



For Immediate Release

HMH serves up health for heart month
Hospital invites heart disease survivors to celebratory luncheon

HUNTSVILLE, TEXAS (January 19, 2009) – Huntsville Memorial Hospital (HMH) is inviting all heart disease survivors to a “Be Smart. Take Care of your Heart.” luncheon at noon on Wednesday, Feb. 4 in the HMH Conference Rooms. Dr. Sudhir Sehgal, HMH’s newest pulmonary and critical care physician, will address key strategies for maintaining a healthy lifestyle and a happy heart. Reservations are required for this presentation, as seating is limited.

According to the Centers for Disease Control and Prevention, heart disease is the leading cause of death for both women and men in the United States, with 71 percent of all heart disease deaths originating from coronary heart disease.

“Medical professionals always say that knowing your numbers (cholesterol, blood pressure, glucose levels, etc.) is key to combating heart disease, and we want to make sure everyone knows the risk factors, signs of a heart attack or stroke and prevention methods that will help keep them healthy,” Sehgal said.

Studies among those with heart disease have shown that lowering high blood pressure and cholesterol reduces the risk of heart attacks, need for surgery and death. And, among those currently not battling heart disease, lowering high blood pressure and cholesterol increase the chances of not getting heart disease.

“There are lots of people in our community who suffer from heart disease and need the tools and support to continue leading healthy lives,” said Sally Nelson, HMH CEO. “As part of the community, we want to celebrate the successes so many have had in combating heart disease and continue to provide solutions and tools to help before tragedy strikes. We welcome those battling heart disease to join us for a delicious and wholesome lunch.”

This seminar is part of Huntsville Memorial’s ongoing commitment to the community to provide the latest information on health issues with a practical, caring approach. It is HMH’s goal to better inform individuals on how to lead healthier lifestyles. For more information about the informative session, please call 936-291-4599.

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About Huntsville Memorial Hospital

Since 1927, Huntsville Memorial Hospital has provided benevolent and charitable health care services, setting the standard for quality, proficient health care for the residents of Walker County and the surrounding communities. At Huntsville Memorial, we have great people who are passionate about your health. We have outstanding physicians, motivated leadership, and compassionate staff. We are your friends and neighbors – dedicated to excellence in everything we do – right here at home.

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