

# IS THERE A HEALTHY HEART IN YOUR FUTURE?



## Join us during Heart Month for these screenings and classes

**Know Your Numbers** – FREE Cardiac Risk Profile Screening Tuesdays and Thursdays, 7 – 10 a.m. Fasting blood test to check triglycerides, total cholesterol, HDL, LDL and your cholesterol ratio. *Appointment required.*

**Peripheral Artery Disease Screening** – FREE screening to measure the ankle brachial pressure index (ABI) comparing blood pressure in the lower legs to blood pressure in the arms. Lower blood pressure in the leg is an indication of blocked arteries. Thursdays, 2 – 4 p.m. *Appointment required.*

**Calcium Scoring** – A painless, digital X-ray takes detailed pictures of your heart's arteries to check for blockage or narrowing. *Cost is \$99. Appointment required.*

Call our Consult-A-Nurse Health Information and Referral Service at **1.800.445.3392** to schedule your screening or to make a reservation for any of our Heart Month classes.

**Heart Attack 101** – FREE classes (two available) to learn about types of heart attacks, symptoms, treatments and heart-health tips. Includes a heart-healthy meal.

**Wednesday, February 15, 6 p.m.**  
**at Central Florida Regional Hospital**  
Presented by William David, M.D.  
The Cardiovascular Center, P.A.

**Wednesday, February 29, 5:30 p.m.**  
**at John Knox Village,**  
**901 Veterans Memorial Pkwy., Orange City**  
Presented by Ratan Ahuja, M.D.  
Florida Cardiopulmonary Center, LLC

**An A-Fib Affair** – FREE seminar and tour of our new EP Lab. Learn more about the treatment of Atrial Fibrillation (A-Fib) with Dr. Jorge O. Diaz, electrophysiologist. Includes a heart-healthy meal and cardiac rhythm screening.

**Thursday, February 16, 6 p.m.**  
**at Central Florida Regional Hospital**



The **ONLY** local hospital offering complete cardiac care.