# February is Healthy Heart Month!

### FREE Community Events from

## the Heart and Vascular Center of New York Hospital Queens.

#### A special resource for the people of Queens

Cardiac disease is the number one cause of death in the borough of Queens, with death rates higher than the national average, and the New York Hospital Queens Heart and Vascular Center, affiliated with the Weill Medical College of Cornell University, brings the full spectrum of heart care to this community, including:

- Five specialized inpatient care units with nearly 100 beds
- Non-Invasive Cardiology and Cardiac Imaging Services
- The Cardiac Catheterization and Coronary Intervention Laboratory
- Cardiac Electrophysiology and the Arrhythmia Center
- Cardiothoracic Surgery
- Interventional Radiology
- Endovascular and Vascular Surgery
- The Cardiac Health Center for rehabilitation, education and wellness services

Of special importance is the development of our new dedicated Heart and Vascular Center facility, which will open next year as part of the new wing currently being constructed at the hospital. This center will bring together all of our cardiovascular services into a cohesive, convenient setting. This will allow our specialized physicians, nurses and technicians to work closely together to optimize patient care and service.

This is truly a unique Heart and Vascular Care Center for residents of Queens and beyond.

The new Heart and Vascular Center and community health events such as the Healthy Heart Month demonstrate our commitment to making Queens a heart healthy community!

Monday 2.2 / 1:30 p.m. / Elmhurst AARP 87-37 Whitney Ave., Elmhurst, NY Presentation: Getting to the Heart of It! The latest information on preventing, diagnosing and treating heart disease, and how you can live "heart healthy." Maisie Brown, M.S., R.N.

Tuesday 2.3 / Noon - 1:30 p.m. / St. John's University Council Hall 8000 Utopia Pkwy, Queens, NY Presentation: Getting to the Heart of It! The latest information on preventing, diagnosing and treating heart disease, and how you can live "heart healthy." Todd C. Kerwin, M.D.

Wednesday 2.4 / 3 p.m. - 4 p.m. / Flushing Library 41-17 Main St., Flushing, NY Presentation: Getting to the Heart of It! The latest information on preventing, diagnosing and treating heart disease, and how you can live "heart healthy." George J. Juang, M.D.

Thursday 2.5 / 10 a.m. – 2 p.m. / Flushing YMCA Gymnasium 138-46 Northern Blvd., Flushing, NY NYHQ Cardiovascular Center Day at the "Keep It In Queens" Health Fair

- Get your own personalized cardiovascular risk assessments, information & educational materials.
- Meet cardiologists Charu Sharma, M.D., and Simbo Chiadika, M.D., to talk about women's special risks for heart disease.
- Check your cholesterol, blood sugar and blood pressure at a free screening. The event is free and open to the public but reservations are required for the screening tests (call 800-282-6684)

### Feb. 9-13 Healthy Heart Week at the NYHQ Cardiac Health Center 174-03 Horace Harding Expressway, Fresh Meadows

Monday 2.9 / 10 a.m. – 3 p.m. BMI / Body Fat Measurement (call 718-670-1695 for appointment); 11 a.m. – Noon Tai Chi Demonstration; 1 p.m. – 2:30 p.m. Presentation on "Your Heart Medications"

Tuesday 2.10 / 9 a.m. – 1 p.m. and Wednesday 2.11 / 10 a.m. – 2 p.m. Healthy Heart Screenings and Assessment Personalized cardiovascular risk assessments, information & educational materials. Cholesterol, blood sugar and blood pressure screening (Call 718-670-1695 for reservations)

Wednesday 2.11 / 2 p.m. The Pulse of Life – Preventing Heart Disease through Healthy Nutrition & Activity John Nicholson, M.D.

Thursday 2.12 / 11 a.m. – Noon Complimentary Reiki Circle

Friday 2.13 / 1 p.m. Presentation on "Women and Heart Disease"

Friday 2.20 / 11 a.m. - Noon / Elmhurst Library 86-01 Broadway, Elmhurst, NY Presentation: Getting to the Heart of It! The latest information on preventing, diagnosing and treating heart disease, and how you can live "heart healthy" with a special focus on women and heart disease. Vivien Lim, M.D.

Monday 2.23 / 6 p.m. / NYHO Cardiac Health Center 174-03 Horace Harding Expressway Weight Management Orientation - The First Step! Informational meeting to learn more about exercise programs offered at the Cardiac Health Center. (Call 718-670-1695 to reserve a spot)

#### Wednesday 2.25 / 10 a.m. – Noon / All About Hearts!

New York Hospital Queens Lang Auditorium 56-45 Main St., Flushing, NY. A free public symposium featuring a group of NYHQ cardiologists, who will talk about everything from identifying your own risk factors, to the latest exciting techniques and technology for diagnosing and treating heart disease. Presenters: Chong Park M.D., George Juang M.D., Todd Kerwin M.D., Ola Akinbobove M.D., John Nicholson M.D., Simbo Chiadika M.D., Charu Sharma M.D., Vivien Lim M.D.Refreshments! Free Parking! Raffles! Table displays with free educational materials & gifts! Open to all - please reserve a space by calling 800-282-6684

Friday 2.27 / 10:30 a.m. - 11:30 a.m. / Bayside Library 214-20 Northern Blvd., Bayside, NY **Presentation:** Getting to the Heart of It! The latest information on preventing, diagnosing and treating heart disease, and how you can live "heart healthy." Todd C. Kerwin, M.D.





A higher level of heart care. Right here in Queens.

HEART & VASCULAR CENTER



Maisie Brown, Cardiology Research Coordinator

Todd C. Kerwin, M.D. Director, Non-Invasive Cardiology



George J. Juang, M.D. Director, Electrophysiology

Charu Sharma, M.D. Attending Cardiologist, Non-Invasive Cardiology



Simbo Chiadika, M.D. Attending Cardiologist, Non-Invasive Cardiology

John Nicholson, M.D. Director of Cardiac Rehabilitation



Vivien Lim, M.D. Attending Cardiologist, Non-Invasive Cardiology

Chong Park, M.D. Director, Cardiac Catheterization Lab



Ola Akinboboye, M.D. Director of Nuclear Cardiology and Cardiac MRI and Associate Director of Cardiology for Research

MORE INFORMATION about special classes such as yoga, and other details, including locations and directions, is available at www.NYHQ.org

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