

DR. NIECA GOLDBERG SHEDS NEW LIGHT ON WOMEN'S HEART HEALTH

September 6, 2006

Heart Center of the Rockies is proud to present Dr. Nieca Goldberg, a nationally recognized cardiologist and author of the highly acclaimed book *The Women's Healthy Heart Program: Lifesaving Strategies for Preventing and Healing Heart Disease*, at the Lincoln Center on Thursday, October 26 at 6:30 p.m. In her program, Dr. Goldberg shares an inspirational and scientific message about how cardiovascular disease affects women differently than men—and how the ability to recognize these differences can be life-changing knowledge.

Dr. Goldberg was among the first to recognize that the strategies used to prevent, recognize and treat heart disease in men do not often hold true for women. Her research has led her to many appearances on the Today Show, Good Morning America, The View, CBS Nightly News, and in numerous national publications. Since 1999, Dr. Goldberg has been featured on New York Magazine's "Best Doctors" list.

At home in New York City, Dr. Goldberg is not only involved in private practice at Total Heart Care, but she also holds positions as the Chief of Women's Cardiac Care at Lenox Hill Hospital, Co-Medical Director of the 92nd Street Y's Cardiac Rehabilitation Center and Assistant Clinical Professor of Medicine at The New York University School of Medicine.

Dr. Goldberg's book, "The Women's Healthy Heart Program," and her presentation will cover:

- The unique symptoms of heart disease in women
- The specific factors that put women at risk, and the steps you can take to control most of them and keep your heart healthy
- How heart disease is diagnosed
- The most effective medications and surgical treatments that can help heal your heart
- How diet, exercise, and mind/body therapies can help you prevent or treat heart disease
- The role of hormones and supplements in healing (and hurting) the heart
- How to recover actively from a heart attack, so it does not happen again

Heart disease is the number one cause of death among American women. More than a third of women who have a heart attack die within one year. Further, breast cancer kills one in 30 American women; heart disease and stroke kill one in two. Understanding risk factors and prevention options is a woman's best line of defense.

This event is sponsored by A Woman's Heart, a women's heart health awareness and prevention program from Heart Center of the Rockies. Tickets for the event are \$10 and all proceeds will benefit HeartAware, a program that provides screenings to school-aged children in our community. The event will also include heart-healthy refreshments, the music of local pianist, Mark Sloniker and a book signing. Tickets are available by calling the Lincoln Center box office at (970) 221-6730, or at www.lctix.com.