

# Harlingen Medical Center Offers Health and Wellness During Heart Month

**Harlingen (February 4, 2010)** – Harlingen Medical Center (HMC), the award-winning hospital and nationally recognized leader in cardiovascular care, will launch a month-long series of events to bring awareness to the deadliest disease affecting Americans today, cardiovascular disease. The events, which include a wellness expo, a series of health education lectures, and stroke and heart disease prevention screenings, will be held at HMC, located at 5501 S. Expressway 77 in Harlingen, during the month of February, American Heart Month.

The month-long events start February 4, 2010 with a Doc Talks Lecture featuring Dr. Shereef Hilmy. The cardiologist, based out of Harlingen and a partner-in-care of Harlingen Medical Center, will present *How to Maintain a Healthy Heart*. His lecture will look at the various ways one can keep serious illnesses that affect the heart, such as heart disease, away; and, if one already has the disease, how they can control it to survive it. This lecture is scheduled to begin at 6:00 p.m.

The HMC heart month celebration continues February 6, 2010, with the Harlingen Medical Center and City of Harlingen Centennial Celebration Wellness Expo. This event, open to the public, will feature free screenings, services, and wellness education, including blood pressure screenings, heart healthy education, massage therapy, vision screenings, hearing screenings, dental screenings, diabetic foot education, and much more. The expo will be held at HMC's main lobby between the hours of 9:00 a.m. and 11:00 a.m. Those in attendance will also be treated to free give-away prizes, food, and refreshments.

Chest discomfort; for some people it comes and goes, but it can be a sign of something more serious. Most medical doctors agree that chest pain, in those 40 years of age or older, may be a key indicator to a possible heart attack or stroke. Dr. Juan J. Garza, a cardiologist based out of Harlingen and a partner-in-care of Harlingen Medical Center will present a lecture on *Chest Pain* when he headlines the February 11, 2010 Doc Talks Lecture at Harlingen Medical Center's MOB Conference Room. This lecture is scheduled to begin at 6:00 p.m.

More than 750,000 strokes occur each year, according to the American Heart Association, and at least 75% can be prevented with the use of proper screening tools. One of those tools is Harlingen Medical Center's HeartSaver CT Scan. The brilliant 64-slice CT scan is cutting-edge technology used at the Imaging Center at HMC to help physicians uncover plaque and/or calcium build-up in the arteries, which in some cases, can lead to a stroke or heart disease. The

HeartSaver is built to uncover build-up in less than seven minutes, and years before any symptoms of a stroke or heart disease appear. It is pain free and 100% non-invasive.

“Having a HeartSaver CT Scan performed is quite simple and it can actually be done during the time allotted for a lunch hour,” said Roy Castillo, Radiology Director at Harlingen Medical Center. “The procedure itself takes approximately 20 minutes. Once it is completed, the results are calculated and given to the patient and are also sent directly to the patient’s family physician.”

To learn more about, or register for the HeartSaver CT scan, call (956) 365-1839.

In addition to the availability of the year-round HeartSaver CT scan, Harlingen Medical Center will host a Life Line Stroke Prevention Screening February 15, 2010. The screening package will feature five screenings for the price of one. These will include stroke and carotid artery evaluation, heart rhythm evaluation, abdominal aortic aneurysm evaluation, peripheral arterial disease evaluation, and osteoporosis evaluation. All five tests cost only \$149 and will be performed at Harlingen Medical Center between the hours of 10:00 a.m. and 6:00 p.m. To register for all these screenings, call (800) 324-1851.

Dr. David Yardley, a cardiologist based out of Harlingen and a partner-in-care of Harlingen Medical Center, will also be a featured speaker of the Doc Talks Lecture series. He will present on a topic related to cardiovascular disease February 16, 2010 at the MOB Conference Room starting at 6:00 p.m.

Harlingen Medical Center will wrap its month-long series of events with a Doc Talks Lecture by Dr. Eduardo Flores, a cardiologist and partner-in-care of HMC. His *Heart Health: An Ounce of Prevention* lecture will offer helpful tips to maintaining a healthy heart. Some of these tips will include slightly modifying daily in-takes of food and liquids, the benefits of maintaining a physically active lifestyle, and more. Dr. Flores’ lecture will also be held at the MOB Conference Room starting at 6:00 p.m. on February 25, 2010.

Harlingen Medical Center is committed to improving the well-being of the people it serves and is one of the premiere healthcare providers in the area of cardiac care. The community hospital has recently earned, for a second consecutive year, the *2009 Thomson Reuters Top 100 Hospitals: Cardiovascular Benchmarks Award* for its excellence in Cardiovascular Care. This accolade was presented to HMC for its ability to set the highest national performance levels for both clinical and managerial excellence. It is one of three community hospitals in the State of Texas, and one of 30 in the United States, to do this.

To learn more about any of Harlingen Medical Center’s February month-long series of events, contact Letty Kretz at (956) 365-1848, or Manny Chacon at (956) 365-1888, in the Marketing Department.

###