

a woman's heart

JULY 2005

A newsletter for women taking care of their hearts.



Greetings and welcome
to the first newsletter from
A Woman's Heart program at
Heart Center of the Rockies.



The program has been well received in our community and we are on our way to raising the awareness of heart disease in women and helping women identify their personal risk factors.

Since its inception last August, more than 2,100 women have completed A Woman's Heart health survey to identify their personal risk factors. 250 women have taken the next step by participating in a low-cost screening visit with a nurse.

The input and insight we have received from the women we have met has been invaluable as we expand into a fully comprehensive program that will involve treatment, secondary prevention and research. Once again, thank you for your support and interest.

Sincerely,

Kerry Rayder, RN
A Woman's Heart Coordinator

Save the Date

October 6, 2005, 6:30 pm

Budweiser event Center

Tickets: \$12

(all service fees & parking included)

Call: 1-877-544-TIXX (8499)

A Woman's Heart at Heart Center of the Rockies will be hosting Dr. Pamela Peeke, a nationally recognized physician, scientist, and expert in the fields of nutrition, metabolism, stress and fitness.



Following the success of her national best seller "Fight Fat After Forty," Dr. Peeke released her second book this year, "Body for Life for

Women." Based on the original Body for Life model, "Body for Life for Women" shows women how to achieve and maintain their optimal mind and body fitness throughout the decades of their life.

As a recognized medical expert, Pamela Peeke has appeared frequently on "Larry King Live," "CNN," "NBC Nightly News," the "Oprah Winfrey Show," "The View with Barbara Walters," "Dateline," "Primetime," "Good Morning America," "Ted Koppel's Nightline," "Crossfire," and the "CBS Morning Show." She is a monthly columnist for numerous national magazines including *Good Housekeeping*, *Prevention*, *Shape*, *Allure*, and *First for Women*.

You won't want to miss this animated presentation—it's truly a unique opportunity to have Dr. Peeke visit our community. Her enthusiasm is contagious and her message is meaningful for women of all ages. So gather your friends and enjoy a fun evening focusing on you and your health!



Coming Soon – A NEW LOCATION

A Woman's Heart program will be relocating in 2006. Poudre Valley Health System's expansion of the Harmony Campus will provide new opportunities for the prevention and treatment of heart disease in our community.

The 130,000 square feet Healthy Living Center will be located just east of the current Ambulatory Care Center at the Corner of Harmony and Timberline. In addition to A Woman's Heart, the plans for the Healthy Living Center include cardiac and physical rehabilitation, a medically supervised fitness center, health education services, a conference center, a medical spa with alternative medicine services, and a health-oriented café.

A Woman's Heart will be housed with several Heart Center of the Rockies programs and services including dietician(s), EBCT for cardiac calcium scoring, and the HeartAware program. With these complementary services we anticipate being able to offer a full range of heart care and heart disease prevention for women in the community.

Research for Tomorrow's Women

A Woman's Heart is committed to increasing the number of women involved in clinical research. Nationally, only 25% of research study participants are women.

Involving women is important as the medical and healthcare industries develop new medicine and treatment for heart disease and determine which are the most effective for women.

Currently the research department at Heart Center of the Rockies is actively enrolling for 20 clinical protocols including prevention, heart failure, diabetes, and heart attacks. If you would like more information regarding participation in a clinical study please call (970) 297-6810.

Visit us on the Web

www.heartcenteroftherockies.com

Keep your eyes open for the newly updated Heart Center of the Rockies Web page scheduled to be unveiled August 1st. It will feature news about our clinic, services, outreach locations and our specialty clinics including the latest information on A Woman's Heart.

If you know of someone who is interested in a pre-screening health survey, our new Web site will include a feature for women to request that a copy of the survey be mailed to their home. The site will also include special events, news and the occasional heart-healthy recipe.

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SPECIALIZED CARE FROM HEART CENTER OF THE ROCKIES
Affiliated with Poudre Valley Health System

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