

**Editorial contact: Jeff Jacomowitz**  
**212-523-6069**  
**jjacomo@chpnet.org**

**For Immediate Release**

***Women's Heart NY Cardiac Wellness Programs for 2012 Begins***  
**January 9th**

*Joint Hospital Cardiology Initiative Focuses on Women's Issues*

**NEW YORK, January 2012** – *Women's Heart NY*, a multi-site comprehensive heart initiative by Continuum Health Partners, bringing together nationally recognized cardiologists from St. Luke's Hospital, Roosevelt Hospital and Beth Israel Medical Center, will begin its 2012 community outreach programs on January 9<sup>th</sup> with the first of four one-hour Monday evening sessions called, "Breathing for Relaxation" at Roosevelt Hospital.

*Women's Heart NY* is designed for women who are at risk for, or have a history of heart disease. The goal is to provide education and support to women in the community by raising awareness of heart disease and encouraging lifestyle changes to promote healthier hearts.

"The programs that *Women's Heart NY* offers runs the gamut from stress reduction to dietary concerns," explains Jacqueline E. Tamis-Holland, M.D., Director, Cardiac Catheterization Laboratory, Roosevelt Division at St. Luke's & Roosevelt Hospitals. "Even though we gear up for heart month every year, it is so important that women take care of their hearts every day of the year".

Lasting through January and into "Heart Month" in February, *Women's Heart NY* has a number of sessions to attend.

- ***Breathing for Relaxation at Roosevelt Hospital*** (Monday evenings, 5:00-6:00pm January 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>), includes weekly blood pressure check-in, "home-work" to integrate course activities into the week, and education to relate breathing with heart rate and the nervous system.
- **"Exercise Your Heart"**(Tuesday, January 24th from 11 am to 6pm, Beth Israel Medical Center, Phillip Ambulatory Care Center (PACC), 2nd Floor Auditorium) Presented by Margaret Furman, MD, followed by an interactive exercise demonstration with Geri-

Nikole Love, Master Personal Trainer, lecture and demonstration at 12noon, free Health Screenings and Lectures, know your number, know your risk, FREE one week passes to the New York Sports Club to those who attend this lecture, for more information, (212) 420-2806 or go to [www.BIHeartInstitute.org](http://www.BIHeartInstitute.org)

- **Winter Walking Group**
- **Nutrition Consultation** (By Appointment)
- **Love Your Heart: Living a Heart Healthy Life** (Friday, February 10<sup>th</sup> at 9:00am, at Roosevelt Hospital-Conference Room B). A half-day symposium on cardiac wellness and women. Lectures and heart health screenings including cholesterol, glucose and body mass index . Includes lunch. Attendance is free. Registration strongly encouraged although not required.
- **Heart Health Screenings with CHP's *Women's Heart NY*** - celebrates Heart Healthy Month as part of their Free Community Events series (Tuesday, February 21st from 12:30 to 2:30pm at The McBurney YMCA, 125 West 14th Street, Between 6th & 7th Ave., (212) 912-2300

“Heart disease is not only an epidemic for men, but women as well,” said Margaret L. Furman, M.D., M.P.H., F.A.C.C., Director of Preventive Cardiology and Cardiac Rehabilitation at Beth Israel Medical Center. “Additionally, as women we do not necessarily present the same as men and we are more likely to present with more atypical symptoms. Women should be educated about the signs and symptoms of heart disease and how to reduce risks.”

*Women's Heart NY* allies with the American Heart Association's “Go Red for Women” campaign that stresses the facts:

- Cardiovascular disease is the number one killer of women in the US
- 500,000 women die each year from heart disease or stroke
- One in thirty women will die of breast cancer; one in almost seven will die of coronary heart disease
- Less than 50 percent of women are aware of their higher risk for heart disease compared to breast cancer

Nationally-recognized cardiologists who are the heart and soul of *Women's Heart NY* includes:

- St. Luke's and Roosevelt Hospitals:

- Jacqueline E. Tamis-Holland, MD, FACC, Overall Director,
- Merle Myerson, MD, EdD, FACC, Director, Cardiovascular Disease Prevention and Pre-Exercise Heart Screening Program,
- Dayana Eslava, MD, Director, Latino Cardiovascular Program
  
- Beth Israel Medical Center
  - Deepika Misra, MD, FACC, Associate Director,
  - Margaret L. Furman, MD, MPH, FACC, Director, Preventive Cardiology and Cardiac Rehabilitation
  - Susan R. Hecht, **MD, FACC**, Associate Director, Echocardiography Laboratory

For more information, call 877-WOMEN-00 to register for activities or to schedule a cardiovascular risk assessment