11th Annual Community Heart and Stroke Conference

Presented By Eisenhower Smilow Heart Center with Eisenhower Desert Cardiology Center

Philip Shaver, MD, speaks at the 2012 Heart Conference

February is Heart Month and a great time to educate oneself about heart health. For Coachella Valley residents, the Community Heart and Stroke Conference — presented by Eisenhower Smilow Heart Center and Eisenhower Desert Cardiology Center — is the perfect opportunity to do just that!

The 11th Annual Community Heart Conference will be held Saturday, February 1 from 8 a.m. to 1:30 p.m. at the Annenberg Center for Health Sciences at Eisenhower. The popular annual event focuses on the prevention and symptoms of heart disease and stroke as well as the latest treatments for those living with cardiovascular issues. Attendees should be 18 years of age or older. Reservations are not required.

The free event will include exhibitors offering information on topics ranging from nutrition, exercise, cholesterol and blood pressure, to signs of a heart attack and stroke, and sex and heart disease. Once again, Eisenhower Medical Center's Nutritional Services Department will offer a unique culinary experience with live cooking demonstrations throughout the entire event.

Facts about Cardiovascular Disease

Cardiovascular diseases including high blood pressure, heart attack and angina, congestive heart failure, stroke and congenital heart defects continue to be the number one killer of both men and women. According to the American Heart Association, more than half of the deaths due to heart disease in 2009 (the most recent year for which data is available) were in men.

Stroke is the third leading cause of death in the United States. Each year, the Centers for Disease Control estimates nearly 800,000 individuals die from heart disease and stroke.

Healthy Living is a publication of Eisenhower Medical Center · © Copyright 2014 All Rights Reserved · www.emc.org