

## ?Floyd Memorial Announces February Activities in Honor of National Heart Month

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? In honor of National Heart Month, Floyd Memorial is offering a variety of screenings and events to increase awareness of the risk factors for heart disease.

Free Blood Pressures Screening courtesy of Floyd Memorial's Volunteers: Friday, February 6 and 20, 1:30 to 3 p.m. Held in Floyd Memorial's Main Lobby

Free Blood Pressures Screening courtesy of Floyd Memorial's Urgent Care Centers  
Have your blood pressure checked for free during business hours at either of Floyd Memorial's Urgent Care locations. Stop by in February and receive a free gift in honor of National Heart Health Month.

Free Take 2 Heart & Stroke Screening offered by appointment.

This comprehensive screening includes full-lipid cholesterol, blood pressure, blood sugar, height, weight, body mass index and a review of family history. After the screening, the participant will meet one-on-one with a nurse who will explain the results of the screening and provide action steps for reducing heart and stroke risk factors.

Non-invasive Vascular Screenings are available by appointment.

The screenings check for abdominal aortic aneurysm, peripheral artery disease and carotid artery disease. The screenings are performed in the Vascular Lab at Floyd Memorial by appointment on Tuesdays and Thursdays. The screenings are \$40 per or \$100 for all three.

Launch of New Mended Hearts Support Group Floyd Memorial Heart and Vascular Center's new Mended Hearts Support Group will hold its first meeting on Monday, February 16, 4:30 – 6 p.m. in the hospital's Paris Health Education Center. A nationally recognized support group, Mended Hearts is designed for open-heart surgery patients and their spouse or support person. This meeting will be the official launch for membership sign-up and establishing the group as a Mended Heart charter. For more information, call 1-800-4-SOURCE.

Know Your Heart Risk Lecture and Screening Series at the YMCA in New Albany Thursday, February 19 with a free cholesterol screening offered from 6 to 7 p.m. (for best results fast 8 hours prior) and the lecture starting at 6:15 p.m. Cardiac rehab specialists Debbie Smith, R.N., and Maria Sellers, R.N., will discuss common risk factors and ways to protect your heart. Pre-registration is required for the lecture by calling 1-800-4-SOURCE (1-800-476-8723).

Local Businesses Go Red Floyd Memorial extends the invitation to local businesses to unite in creating awareness of heart disease and its risk factors. To support your efforts, we would like to supply you with heart health materials for your employees and customers. If you would like to participate, please call us at 812-949-6728 and we will deliver the materials to your business. Remember, February 6 is National Wear Red Day so be sure to encourage your employees to break out their favorite red suit, scarf, socks or even lipstick in celebration.