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For Your Health's Sake

This Father's Day, Give The Gift of Heart Health

(Huntsville, TX) - There's a new kind of gender gap happening in America -- and this one is centered around men's health. Today, the average man dies nearly six years before his female counterpart, up five years since 1920, according to statistics collected by the non-profit organization Men's Health Network. They are also more likely to die from the top 10 causes of death than women are.

More than 70 percent of men are overweight or obese (compared to 64 percent of women), around a quarter die from either heart disease or cancer and more than 32,000 men will die of prostate cancer alone each year.

Why? The theories include the fact that men are more likely not to have healthcare coverage and half as likely to make preventive visits to a physician -- not to mention that there's a societal pressure for men to, well, "man up," and not complain about health ailments. A brand-new Fox News national survey has found that nearly 70 percent of men find it easier to care for their cars than for their personal health.

Heart disease in men is the leading cause of death for males in the United States. The term heart disease is an umbrella term that includes a variety of medical conditions that include heart failure, heart attack and coronary heart disease. Some conditions may go unnoticed until a man suffers a heart attack. Doctors will typically ask a variety of questions that help determine a man's risk of developing the disease.

Diet plays a major role in the prevention and development of heart disease, especially early on when a man is young. Although, diet is also important even after a heart condition has been diagnosed, because it's never too late to manage cholesterol and other risk factors. Hardened or clogged arteries can cause a heart attack or stroke. Arteries can harden or become clogged from fat that is not processed and properly expelled through the body. A diet high in fatty foods is a major contributor to this condition. A person with high cholesterol has an increased risk of developing hardened arteries, which restrict or cut off the blood flow to the heart.

Sounds scary right? So the real question is, "How can I make sure that my arteries and heart are in good working condition?" Huntsville Memorial Hospital has just the solution for you. Huntsville Memorial Hospital is proud to offer a new, state-of-the-art, CT imaging system from GE Healthcare. The LightSpeed™ VCT is the world's first Volume Computed Tomography (VCT) system. Huntsville Memorial Hospital now offers an innovative way for

its physicians to obtain the information they need to diagnose disease and life-threatening illnesses, including cardiovascular disease, stroke, and chest pain.

Our new 64 Slice CT system allows our physicians to perform new and enhanced procedures and obtain the information they need to diagnose patients who are suffering from chest pain or stroke. The 64 Slice CT is patient friendly. Fast scans can help reduce patient stress and anxiety, and some of the volume CT procedures can be done in only one simple exam.

In a single rotation, the LightSpeed VCT creates 64 high-resolution anatomical images as thin as a credit card. These images are combined to form a three-dimensional view of the patient's anatomy for the physicians to analyze. From these images, physicians can view such things as blockages in the coronary arteries, as well as the motion and pumping action of a patient's heart.

We're breaking barriers in speed and accuracy of patient exams and are now able to offer new and enhanced diagnostic procedures thanks to our new LightSpeed VCT. The technology is greatly benefiting both the physicians and the patients of our community. Huntsville Memorial Hospital is proud to bring these advantages to our patients. If you would like more information about the technology and if the procedure is right for you, make sure to always consult with your local Physician. For questions regarding scheduling, please call 936.435.7577

No matter the reason, the bottom line is that today's men are living increasingly unhealthy lifestyles. So in honor of Father's Day, which is today, why not give Dad the gift of letting him know that you want for him to live a healthier, happier and longer life.

Sally Nelson
Chief Executive Officer
Huntsville Memorial Hospital