison McLarty, MD

An exploration of the progress, symptoms and treatment of valve disease in women.

Noon to 1:00 pm

Main Lobby
Conference Room 1

FREE CHOLESTEROL SCREENINGS



Take charge of your heart and health. Learn your total cholesterol number and risk score.

No fasting necessary.

**Monday, February 14
9:00 am to noon**

Main Lobby
Conference Room 1

**Wednesday, February 16
4:00 pm to 6:00 pm**

Heart Center, Level 5
Conference Room

Parking will be validated for those attending screenings and lectures. During the lectures, light refreshments will be served. Space is limited. To RSVP, please call (631) 444-4000. For more information, visit StonyBrookMedicalCenter.org.

Stony Brook University/SUNY is an affirmative action, equal opportunity educator and employer. If you require a disability-related accommodation, please call (631) 444-4000. 11010737H

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